

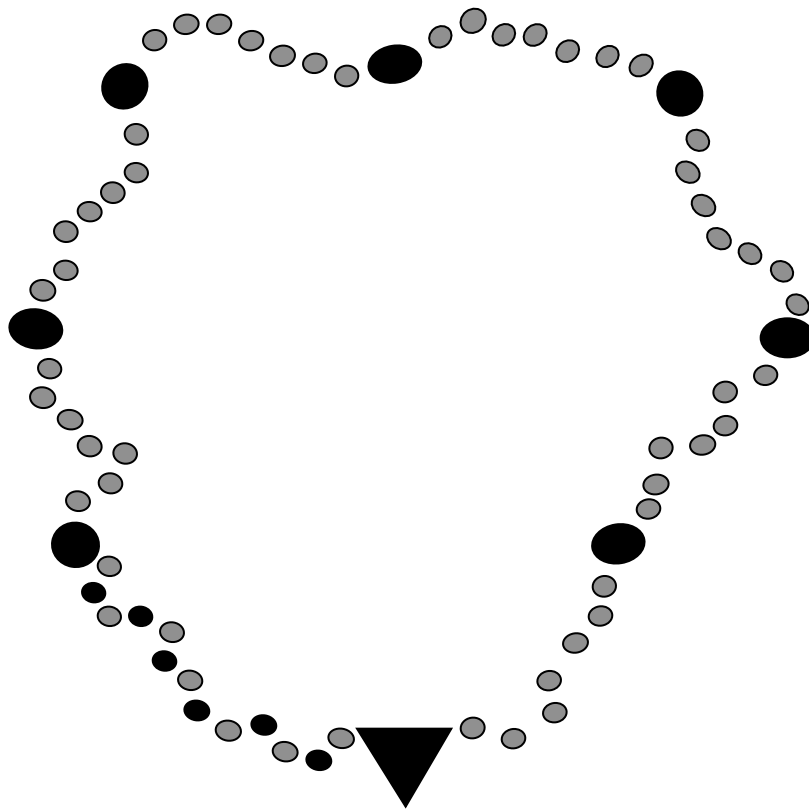
1

“My eyes stay open through the watches of the night,  
that I may meditate on your promises.” (Ps. 119:148)

Evening and Morning  
Prayer

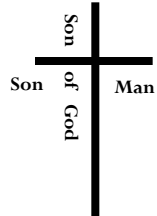
“I rise before dawn and cry for help; I have put my  
hope in your word” (Ps. 119:147)

“In the name of the Father and of the Son  
and of the Holy Spirit. Amen.”



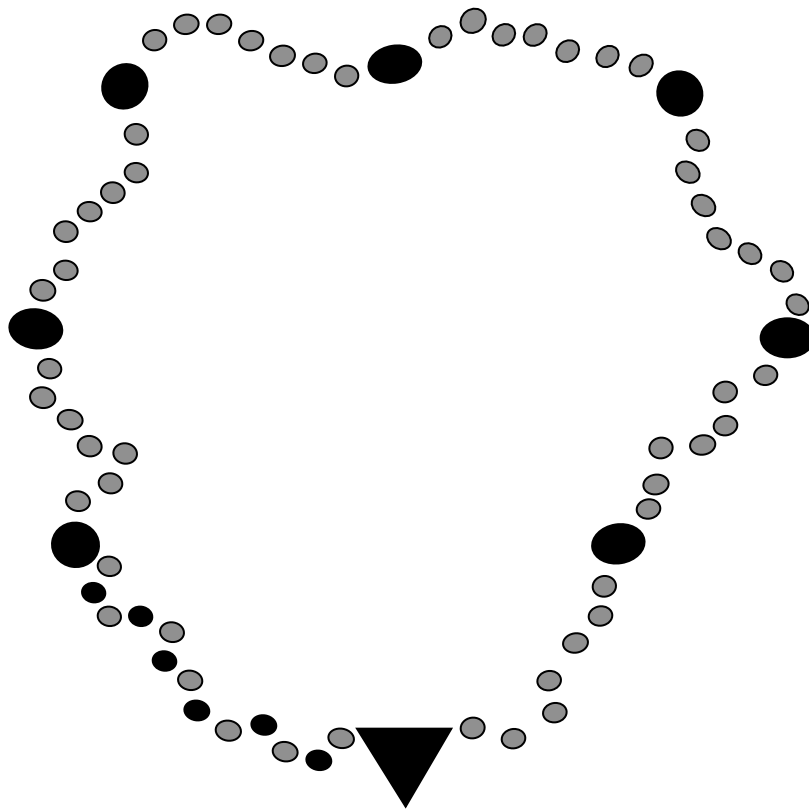
2

Jesus FOR us (Rom. 8:28-37)  
Jesus IN us (Gal. 2:20-21)  
Jesus THROUGH us (Eph. 2:1-10)  
Jesus WITH us (Matt. 28:16-20)



The Gifts That Only Jesus Can Give  
Grace  
Mercy  
Peace  
Hope  
Joy  
and the promise of His presence.

Evening and Morning  
Prayer



"I am laid low in the dust, preserve my life according to your word." (Ps. 119:25)

(Tentatio) → ○

"Oh, how I love your law, I meditate on it all day long." (Ps. 119:97)

(Meditatio) → ○

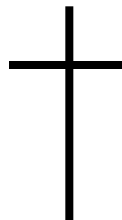
"Open my eyes that I may see wonderful things in your law." (Ps. 119:18)

(Oratio) → ○

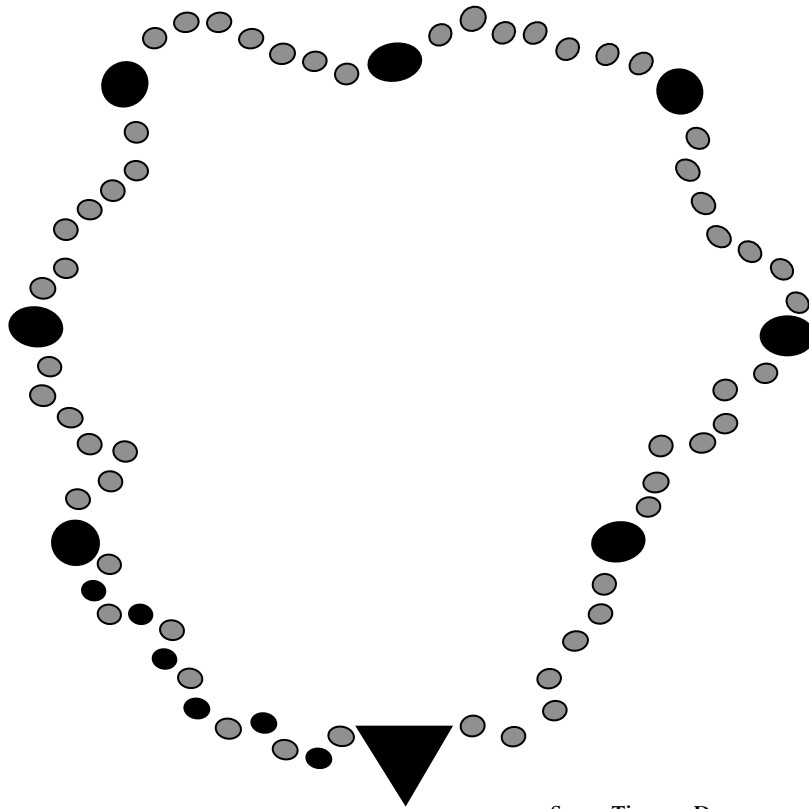
3



Blessed ...  
"Blessed are they whose ways are blameless, who walk according to the law of the Lord." (Ps. 119:1)



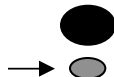
Evening and Morning Prayer



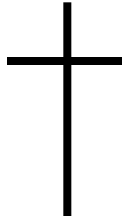
“Direct my footsteps according to your word;  
let no sin rule over me.” (Ps. 119:133)

“How can a young man keep his way pure? By living  
according to your word. I seek you with all my heart;  
do not let me stray from your commands” (Ps. 119:9-10)

“I have considered my ways and have turned  
my steps to your statutes. (Ps. 119:59)



4

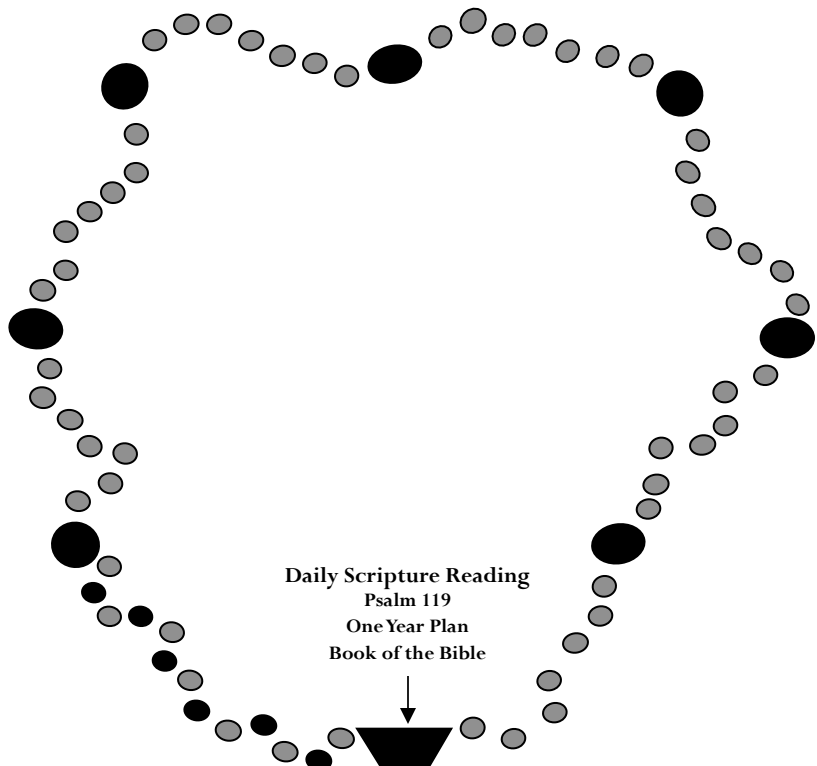


Evening and Morning  
Prayer

Seven Times a Day ...  
“Seven times a day I praise you for your  
righteous laws.” (Ps. 119:164)

The Jesus Prayer or  
The General Confession

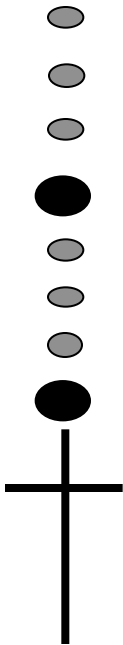
I Have Strayed ...  
“I have strayed like a lost sheep. Seek your  
servant, for I have not forgotten your  
commands.” (Ps. 119:176)



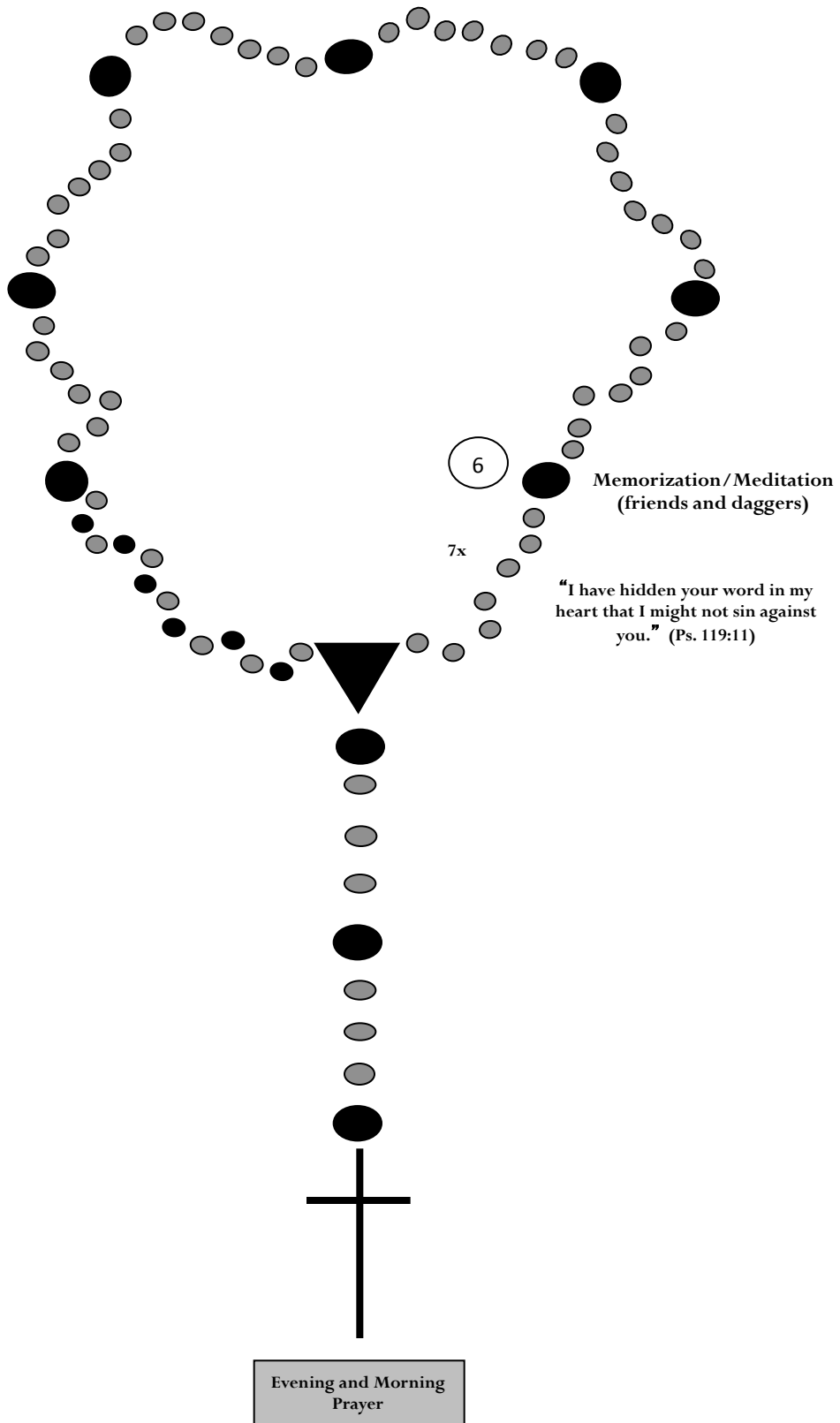
Daily Scripture Reading  
Psalm 119  
One Year Plan  
Book of the Bible

5

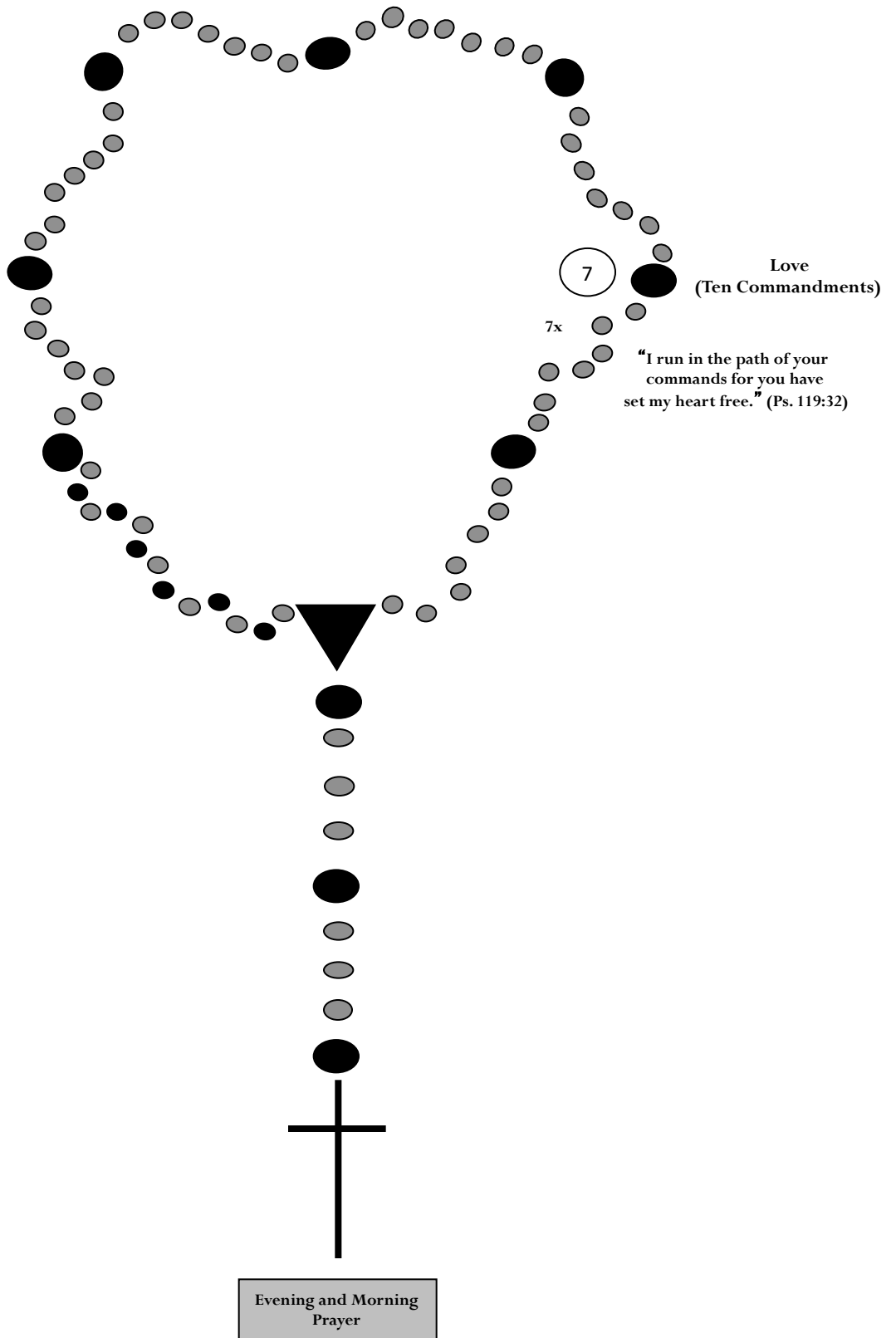
Seven Times a Day ...  
"Seven times a day I praise you for your  
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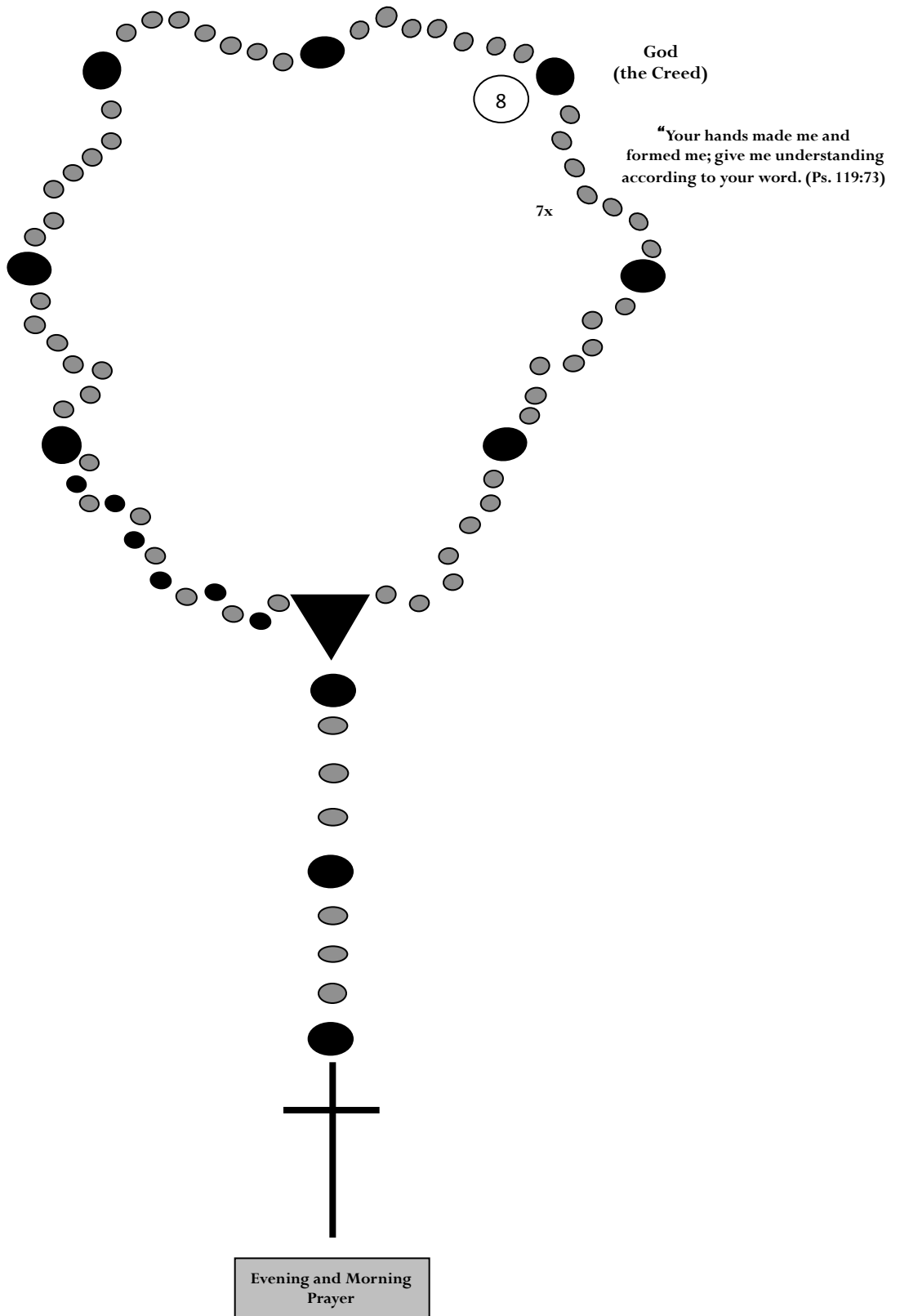


Evening and Morning  
Prayer



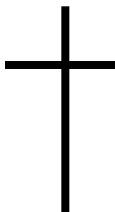
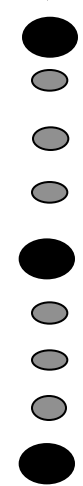
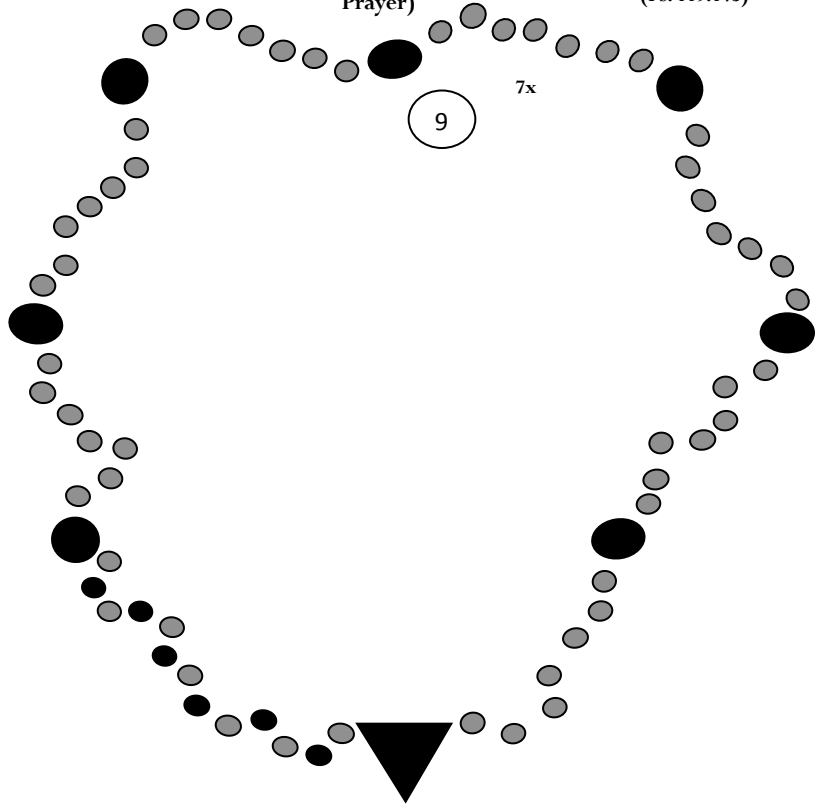






Prayer  
(the Lord's  
Prayer)

"I call with all my heart; answer me  
O Lord, and I will obey your decrees."  
(Ps. 119:145)



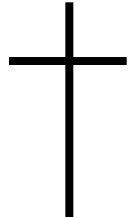
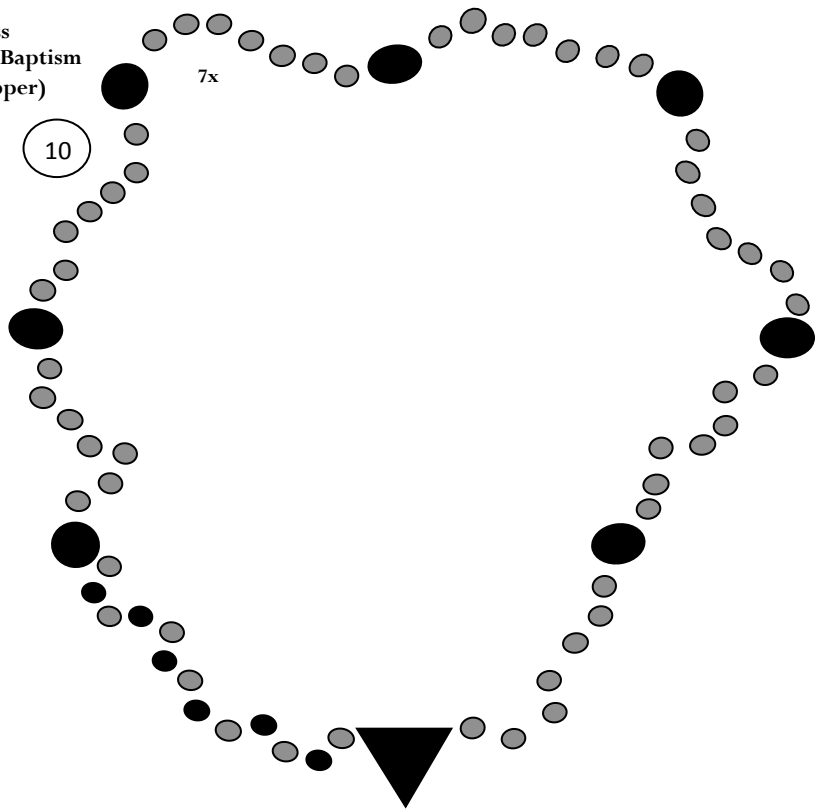
Evening and Morning  
Prayer

“May your unfailing love come to me, O Lord,  
your salvation according to your promise.”  
(Ps. 119: 41)

Forgiveness  
(the Jesus Prayer, Baptism  
the Lord’s Supper)

10

7x



Evening and Morning  
Prayer

"You are my refuge and my shield; I have put my hope in your word." (Ps. 119:114)

7x

Life Happens/The Lord is ...  
(the Psalms)

11

Evening and Morning  
Prayer

"Let me live that I may praise you, and may your laws sustain me." (Ps. 119:175)

Vocation  
("Follow me ...")

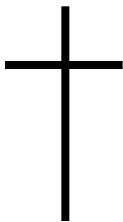
12

Vocational  
Roles

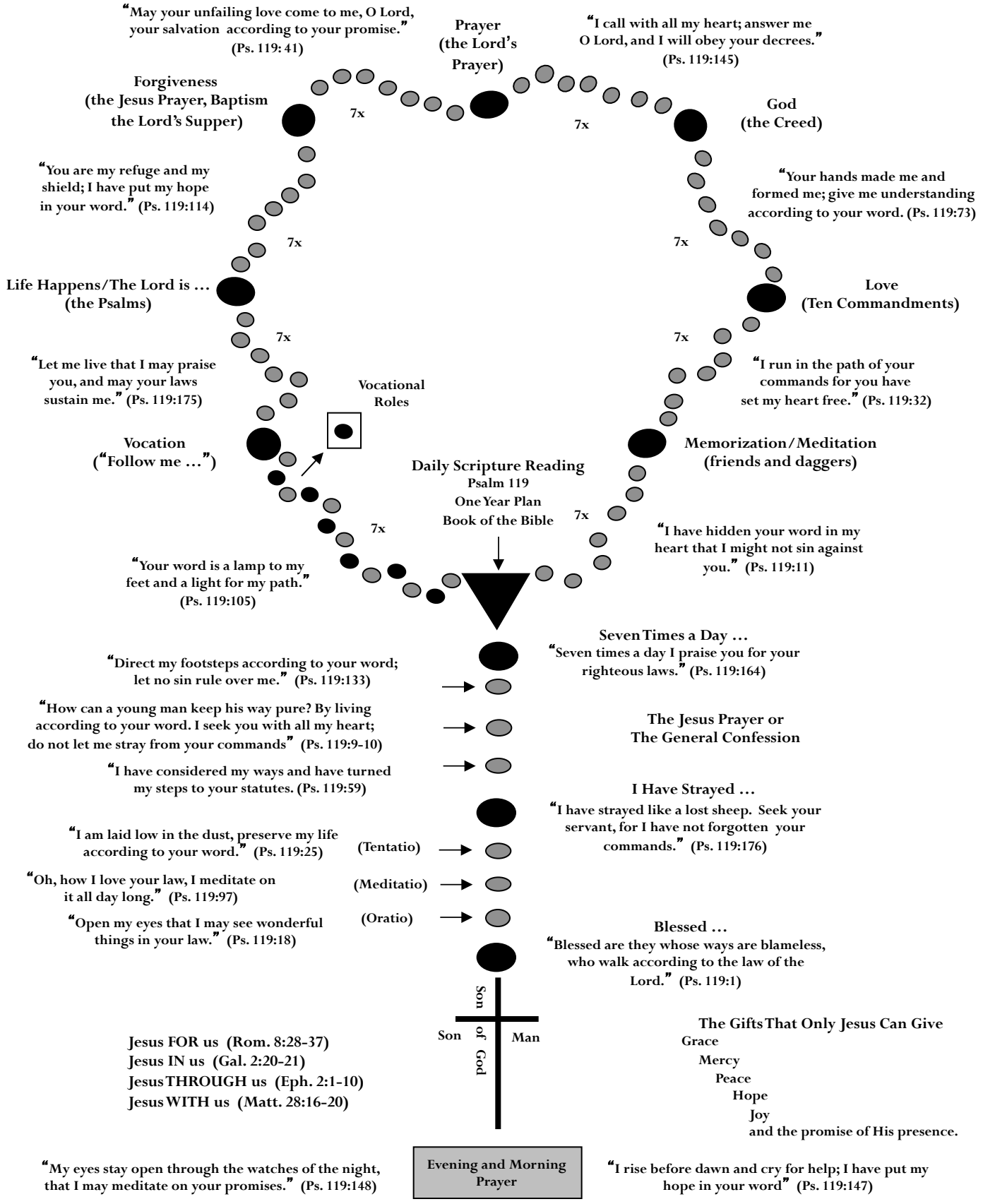


7x

"Your word is a lamp to my feet and a light for my path." (Ps. 119:105)



Evening and Morning  
Prayer



"In the name of the Father and of the Son  
and of the Holy Spirit. Amen."