



Morning Community Prayer—#2 in Worship and Songs

Gracious God, Your vision of peace and wholeness comes to us in sweeping revelations and in tiny signs of hope. Kindle our hearts that we may be a hopeful people. Keep us from growing weary of waiting lest we miss the glory of your appearing. Even so, come quickly, O God. Amen.

Scripture: James 1:17-18

¹⁷ Every generous act of giving, with every perfect gift, is from above, coming down from the Father of lights, with whom there is no variation or shadow due to change. ¹⁸ In fulfillment of his own purpose he gave us birth by the word of truth, so that we would become a kind of first fruits of his creatures.

Saturday Afternoon

Quiet Time



Find a quiet spot. Grab a cool drink. Maybe sit in the shade. Read the following scripture three times. Each time, hold a new question., listen for what God is saying to you today.

James 1: 13-27

¹³ No one, when tempted, should say, “I am being tempted by God”; for God cannot be tempted by evil and he himself tempts no one. ¹⁴ But one is tempted by one’s own desire, being lured and enticed by it; ¹⁵ then, when that desire has conceived, it gives birth to sin, and that sin, when it is fully grown, gives birth to death. ¹⁶ Do not be deceived, my beloved. ^[g]

¹⁷ Every generous act of giving, with every perfect gift, is from above, coming down from the Father of lights, with whom there is no variation or shadow due to change. ^[f] ¹⁸ In fulfillment of his own purpose he gave us birth by the word of truth, so that we would become a kind of first fruits of his creatures.

¹⁹ You must understand this, my beloved: ^[g] let everyone be quick to listen, slow to speak, slow to anger; ²⁰ for your anger does not produce God’s righteousness. ²¹ Therefore rid yourselves of all sordidness and rank growth of wickedness, and welcome with meekness the implanted word that has the power to save your souls.

²² But be doers of the word, and not merely hearers who deceive themselves. ²³ For if any are hearers of the word and not doers, they

are like those who look at themselves in a mirror; ²⁴ for they look at themselves and, on going away, immediately forget what they were like. ²⁵ But those who look into the perfect law, the law of liberty, and persevere, being not hearers who forget but doers who act—they will be blessed in their doing.

²⁶ If any think they are religious, and do not bridle their tongues but deceive their hearts, their religion is worthless. ²⁷ Religion that is pure and undefiled before God, the Father, is this: to care for orphans and widows in their distress, and to keep oneself unstained by the world.

First Reading: What word or phrase is grabbing your attention or sparking your curiosity?

Second Reading: Why do you think the author would have written this letter? (James, Jesus' brother wrote this letter to be circulated in the days of the early church.)

Third Reading: What is this scripture calling you to do, be, or change?



Saturday Evening Community Prayer: # 96 Worship and Songs

Our lives are cluttered, Lord Jesus, by too many things and too much to do. We are driven by the need to succeed and distracted by our service. We have often lost our way. Forgive us. Let us, like Mary, find the one thing that is needed and sit at your feet. Amen.

Scripture: James 1:17-18

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Saturday Evening Devotions

The Daily Examen *

The examen, or examination of conscience, is a quick prayer to help you see where God was active in your day. Usually done for 15 to 20 minutes at the end of a day, the prayer was popularized by St. Ignatius Loyola in his classic text *The Spiritual Exercises*. Use these five easy steps to pray the examen every day, and soon you'll begin to notice God's presence more easily.

1. **Presence:** Remember that you're in the presence of God in a special way when you pray. Ask God for help in prayer.
2. **Gratitude:** Recall two or three things that happened today for which you are especially grateful. Savor them. Then thank God for these gifts.

3. **Review:** Review your day from start to finish, noticing where you experienced God's presence. Notice everything from large to small: from an enjoyable interaction with a friend to the feel of the sun on your face. When did you love? When were you loved?

4. **Sorrow:** You may have sinned today or done something you regret. Express your sorrow to God and ask for forgiveness. If it's a grave sin, pray about seeking forgiveness from the person offended, or the sacrament of reconciliation.

5. **Grace:** You may want to return to a meaningful part of your prayer and speak to God about how you felt. At the close of the prayer, ask for God's grace for the following day.

*From https://jesuits.org/Assets/Publications/File/The_Daily_Examen.pdf

Sunday Morning Devotions



Before you start your day.

Stretch your body.

Listen to the sounds of the morning. (If you are inside, open a window and listen.)

Look towards the sun, eyes closed, and greet the day.

Offer a prayer of gratitude.

Morning Prayer: *#70 Worship and Songs*

We praise you with joy, loving God, for your grace is better than life itself. You have sustained us through the darkness, and you bless us with life in this new day. In the shadow of your wings we sin for joy and less your holy name. Amen.



Community Prayer: # 216 Worship and Songs

Loving God, you created us and all living beings for beauty , for happiness, for one another, with all our hearts, we thank you, God. Amen.

Scripture: James 1:27

²⁷ Religion that is pure and undefiled before God, the Father, is this: to care for orphans and widows in their distress, and to keep oneself unstained by the world.