



Desert Cross Daily Prayer, Scripture, & Devotion
Week of October 12—October 17, 2020

*You are encouraged to gather with the members of your household and join the members and friends of the Desert Cross community; though we be in separate locations, let us worship together at **6pm**.*

Daily Spiritual Examen

The Daily Examen is a technique of prayerful reflection on the events of the day in order to detect God's presence and discern God's direction for us. The Examen is an ancient practice in the Church that can help us see God's hand at work in our whole experience. Come, let us pray.

This week we will reflect upon Psalms of grace as we continue our study of grace with our October playlist.

Come, let us pray.

Monday, October 12, 2020

Read Psalm 147

¹ Praise the Lord. ^[a]

How good it is to sing praises to our God,
how pleasant and fitting to praise him!

² The Lord builds up Jerusalem;
he gathers the exiles of Israel.

³ He heals the brokenhearted
and binds up their wounds.

⁴ He determines the number of the stars
and calls them each by name.

⁵ Great is our Lord and mighty in power;
his understanding has no limit.

⁶ The Lord sustains the humble
but casts the wicked to the ground.

⁷ Sing to the Lord with grateful praise;
make music to our God on the harp.

Daily Spiritual Examen

Gather together! If able, light a candle as a way of asking for God's light as you look over the day . . . Say a prayer that you all know, such as the Lord's Prayer:

Our Father, who art in heaven,
hallowed be thy name,
thy kingdom come,
thy will be done,
on earth as it is in heaven.

Give us this day our daily bread;
and forgive us our trespasses,
as we forgive those
who trespass against us;
and lead us not into temptation,
but deliver us from evil.

For thine is the kingdom,
and the power, and the glory,
forever and ever. Amen.

Examen: Share with each other or think to yourself:

Go through your day: what happened this morning? . . .
What happened at lunch time . . . and in the afternoon? . . .

How was the evening meal? . . .

What else do you remember about today? ...

What was good about today? . . .

What was difficult about the day? . . .

What are you finding hard about having to stay inside at the moment? Or what is difficult about needing to go out?

Where did you see God in your day?

Ask God for what you need for tomorrow . . .

Pray for anyone who might be feeling lonely or sick at this time . . .

Thank God for this day . . .

Closing: "Glory be to the Father, and to the Son and to the Holy Spirit, as it was in the beginning, is now and ever shall be, world without end. Amen."

Tuesday, October 13, 2020

Read Psalm 145:8-14

- ⁸ The Lord is gracious and compassionate,
slow to anger and rich in love.
- ⁹ The Lord is good to all;
he has compassion on all he has made.
- ¹⁰ All your works praise you, Lord;
your faithful people extol you.
- ¹¹ They tell of the glory of your kingdom
and speak of your might,
- ¹² so that all people may know of your mighty acts
and the glorious splendor of your kingdom.
- ¹³ Your kingdom is an everlasting kingdom,
and your dominion endures through all generations.
- The Lord is trustworthy in all he promises
and faithful in all he does.[a]
- ¹⁴ The Lord upholds all who fall
and lifts up all who are bowed down.

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Wednesday, October 14, 2020

Read Psalm 4

For the director of music. With stringed instruments. A psalm of David.

- ¹ Answer me when I call to you,
my righteous God.
Give me relief from my distress;
have mercy on me and hear my prayer.
- ² How long will you people turn my glory into shame?
How long will you love delusions and seek false gods^[b]?^[c]
- ³ Know that the Lord has set apart his faithful servant for himself;
the Lord hears when I call to him.
- ⁴ Tremble and^[d] do not sin;
when you are on your beds,
search your hearts and be silent.
- ⁵ Offer the sacrifices of the righteous
and trust in the Lord.
- ⁶ Many, Lord, are asking, “Who will bring us prosperity?”
Let the light of your face shine on us.
- ⁷ Fill my heart with joy
when their grain and new wine abound.
- ⁸ In peace I will lie down and sleep,
for you alone, Lord,

make me dwell in safety.

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Thank God for this day . . .

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Thursday, October 15, 2020

Read Psalm 6

For the director of music. With stringed instruments. According to *sheminith*. A psalm of David.

- ¹ Lord, do not rebuke me in your anger
or discipline me in your wrath.
- ² Have mercy on me, Lord, for I am faint;
heal me, Lord, for my bones are in agony.
- ³ My soul is in deep anguish.
How long, Lord, how long?
- ⁴ Turn, Lord, and deliver me;
save me because of your unfailing love.
- ⁵ Among the dead no one proclaims your name.
Who praises you from the grave?
- ⁶ I am worn out from my groaning.
All night long I flood my bed with weeping
and drench my couch with tears.
- ⁷ My eyes grow weak with sorrow;
they fail because of all my foes.
- ⁸ Away from me, all you who do evil,
for the Lord has heard my weeping.
- ⁹ The Lord has heard my cry for mercy;
the Lord accepts my prayer.
- ¹⁰ All my enemies will be overwhelmed with shame and anguish;
they will turn back and suddenly be put to shame.

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Pray for anyone who might be feeling lonely or sick at this time . . .

Thank God for this day . . .

Closing: "Glory be to the Father, and to the Son and to the Holy Spirit, as it was in the
beginning, is now and ever shall be, world without end. Amen."

Friday, October 16, 2020

Read Psalm 86
A prayer of David.

¹Hear me, Lord, and answer me,
for I am poor and needy.
²Guard my life, for I am faithful to you;
save your servant who trusts in you.

You are my God; ³have mercy on me, Lord,
for I call to you all day long.
⁴Bring joy to your servant, Lord,
for I put my trust in you.
⁵You, Lord, are forgiving and good,
abounding in love to all who call to you.
⁶Hear my prayer, Lord;
listen to my cry for mercy.
⁷When I am in distress, I call to you,
because you answer me.

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Saturday, October 17, 2020

Read Psalm 23

The Divine Shepherd

¹The Lord is my shepherd, I shall not want.

² He makes me lie down in green pastures;
he leads me beside still waters,^[a]

³ he restores my soul.^[b]

He leads me in right paths^[c]
for his name’s sake.

⁴Even though I walk through the darkest valley,^[d]
I fear no evil;

for you are with me;
your rod and your staff—
they comfort me.

⁵You prepare a table before me
in the presence of my enemies;
you anoint my head with oil;
my cup overflows.

⁶Surely^[e] goodness and mercy^[f] shall follow me
all the days of my life,
and I shall dwell in the house of the Lord
my whole life long.^[g]

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