

My Sacred Pauses

Advent 2018

"Seven times a day I praise you for your righteous laws."
-Psalm 119:164

Your spiritual life and your relationship with God are as unique as you are. During your community group, you considered a new approach to your prayer life: sacred pauses throughout each day based on the ancient practices of monastic Christians. Specifically, we discussed Macrina Weiderkeher's approach:

- Vigil (overnight) - "The Night Watch"
- Lauds (wake-up) - "The Awakening Hour"
- Terce (mid-morning) - "The Blessing Hour"
- Sext (noon) - "The Hour of Illumination"
- None (afternoon) - "The Wisdom Hour"
- Vespers (evening) - "The Twilight Hour"
- Compline (bedtime) - "The Great Silence"

However, you can create your own unique way of encountering God throughout your unique day. Use this guide to help you discover the way to relate to God that works best for you. And know that it might take some time (and work) to fully shape your daily schedule of sacred pauses. But be patient with yourself and know that God understands the commitment and time it will take to encounter Him...and love Him more fully.



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I. As you encounter God in prayer throughout the day, what would you like to pray about? (check all that apply)

- I want to have a listen to what God would tell me
- I want to praise God simply for who He is
- I want to thank God for His blessings during the day
- I want to give each moment of my upcoming day to God - seeking his participation in what I do
- I want to pray that I live into the new life with the Holy Spirit that God has given me
- I want to confess my sins and seek God's wonderful forgiveness
- I want to pray for the issues I am facing in my own life
- I want to intercede on behalf of others
- other:

II. If you want to pray each day for others, who would you pray for?

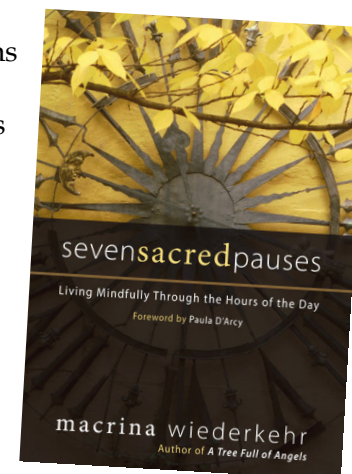
- My family
- The needs of those in my church
- For ministries of my church - that Chris would be revealed and glorified
- Issues facing my friends and neighbors
- I want to pray for my co-workers, fellow students
- For the leaders of our city, county, state and nation
- For those in the world who are suffering: those in harms way, the vulnerable and the forgotten
- other:

My Sacred Pauses

III. Prayer is well-described as a conversation with God.

What would you include in your sacred pauses with God?

- I want to listen to what God would tell me – through scripture
- I want to listen to what God would tell me – through meditation
- Music
- Singing
- Reading devotional material – *Jesus calling*, for example...
- Include readings and poems from *Seven Sacred Pauses* (prayers, poetry, antiphons and chants)
- Journaling
- Creative arts
- other:



IV. If you include scripture in your time with God, what types of scripture passages would you like to include?

- Psalms
- Passages of praise to God
- Parables
- God's promises
- Words of comfort
- Scriptures that challenge me to confess my sin to God
- The Passion narrative
- Christ's teaching
- Proverbs
- Passages describing "who I am" in Christ
- other:

My Sacred Pauses

V. Over the course of a day, when would you like to pray?

- when I wake up in the night
- when I wake up in the morning
- mid-morning
- lunchtime
- mid-afternoon
- early evening/ dinnertime
- bedtime
- other:

VI. If you chose music as a “call to worship” or simply to be included in your time with God, what songs would you choose for you sacred pauses?

Wake-up:

Mid-morning:

Midday:

Mid-afternoon:

Early evening:

Evening:

Bedtime:

Nighttime vigil:

The Passion narratives

Matthew 26:30–28:20

Mark 14:26–16:20

Luke 22:39–24:12

John 18:1–20:31

Psalms of Penitence

Psalms 6

Psalms 32

Psalms 38

Psalms 51

Psalms 102

Psalms 130

Psalms 143

Scriptures of Peace and Rest

Psalms 3:5

Psalms 4:8

Psalms 16:5-8

Psalms 42:8

Psalms 62:1-5

Psalms 91:1-5

Psalms 116:5-7

Psalms 119:54-56

Psalms 121

Psalms 139:11-12

Matthew 11:28-30

John 16:33

John 14:27

Romans 14:17-19

2 Thessalonians 3:16

Romans 15:13

Philippians 4:6-7

VII. Smartphone Spirituality

Scheduling your sacred pauses

Step 1:

Use iTunes to purchase and download your call to worship songs

Step 2:

Use your Clock app to set “Call to Worship” alarms

- > Clock
- > alarm
- > + (add alarm)
- > Set time
- > Choose song
- > Label the event



Example: Compline: 9:15pm

“Evening Prayer”
by Ola Gjeilo

*Watch, O Lord,
with those who wake,
or watch or weep tonight,
and give your angels charge
over those who sleep.*

*Tend your sick ones,
O Lord Jesus Christ;
rest your weary ones;
bless your dying ones;
soothe your suffering ones;
pity your afflicted ones;
shield your joyous ones;
and all for your love's sake. Amen.*

Steve's Seven Sacred Pauses:

Lauds

(praise) *wake*
Call to worship: "Sunrise" by Ola Gjeilo
Scripture: Psalms of praise and glory
Prayer: Praise God for who He is
Reminder: upside-down basket

Prime

(first) *≈ 8:30*
Call to worship: "The Spheres" by Ola Gjeilo
Scripture: The Lord's Prayer, passages about purpose and availability
Prayer: Pray as recon into the day ahead, intercession.
Reminder: calendar

Terce

(third hour) *≈ 11:00*
Holy Spirit descends upon the Apostles on the day of Pentecost at the third hour (Acts 2:15)
Call to worship: "Tundra" or "Sanctus" by Ola Gjeilo
Scripture: Psalms of God's Holiness. Readings on the Holy Spirit
Prayer: Submission to the Spirit given to us through Christ's sacrifice and God's grace, intercession.
Reminder: dove

Sext

(sixth hour - also 'siesta') *≈ 1:30*
Call to worship: "Identity and the Ground" or "The City" by Ola Gjeilo
Scripture: Parables
Prayer: Conforming to teachings of the parables
Reminder: clay

Unprofitable Servants (17:7-10)
The Importunate Widow (18:1-8)
The Pharisee and the Publican (18:9-14)
The Minas, or Pounds (19:11-27)

Mark's Parables:

The Growing Seed (4:26-29)
The Absent Householder (13:33-37)

Luke's Parables:

The Creditor and Two Debtors (7:41-43)
The Good Samaritan (10:30-37)
A Friend in Need (11:5-13)
The Rich Fool (12:16-21)
The Faithful Servant and The Evil Servant (12:35-40)
The Faithful and Wise Steward (12:42-48)
The Barren Fig Tree (13:6-9)
The Great Supper (14:16-24)
Building a Tower and a King Making War (14:25-35)
The Lost Coin (15:8-10)
The Prodigal Son (15:11-32)
The Unjust Steward (16:1-13)
The Rich Man and Lazarus (16:19-31)
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The Messianic and Royal Psalms

Psalm 2	Psalm 16	Psalm 18
Psalm 21	Psalm 22	Psalm 31
Psalm 34	Psalm 40	Psalm 41
Psalm 45	Psalm 68	Psalm 69
Psalm 72	Psalm 89	Psalm 101
Psalm 102	Psalm 104	Psalm 109
Psalm 110	Psalm 118	Psalm 132

Christ's parables

Matthew's Parables::

Candle Under a Bushel (5:14-16)
A Wise Man Builds on Rock (7:24-27)
New Cloth on an Old Garment (9:16)
New Wine in Old Wineskins (9:17)
The Sower (13:3-23)
The Tares (13:24-30)
The Mustard Seed (13:31,32)
The Leaven (13:33)
The Hidden Treasure (13:44)
The Pearl of Great Price (13:45,46)
The Net (13:47-50)
The Lost Sheep (18:12-14)
The Unforgiving Servant (18:23-35)
The Laborers in the Vineyard (20:1-16)
The Two Sons (21:28-32)
The Wicked Husbandmen (21:33-45)
The Wedding Feast (22:2-14)
The Fig Tree (24:32-44)
The Wise and Foolish Virgins (25:1-13)
The Talents (25:14-30)

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The Rich Man and Lazarus (16:19-31)

None

(ninth hour - *Christ's death occurs in the ninth hour*) ≈ 4:00
Call to Worship: "Northern Lights" by Ola Gjeilo
Scripture: Messianic Psalms, Passion narrative
Prayer: Meditation on Christ's death and resurrection, intercession
Reminder: cross

Vespers

(evening) *after dinner*
Call to worship: "Contrition" by Ola Gjeilo
Scripture: Seven psalms of penitence, passages of confession and forgiveness
Prayer: Confession of the day's sins
Reminder: something broken/mended

Compline

(final hour, completion) *bedtime*
Call to Worship: "Serenity" (O Magnum Mysterium) or "Evening Prayer" by Ola Gjeilo
Scripture: Psalms and passages of peace and God's sovereignty
Prayer: Thankfulness for the day, submit fears to God, pray for good rest, pray for illuminating dreams and visions, intercession
Reminder: lit candle, extinguished on completion

Scripture Passages

Psalms of praise and glory

Psalm 8	Psalm 24	Psalm 29
Psalm 34	Psalm 45	Psalm 48
Psalm 57	Psalm 63	Psalm 67
Psalm 72	Psalm 96	Psalm 100
Psalm 111	Psalm 113	Psalm 117
Psalm 134	Psalm 145	Psalm 146
Psalm 148	Psalm 149	Psalm 150

Psalms and verses celebrating the holiness of God

Psalm 24	Psalm 50	Psalm 89
Psalm 99	Psalm 104	Psalm 139
Psalm 143		
Psalm 2:6	Psalm 3:4	Psalm 5:7
Psalm 11:4	Psalm 15:1	Psalm 16:3
Psalm 22:3	Psalm 28:2	Psalm 29:2
Psalm 30:4	Psalm 33:21	Psalm 34:9
Psalm 43:3	Psalm 46:4	Psalm 47:8
Psalm 48:1	Psalm 51:11	Psalm 65:4
Psalm 68:5	Psalm 71:22	Psalm 77:13
Psalm 78:41	Psalm 78:54	Psalm 79:1
Psalm 87:1	Psalm 93:5	Psalm 96:9
Psalm 97:12	Psalm 98:1	Psalm 103:1
Psalm 105:3	Psalm 105:42	Psalm 106:47
Psalm 110:3	Psalm 111:9	Psalm 138:2
Psalm 145:21	Isaiah 6:1-6	

Submission to God's will

Matthew 6:9-13 (the Lord's Prayer)

Psalm 5:3-7	Psalm 143:8
Proverbs 3:5-6	Jeremiah 29:11
Luke 9:23-25	Romans 12:1-2
Ephesians 5:15-20	Ephesians 6:5-7
Hebrews 13:20-21	James 1:5-6
James 4:13-17	1 John 2:16-17

Scriptures about the Spirit of God

Genesis 1:1-2	1 Kings 19:9-12	Isaiah 11:2
Isaiah 61:1-3	Jeremiah 31:31-34	Ezekiel 36:26-27
Zechariah 4:6	Luke 4:1	Luke 4:18
Luke 11:13	John 3:5-8	John 7:38-39
John 14:15-21	John 14:23-31	John 15:26
John 16:7-11	John 16:13-15	John 20:21-23
Acts 2:1-5	Acts 2:38	Acts 4:31
Acts 19:1-6	Romans 5:3-5	Romans 8:2-6
Romans 8:7-11	Romans 8:26	1 Corinthians 2:9-10
1 Corinthians 2:14	1 Corinthians 3:16	1 Corinthians 6:18-19
1 Corinthians 12:1-13	2 Corinthians 3:17	2 Corinthians 5:5
Galatians 4:6	Galatians 5:22-23	Ephesians 1:13-14
Ephesians 3:16	Ephesians 4:4	Ephesians 5:18
Titus 3:5-6		