

## Daily Rhythm

Making worship part of the everyday  
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### Devotional Diary : 19 - 25 Jan 2015

Revised Common Lectionary Readings for Sunday 11 January 2015. (3<sup>rd</sup> Sunday after Epiphany) with thanks to [www.gbod.org](http://www.gbod.org)

**[Jonah 3:1-5, 10](#)**. Jonah finally begins to fulfil his assignment to proclaim God's judgment to the people of Nineveh ("that great city"). He walks through about one-third of the city's streets on the first day, announcing that only forty days remain before doom arrives. The response of the entire city is rapid and complete: The entire human population fasts, "and everyone, great and small, put on sackcloth" including the farm animals. God relents and does not bring harm to the city.

**Psalm Response: [Psalm 62:5-12](#)**. In God alone our souls in silence wait. In God alone is our help.

**[1 Corinthians 7:29-31](#)**. Paul reminds the Christians at Corinth that they should order their lives by the realities of God's kingdom, not by the standards and practices of "this world" that is "passing away".

**[Mark 1:14-20](#)**. Mark offers the core of Jesus' proclamation, perhaps the title or tagline of every sermon Jesus preached — "God's kingdom has drawn near: repent and believe this good news!" Jesus calls some fishermen to leave their livelihood and their families to follow him.

#### **Monday:**

**Adoration Focus:** (Psalm 24:1) The earth is the Lord's and everything in it...

**Confession:** Pray: 'Lord God we pray that in the quiet moments of our lives (as we become more aware of our inner lives and your Spirit in us) that your Spirit may bring about an inner transformation that may empower the outward call of the Gospel.' Then be still and become aware of God's life in you.

**The Word:** See readings above.

**Seeking the Kingdom**

Shared Focus: Pray for someone who needs encouragement.

Personal prayers: (Use this section to list people you need to pray for or situations of personal concern that you need to bring before God in prayer)

Dedication: Our hands and feet are His.

#### **Tuesday:**

**Adoration Focus:** (Psalm 23:1) The Lord is my shepherd, I shall not want.

**Confession:** Lord God we examine our interaction with our circles of friends and we pray that here we may witness through our lives and words of care and love.

**The Word:**

**Seeking the Kingdom:**

Shared Focus: Pray for someone who needs to know that they are loved.

Personal Prayers:

Dedication: Our hands and feet are His.

#### **Wednesday:**

**Adoration Focus:** (Psalm 22:28) ...for dominion belongs to the Lord and he rules over the nations.

**Confession:** Lord we examine the works of our hands and bodies. In our work enable us to build your Kingdom through works of love, justice and righteousness.

**The Word:**

**Seeking the Kingdom:**

Shared Focus: Pray for someone who needs to discover faith in God.

Personal prayers:

Dedication: Our hands and feet are His.

**Thursday:**

**Adoration Focus:** (Psalm 19:1) The heavens declare the glory of God; the skies proclaim the word of his hands.

**Confession:** Lord we examine our church lives. Forgive us when we are passengers and lead us into callings of service. Enable us to live out the Gospel of truth through the body of Christ.

**The Word:**

**Seeking the Kingdom:**

Shared Focus: Pray for someone who needs to find work.

Personal prayers:

Dedication: Our hands and feet are His.

**Friday:**

**Adoration Focus:** (Psalm 18:46) The Lord lives! Praise be to my Rock! Exalted be God my Savior!

**Confession:** Lord we pray that we may be guided as to how we can live out our faith in the context of our country. Lord we find ourselves in this context; enable us to witness and be creative.

**The Word:**

**Seeking the Kingdom:**

Shared Focus: Pray for someone who needs strength in a struggle.

Personal prayers:

Dedication: Our hands and feet are His.

**Saturday:**

**Adoration Focus:** (Psalm 16:11) You have made known to me the path of life; you will fill me with joy in your presence, with eternal pleasures at your right hand.

**Confession:** Lord we examine our witness when we are among those who do not know us. When we are in shopping queues or dealing with strangers at work. Teach us how to build a positive atmosphere in all our contacts and not just among our inner circle.

**The Word:**

**Seeking the Kingdom:**

Shared Focus: Pray for someone who needs to find joy in living.

Personal prayers:

Dedication: Our hands and feet are His.

**Sunday:**

**Adoration Focus:** (Psalm 13:6) I will sing to the Lord, for he has been good to me.

**Confession:** Pray for any arena of life where you sense you need to confess and be empowered for new life and direction. God is with you in every area of life.

**The Word:**

**Seeking the Kingdom:**

Shared Focus: Pray for someone who needs reconciliation.

Personal prayers:

Dedication: Our hands and feet are His.

## Weekly Rhythm

Joining our stories with the stories of God's people.

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In our spiritual tradition there is a daily, weekly and seasonal (yearly) cycle, all working together to breathe God's life into us and connect us in a worshipful relationship with our Creator. This resource explores these rhythms from the perspective of the Christian Year (using the Revised Common Lectionary). It is aimed at those who want to journey with these texts in a transformational way, particularly from a worship perspective. Each week we will share around the set texts as they inspire our daily, weekly and yearly rhythms.

**Additional information about the readings: (Notes in italics are with thanks to [www.gbod.org](http://www.gbod.org).)**

[Jonah 3:1-5, 10.](#)

*Jonah finally begins to fulfill his assignment to proclaim God's judgment to the people of Nineveh ("that great city"). He walks through about one-third of the city's streets on the first day, announcing that only forty days remain before doom arrives. The response of the entire city is rapid and complete: The entire human population fasts, "and everyone, great and small, put on sackcloth" including the farm animals. God relents and does not bring harm to the city.*

We need to remember that Jonah comes from a position of prejudice: the Ninevites are people from outside the Hebrew fold; they are not the "chosen". Many Israelites would have considered them outside God's saving grace, beyond repentance. His prejudice is part of the reason that Jonah flees the call of God but God's call does not give up that easily. The Ninevites willingness to repent becomes an example to the people of Israel. This story challenges our prejudices. Try to read the entire book of Jonah and enjoy the story (it is only a couple of pages long).

### Prayer of Confession

(inspired by Jonah; Mark 1:14-20)

God...you call us...and sometimes...we duck under the table...  
hoping you didn't notice us when you walked into the room.  
You call us...and sometimes...we grab a stapler and a stack of papers...  
trying to look too busy to be bothered at the moment.  
You call us...and sometimes we just say, "No!"  
We know that we aren't expected to do everything...  
but we often forget that you call us to be our selves  
in the places where our very self is what is most needed.  
So give us the grace to say "Yes" to your call...  
even now...as we offer our silent confessions...

— written by Rev. Scott Cervas, and posted on the [LiturgyLink](#) website.

**Psalm Response: [Psalm 62:5-12.](#)**

*In God alone our souls in silence wait. In God alone is our help.*

### Confession

(based on Psalm 62)

In the midst of the noise, confusion, and chaos of life, our souls long for quiet. God longs for us to return to that safe place found in the presence of our Lord. Trusting in our refuge-providing God, let us pour out our hearts before the Holy One:

*God of Salvation, we seek refuge in all the wrong places. We place our confidence in taking things from others, instead of delighting in with what we receive from you. We set our hopes on fame and worldly possessions, instead of relying on your grace and steadfast love. Almighty Deliverer, rescue us from our delusions. Save us from our foolish choices, and guide us in the better way.*

— written by Amy Loving, and posted on [The Worship Closet](#) website.

**How do you seek refuge in the Lord? Is this escaping from life? How is finding our refuge connection with real life?**

**1 Corinthians 7:29-31.**

*Paul reminds the Christians at Corinth that they should order their lives by the realities of God's kingdom, not by the standards and practices of "this world" that is "passing away".*

We must remember that it is the sinful nature that is referred to as the world. This is what is passing away. Scripture clearly reveals that God's intention is to save and renew creation, not forget it. It is the things that are ordered by God's Kingdom that will be the building blocks of the new heaven and the new earth (Rev 21).

**Are there things in your life that need to pass away?**

**Are there things in your life that need to be "ordered by God's Kingdom"?**

**Mark 1:14-20.**

*Mark offers the core of Jesus' proclamation, perhaps the title or tagline of every sermon Jesus preached — "God's kingdom has drawn near: repent and believe this good news!" Jesus calls some fishermen to leave their livelihood and their families to follow him.*

**Follow Me (A Meditation)**

We could only hear the voice  
We could not see him  
for he stood with the sun behind him  
and he glowed  
We dropped our nets where they were  
screwing our eyes at the light  
confused by its brightness  
yet drawn by those words  
"Come and follow me"  
The light shifted just at that moment.  
This was the daring plan  
all heaven had been working on  
through incarnation  
and annunciation  
around magnificat  
those ancient words  
scripted to lead nations into the reign of God  
and here it was  
bold  
clever  
centuries of work  
whole generations had been longing for  
a complete, worked out plan of salvation:  
"Will you come and follow me"  
it worked for us  
but churches and project workers  
have tried more advanced programmes  
ever since.

~ written by Roddy Hamilton, and posted on **Listening to the Stones.**<http://newkilpatrickblog.typepad.com/nk-blogging/mucky-paws/> Used by permission.

**How does this plan of following Christ work for you?**