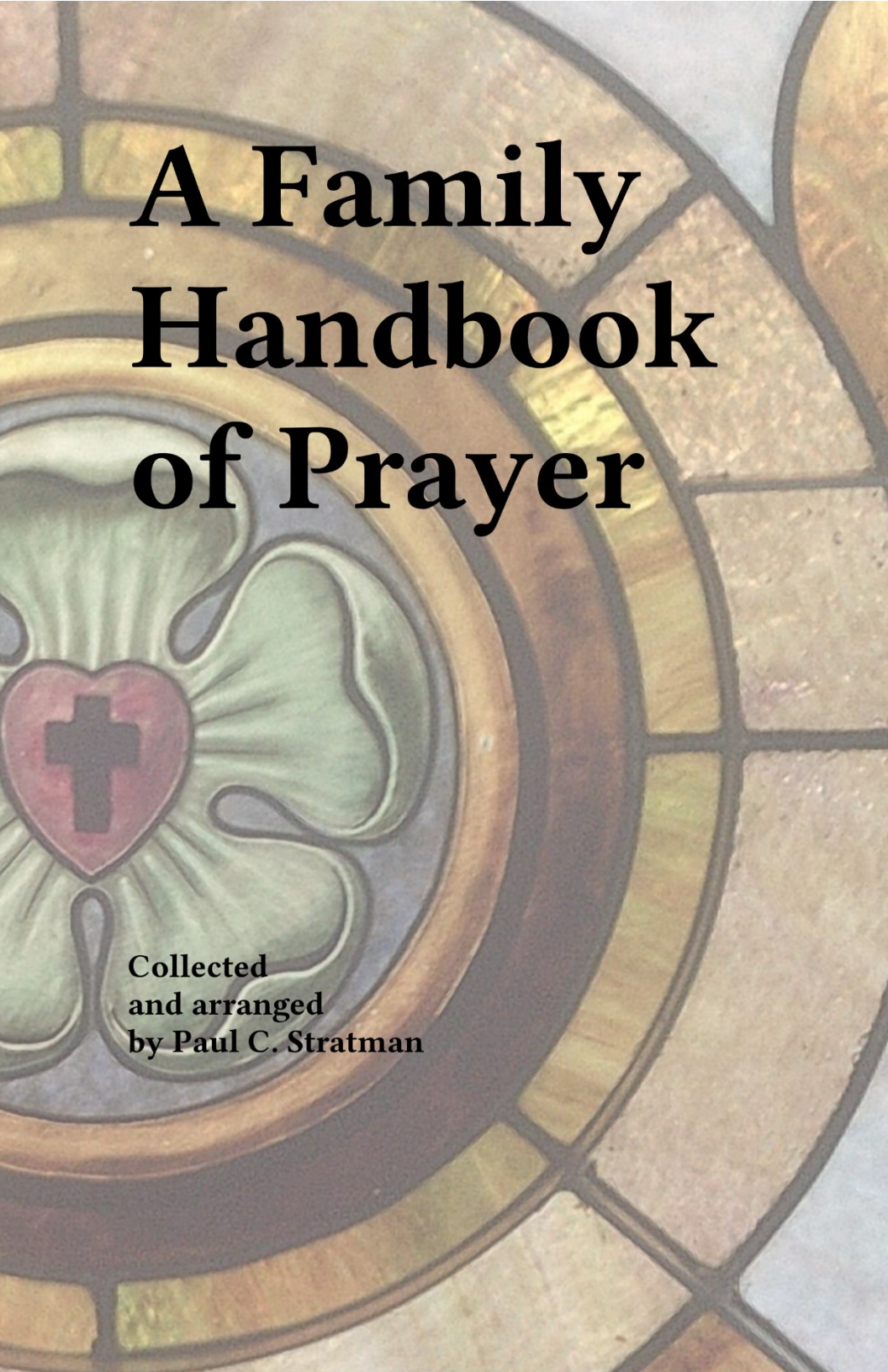


The background of the cover is a detailed stained glass design. It features a central circular medallion with a green, multi-lobed floral or shell-like pattern. In the center of this medallion is a red heart containing a black cross. This central element is surrounded by concentric rings of yellow and brown glass, which are further divided by dark leaded glass lines into a larger circular pattern. The overall style is reminiscent of traditional church stained glass windows.

A Family Handbook of Prayer

**Collected
and arranged
by Paul C. Stratman**



A Family Handbook of Prayer

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BOOKS

Instructions for Printing

In Adobe Acrobat, click on “File,” and then “Print.”

Near the middle of the print menu, under “Page Sizing & Handling,” select “Booklet.” Right beneath the “Booklet” button, make sure “Booklet subset” is “Both sides.”

Make sure your printer is loaded with 8.5” x 11” paper. Click “Print,” and if needed, follow your printer’s instructions for printing on both sides.

Morning Prayers

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

I thank you, my heavenly Father, through Jesus Christ your dear Son, that you have kept me this night from all harm and danger. Keep me this day also from sin and every evil, that all my doings and life may please you. Into your hands I commend myself, my body and soul, and all things. Let your holy angel be with me, that the wicked foe may have no power over me. Amen. ¹

Das walte Gott Vater, ✠ Sohn und Heiliger Geist! Amen

Ich danke dir, mein himmlischer Vater, durch Jesus Christus, deinen lieben Sohn, daß du mich diese Nacht vor allem Schaden und Gefahr behütet hast, und bitte dich, du wollest mich diesen Tag auch behüten vor Sünden und allem übel, dass dir all mein Tun und Leben gefalle. Denn ich befehle mich, meinen Leib und Seele und alles in deine Hände. Dein heiliger Engel sei mit mir, daß der böse Feind keine Macht an mir finde. Amen. ²

Grant us, O Lord, to live this day in gladness and peace, without stumbling and without stain, that reaching the evening victorious over all temptation, we may praise you, the eternal God, for you govern all things and are praised now and forever. **Amen.** ³

O Lord, King of heaven and earth, order, hallow, rule and govern our hearts and bodies, and our thoughts, words and actions according to your commandments; through your Son, Jesus Christ, our Lord. **Amen.** ⁴

O God, you divide the day from the night. Give us hearts and minds unshadowed by the gloom of evil, that we may continually think about things that are good and wholesome, and always be pleasing in your sight; through Jesus Christ our Lord. **Amen.** ⁵

The Prayer for Grace

Holy Lord, almighty Father, eternal God, you have brought us to the beginning of this day. Defend us today with your saving power so that we neither fall into sin nor run into any danger, but in everything we do, subject our words and direct our thoughts to what is right in your sight; through your Son, Jesus Christ our Lord. **Amen.** ⁶

Domine Sancte, Pater Omnipotens, æterne Deus, qui nos ad principium hujus diei pervenire fecisti; Tua nos hodie salva virtute; et concede ut in hac die ad nullum declinemus peccatum, nec ullum incurramus periculum; sed semper ad tuam justitiam faciendam omnis nostra actio tuo moderamine dirigatur. Per Jesum Christum Dominum nostrum. Amen. ⁷

Evening Prayers

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

I thank you, my heavenly Father, through Jesus Christ, your dear Son, that you have graciously kept me this day. Forgive me all my sins where I have done wrong, and graciously keep me this night. Into your hands I commend myself, my body and soul, and all things. Let your holy angel be with me, that the wicked foe may have no power over me. Amen. ⁸

Das walte Gott Vater, † Sohn und Heiliger Geist! Amen

Ich danke dir, mein himmlischer Vater, durch Jesus Christus, deinen lieben Sohn, daß du mich diesen Tag gnädiglich behütet hast, und bitte dich, du wollest mir vergeben alle meine Sünde, wo ich Unrecht getan habe, und mich diese Nacht auch gnädiglich behüten. Denn ich befehle mich, meinen Leib und Seele und alles in deine Hände. Dein heiliger Engel sei mit mir, daß der böse Feind keine Macht an mir finde. Amen. ⁹

Lighten our darkness, Lord, we pray; and in your mercy, defend us from all perils and dangers of this night; for the love of your only Son, our Savior Jesus Christ. **Amen.** ¹⁰

Illumina, quaesumus, Domine, tenebras nostras, et totius noctis insidias repelle propitious. Per Iesum Christum, Dominum nostrum. Amen. ¹¹

Yours is the day, O Lord, and yours is the night. Let your Sun of Righteousness remain in our hearts to drive away the darkness of wicked thoughts; through Jesus Christ our Lord. **Amen.** ¹²

Lord God almighty, you have made one day of the evening, the morning, and noon. You have ordered the sun in its rising and setting. Make your way through the darkness of our hearts, that being

enlightened by you, we may know you as the true God and our eternal light; through Jesus Christ our Lord. **Amen.** ¹³

The Prayer for Peace

O God, all holy desires, all good counsels, and all just works come from you. Give your servants that peace which the world cannot give, that our hearts may be set to obey your commandments. Defend us from the fear of our enemies, that we may pass our time in rest and quietness; through the merits of Jesus Christ our Savior. **Amen.** ¹⁴

Deus, a quo sancta desideria, recta consilia, et justa sunt opera; Da servis tuis illam quam mundus dare non potest pacem; ut et corda nostra mandatis tuis dedita, et hostium sublata formidine tempora sint tua protectione tranquilla. Per merita Jesu Christi Salvatoris nostri. Amen. ¹⁵

The Lord's Prayer

Galilean Aramaic, from <https://abwoon.org/library/learn-aramaic-prayer/> which has recordings to help with pronunciation.

Abwoon d'bwashmaya
Our Father, who is in heaven,

nethqadash shmakh
may your name be kept holy,

teyey malkuthakh
may your kingdom come,

nehwey sebyanach aykanna d'bwashmaya aph b'arha.
may your will be done, as in heaven, so on earth.

Habwlan lachma d'sunqanan yaomana.
Give us our bread for the day.

Washboqlan khaubayn (wakhtahayn) aykana daph khnan shbwoqan l'khayyabayn.

And forgive us our debts as we forgive our debtors.

Wela tahlán l'nesyuna, Ela patzan min bisha.
And lead us not into temptation. But deliver us from evil.

*Metol dilakhie malkutha wahayla wateshbukhta l'ahlam almin. Ameyn.*¹⁶
For to you is the kingdom, and the power, and the glory, forever. Amen.

Traditional English – from the American Book of Common Prayer, 1786

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, for ever and ever. Amen. ¹⁷

Contemporary English – from Alternative Service Book, 1980

Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as in heaven. Give us today our daily bread. Forgive us our sins as we forgive those who sin against us. Lead us not into temptation but deliver us from evil. For the kingdom, the power, and the glory are yours now and forever. Amen. ¹⁸

German

Vater unser, der du bist im Himmel. Geheiligt werde dein Name. Dein Reich komme. Dein Wille geschehe, wie im Himmel, also auch auf Erden. Unser täglich Brot gib uns heute. Und vergib uns unsere Schuld, als wir vergeben unsern Schuldigern. Und führe uns nicht in Versuchung; Sondern erlöse uns von dem Übel. Denn dein ist das Reich und die Kraft und die Herrlichkeit in Ewigkeit. Amen. ¹⁹

Latin

Pater noster, qui es in caelis, sanctificetur nomen tuum. Adveniat regnum tuum. Fiat voluntas tua, sicut in caelo et in terra. Panem nostrum quotidianum da nobis hodie, et dimitte nobis debita nostra sicut et nos dimittimus debitoribus nostris. Et ne nos inducas in tentationem, sed libera nos a malo. Quia tuum est regnum, et potestas, et Gloria, in saecula. Amen. ²⁰

Spanish

Padre nuestro que estás en los cielos, santificado sea tu nombre, venga a nos tu reino, hagase tu voluntad, así en la tierra como en el cielo. El pan nuestro de cada día, danoslo hoy, y perdónanos nuestras deudas, así como nosotros perdonamos a nuestros deudores. Y no nos metas en tentación, mas líbranos de mal. Porque tuyo es el reino, el poder y la Gloria por los siglos de los siglos. Amen. ²¹

Table Prayers

Lord God, heavenly Father, bless us and these your gifts which we receive through your bountiful goodness; through Jesus Christ our Lord. **Amen.** ²²

Domine Deus, Pater coelestis, benedic nobis et his donis tuis, quae de tua largitate sumimus, per Iesum Christum, Dominum nostrum. Amen. ²³

Come, Lord Jesus, be our guest,
and let these gifts to us be blessed. ²⁴

*Komm, Herr Jesu; sei du unser Gast;
und segne, was du uns bescheret hast.* ²⁵

Father in heaven, bless this food
for your glory, and for our good. Amen. ²⁶

*Vater, segne diese Speise,
uns zur Kraft und dir zum Preise. Amen.* ²⁷

Lord Jesus, be our holy Guest,
Our morning Joy, our evening Rest;
And with our daily bread impart
Your love and peace to every heart. Amen. ²⁸

*Wir bitten, Herr, sei unserm Haus
ein steter Gast, tagein, tagaus,
und hilf, dass wir der Gaben wert,
die deine Güte uns beschert. Amen.* ²⁹

Give thanks to the LORD, for he is good, for his mercy endures forever.
Amen. ³⁰

הוֹדוּ לַיהוָה כִּי־טוֹב כִּי לְעוֹלָם חַסְדּוֹ:

Hodu ladonai ki-tov; ki le'olam chasdo. ³¹

Be present at our table, Lord;
Be here and everywhere adored;
These morsels bless, and grant that we
May feast in paradise with thee. ³²

Heavenly Father, every good and perfect gift comes from you. We thank you for the many gifts you give us day by day. Bless us and our conversation around this table that we may grow in strength of body and soul; through Jesus Christ our Lord. **Amen.** ³³

Our Father in heaven, we praise and thank you for answering our prayer and giving us our daily bread. In your mercy, continue to give us all we need for our bodies and lives that we may live to your glory and serve one another in love; through Jesus Christ our Lord. **Amen.** ³⁴

Gracious Father, you feed and nourish every creature. Feed and nourish our bodies and souls. Do not let us forget your benefits, but strengthen us with your blessings that we may glorify your name, do good and honest work, and live and move before you in righteousness and innocence. **Amen.** ³⁵

Father in heaven, sustain our bodies with this food, our hearts with true friendship, and our souls with your Word; through Christ our Lord. **Amen.** ³⁶

The eyes of all look to you, O LORD, and you give them their food in due season. You open your hand; and you satisfy the desire of every living thing. **Amen.** ³⁷

Prayers for Very Young Children

Abba, dearest Father. **Amen.** ³⁸

Abba, lieber Vater. **Amen.** ³⁹

We thank you, Lord, for this our food,
For life, and health, and every good. ⁴⁰

Jesus, tender Shepherd, hear me,
Bless your little lamb tonight;
Through the darkness now be near me,
Watch my sleep till morning light. ⁴¹

A morning prayer

Now that the daylight fills the sky,
We lift our hearts to God on high,
That he, in all we do or say,
Would keep us free from harm today.

All praise to you, creator Lord!
All praise to you, eternal Word!
All praise to you, O Spirit wise!
We sing as daylight fills the skies. ⁴²

Latin

*Iam lucis ordo sidere
Deum precemur supplices
Ut in diurnis actibus
Nos servet a nocentibus.*

*Deo Patri sit Gloria
Eiusque soli Filio
Sancto simul cum Spiritu
Nunc et per omne saeculum.* ⁴³

An evening prayer

Now the light has gone away;
Father, listen while I pray,
Asking you to watch and keep
And to send me quiet sleep.

Jesus, Savior, wash away
All that I've done wrong today;
Make me ever more like you,
Good and gentle, kind and true. ⁴⁴

Now the light has gone away;
Father, listen while I pray,
Asking thee to watch and keep
And to send me quiet sleep.

Jesus, Savior, wash away
All that has been wrong today;
Help me every day to be
Good and gentle, more like thee. ⁴⁵

German

*Müde bin ich, geh zur Ruh,
Schließe meine Äuglein zu:
Vater, laß die Augen dein
Über meinem Bette sein.*

*Hab ich Unrecht heut getan,
Sieh es, lieber Gott, nicht an.
Deine Gnad und Christi Blut
Macht ja allen Schaden gut.* ⁴⁶

Selected Psalms

Psalm 1

Blessed is the man
who walks not in the counsel of the wicked,
nor stands in the way of sinners,
nor sits in the seat of scoffers;
² but his delight is in the law of the LORD,
and on his law he meditates day and night.
³ He is like a tree
planted by streams of water
that yields its fruit in its season,
and its leaf does not wither.
In all that he does, he prospers.
⁴ The wicked are not so,
but are like chaff that the wind drives away.
⁵ Therefore the wicked will not stand in the judgment,
nor sinners in the congregation of the righteous;
⁶ for the LORD knows the way of the righteous,
but the way of the wicked will perish. (ESV)

German

Wohl dem,
der nicht wandelt im Rat der Gottlosen
noch tritt auf den Weg Sünder
noch sitzt, da die Spötter sitzen,
² sondern hat Lust zum Gesetz des HERRN
und redet von seinem Gesetz Tag und Nacht!
³ Der ist wie ein Baum,
gepflanzt an den Wasserbächen,
der seine Frucht bringt zu seiner Zeit,
und seine Blätter verwelken nicht;
und was er macht, das gerät wohl.
⁴ Aber so sind die Gottlosen nicht,
sondern wie Spreu, die der Wind verstreut.
⁵ Darum bleiben die Gottlosen nicht im Gericht
noch die Sünder in der Gemeinde der Gerechten.
⁶ Denn der HERR kennt den Weg der Gerechten;
aber der Gottlosen Weg vergeht. (Luther 1545)

Latin

Beatus vir qui non abiit in consilio impiorum,
et in via peccatorum non stetit,
et in cathedra pestilentiae non sedit;
² sed in lege Domini voluntas ejus,
et in lege ejus meditabitur die ac nocte.
³ Et erit tamquam lignum
quod plantatum est secus decursus aquarum,
quod fructum suum dabit in tempore suo:
et folium ejus non defluet;
et omnia quaecumque faciet prosperabuntur.
⁴ Non sic impii, non sic;
sed tamquam pulvis quem projicit ventus a facie terrae.
⁵ Ideo non resurgent impii in iudicio,
neque peccatores in concilio justorum:
⁶ quoniam novit Dominus viam justorum,
et iter impiorum peribit. (Vulgate)

Spanish

Bienaventurado el varón
que no anduvo en consejo de malos,
ni estuvo en camino de pecadores,
ni en silla de escarnecedores se ha sentado,
² sino que en la ley de Jehová está su delicia
y en su Ley medita de día y de noche.
³ Será como árbol plantado junto a corrientes de aguas,
que da su fruto en su tiempo y su hoja no cae,
y todo lo que hace prosperará.
⁴ No así los malos,
que son como el tamo que arrebata el viento.
⁵ Por tanto, no se levantarán los malos en el juicio
ni los pecadores en la congregación de los justos,
⁶ porque Jehová conoce el camino de los justos,
mas la senda de los malos perecerá. (Reina Valera 1995)

Prayer

O Lord, make us like fruitful trees in your garden. Just as we are watered by the showers of your grace, may we bring forth abundant fruit to you at the proper time; through Jesus Christ our Lord. **Amen.** ⁴⁷

Psalm 19

The heavens declare the glory of God,
and the sky above proclaims his handiwork.

² Day to day pours out speech,
and night to night reveals knowledge.

³ There is no speech, nor are there words,
whose voice is not heard.

⁴ Their voice goes out through all the earth,
and their words to the end of the world.

In them he has set a tent for the sun,

⁵ which comes out like a bridegroom leaving his chamber,
and, like a strong man, runs its course with joy.

⁶ Its rising is from the end of the heavens,
and its circuit to the end of them,
and there is nothing hidden from its heat.

⁷ The law of the LORD is perfect, reviving the soul;
the testimony of the LORD is sure, making wise the simple;

⁸ the precepts of the LORD are right, rejoicing the heart;
the commandment of the LORD is pure, enlightening the eyes;

⁹ the fear of the LORD is clean, enduring forever;
the rules of the LORD are true, and righteous altogether.

¹⁰ More to be desired are they than gold, even much fine gold;
sweeter also than honey and drippings of the honeycomb.

¹¹ Moreover, by them is your servant warned;
in keeping them there is great reward.

¹² Who can discern his errors?

Declare me innocent from hidden faults.

¹³ Keep back your servant also from presumptuous sins;
let them not have dominion over me!

Then I shall be blameless,
and innocent of great transgression.

¹⁴ Let the words of my mouth and the meditation of my heart
be acceptable in your sight,

O LORD, my rock and my redeemer. (ESV)

German

Die Himmel erzählen die Ehre Gottes,
und die Feste verkündigt seiner Hände Werk.

²Ein Tag sagt's dem andern,
und eine Nacht tut's kund der andern.

³Es ist keine Sprache noch Rede,
da man nicht ihre Stimme höre.

⁴Ihre Schnur geht aus in alle Lande
und ihre Rede an der Welt Ende.

Er hat der Sonne eine Hütte an ihnen gemacht;

⁵und dieselbe geht heraus wie ein Bräutigam aus seiner Kammer
und freut sich wie ein Held zu laufen den Weg.

⁶Sie geht auf an einem Ende des Himmels
und läuft um bis wieder an sein Ende,
und bleibt nichts vor ihrer Hitze verborgen.

⁷Das Gesetz des HERRN ist vollkommen und erquickt die Seele;
das Zeugnis des HERRN ist gewiß und macht die Unverständigen weise.

⁸Die Befehle des HERRN sind richtig und erfreuen das Herz;
die Gebote des HERRN sind lauter und erleuchten die Augen.

⁹Die Furcht des HERRN ist rein und bleibt ewiglich;
die Rechte des HERRN sind wahrhaftig, allesamt gerecht.

¹⁰Sie sind köstlicher denn Gold und viel feines Gold;
sie sind süßer denn Honig und Honigseim.

¹¹Auch wird dein Knecht durch sie erinnert;
und wer sie hält, der hat großen Lohn.

¹²Wer kann merken, wie oft er fehlet?
Verzeihe mir die verborgenen Fehle!

¹³Bewahre auch deinen Knecht vor den Stolzen,
daß sie nicht über mich herrschen, so werde ich ohne Tadel sein
und unschuldig bleiben großer Missetat.

¹⁴Laß dir wohl gefallen die Rede meines Mundes
und das Gespräch meines Herzens vor dir,
HERR, mein Hort und mein Erlöser. (Luther 1545)

Prayer

Most gracious Lord, you were born of a virgin and ran your course with joy until you ascended to the right hand of your Father. In your great mercy, revive us with your law, enlighten us with your commandments and make us wise with your testimony. Cleanse us from our errors and forgive our hidden faults; you live and reign forever. **Amen.** ⁴⁸

Psalm 23

The LORD is my shepherd; I shall not want.

² He makes me lie down in green pastures.

He leads me beside still waters.

³ He restores my soul.

He leads me in paths of righteousness

for his name's sake.

⁴ Even though I walk through the valley of the shadow of death,

I will fear no evil,

for you are with me;

your rod and your staff,

they comfort me.

⁵ You prepare a table before me

in the presence of my enemies;

you anoint my head with oil;

my cup overflows.

⁶ Surely goodness and mercy shall follow me all the days of my life,

and I shall dwell in the house of the LORD forever. (ESV)

German

Der HERR ist mein Hirte;

mir wird nichts mangeln.

² Er weidet mich auf grüner Aue

und führet mich zum frischen Wasser.

³ Er erquicket meine Seele;

er führet mich auf rechter Straße

um seines Namens willen.

⁴ Und ob ich schon wanderte im finstern Tal,

fürchte ich kein Unglück;

denn du bist bei mir,

dein Stecken und dein Stab trösten mich.

⁵ Du bereitest vor mir einen Tisch

im Angesicht meiner Feinde.

Du salbest mein Haupt mit Öl

und schenkest mir voll ein.

⁶ Gutes und Barmherzigkeit werden mir folgen mein Leben lang,

und ich werde bleiben im Hause des HERRN immerdar. (Luther 1545)

Latin

Dominus regit me, et nihil mihi deerit:

² in loco pascuae, ibi me collocavit.

Super aquam refectionis educavit me;

³ animam meam convertit.

Deduxit me super semitas justitiae propter nomen suum.

⁴ Nam etsi ambulavero in medio umbrae mortis,

non timebo mala, quoniam tu mecum es.

Virga tua, et baculus tuus,

ipsa me consolata sunt.

⁵ Parasti in conspectu meo mensam adversus eos qui tribulant me;

impinguasti in oleo caput meum:

et calix meus inebrians, quam praeclarus est!

⁶ Et misericordia tua subsequetur me

omnibus diebus vitae meae;

et ut inhabitem in domo Domini

in longitudinem dierum. (Vulgate)

Spanish

Jehová es mi pastor, nada me faltará.

² En lugares de delicados pastos me hará descansar;

junto a aguas de reposo me pastoreará.

³ Confortará mi alma.

Me guiará por sendas de justicia por amor de su nombre.

⁴ Aunque ande en valle de sombra de muerte,

no temeré mal alguno, porque tú estarás conmigo;

tu vara y tu cayado me infundirán aliento.

⁵ Aderezas mesa delante de mí

en presencia de mis angustiadores;

unges mi cabeza con aceite;

mi copa está rebosando.

⁶ Ciertamente, el bien y la misericordia me seguirán

todos los días de mi vida,

y en la casa de Jehová moraré por largos días. (Reina Valera 1995)

Prayer

Be our shepherd, O Lord, and bless us with all good things, that we may be refreshed with your overflowing cup and dwell in your house forever; through Jesus Christ our Lord. **Amen.** ⁴⁹

Psalm 27

The LORD is my light and my salvation;
whom shall I fear?

The LORD is the stronghold of my life;
of whom shall I be afraid?

² When evildoers assail me
to eat up my flesh,
my adversaries and foes,
it is they who stumble and fall.

³ Though an army encamp against me,
my heart shall not fear;
though war arise against me,
yet I will be confident.

⁴ One thing have I asked of the LORD,
that will I seek after:
that I may dwell in the house of the LORD
all the days of my life,
to gaze upon the beauty of the LORD
and to inquire in his temple.

⁵ For he will hide me in his shelter
in the day of trouble;
he will conceal me under the cover of his tent;
he will lift me high upon a rock.

⁶ And now my head shall be lifted up
above my enemies all around me,
and I will offer in his tent
sacrifices with shouts of joy;
I will sing and make melody to the LORD.

⁷ Hear, O LORD, when I cry aloud;
be gracious to me and answer me!

⁸ You have said, "Seek my face."
My heart says to you,
"Your face, LORD, do I seek."

⁹ Hide not your face from me.
Turn not your servant away in anger,
O you who have been my help.
Cast me not off; forsake me not,
O God of my salvation!

¹⁰ For my father and my mother have forsaken me,

but the LORD will take me in.

¹¹ Teach me your way, O LORD,
and lead me on a level path
because of my enemies.

¹² Give me not up to the will of my adversaries;
for false witnesses have risen against me,
and they breathe out violence.

¹³ I believe that I shall look upon the goodness of the LORD
in the land of the living!

¹⁴ Wait for the LORD;
be strong, and let your heart take courage;
wait for the LORD! (ESV)

Selected verses in German:

¹ Der HERR ist mein Licht und mein Heil;
vor wem sollte ich mich fürchten!
Der HERR ist meines Lebens Kraft;
vor wem sollte mir grauen! ...

¹¹ HERR, weise mir deinen Weg
und leite mich auf richtiger Bahn
um meiner Feinde willen.

¹² Gib mich nicht in den Willen meiner Feinde;
denn es stehen falsche Zeugen gegen mich
und tun mir Unrecht ohne Scheu.

¹³ Ich glaube aber doch, daß ich sehen werde das Gute des HERRN
im Lande der Lebendigen.

¹⁴ Harre des HERRN!
Sei getrost und unverzagt
und harre des HERRN! (Luther 1545)

Prayer

God, you are the helper of all. Defend us from the attacks of our enemies. Let us see your goodness in the land of the living until we see your face in glory; through Jesus Christ our Lord. **Amen.**⁵⁰

Psalm 46

God is our refuge and strength,
a very present help in trouble.

² Therefore we will not fear though the earth gives way,
though the mountains be moved into the heart of the sea,

³ though its waters roar and foam,
though the mountains tremble at its swelling. *Selah*

⁴ There is a river whose streams make glad the city of God,
the holy habitation of the Most High.

⁵ God is in the midst of her; she shall not be moved;
God will help her when morning dawns.

⁶ The nations rage, the kingdoms totter;
he utters his voice, the earth melts.

⁷ The LORD of hosts is with us;
the God of Jacob is our fortress. *Selah*

⁸ Come, behold the works of the LORD,
how he has brought desolations on the earth.

⁹ He makes wars cease to the end of the earth;
he breaks the bow and shatters the spear;
he burns the chariots with fire.

¹⁰ "Be still, and know that I am God.
I will be exalted among the nations,
I will be exalted in the earth!"

¹¹ The LORD of hosts is with us;
the God of Jacob is our fortress. *Selah* (ESV)

German

Gott ist unsre Zuversicht und Stärke.
Eine Hilfe in den großen Nöten,
die uns getroffen haben.

² Darum fürchten wir uns nicht,
wenngleich die Welt unterginge
und die Berge mitten ins Meer sanken,
³ wenngleich das Meer wütete und wallte
und von seinem Ungestüm die Berge einfielen. *Sela.*

⁴ Dennoch soll die Stadt Gottes fein lustig bleiben mit ihren Brunnlein,
da die heiligen Wohnungen des Höchsten sind.

⁵ Gott ist bei ihr drinnen, darum wird sie fest bleiben;
Gott hilft ihr früh am Morgen.

⁶ Die Heiden müssen verzagen und die Königreiche fallen;
das Erdreich muß vergehen, wenn er sich hören läßt.

⁷ Der HERR Zebaoth ist mit uns; der Gott Jakobs ist unser Schutz. *Sela.*

⁸ Kommet her und schauet die Werke des HERRN,
der auf Erden solch zerstören anrichtet,

⁹ der den Kriegen steuert in aller Welt,
den Bogen zerbricht, Speiße zerschlägt
und Wagen mit Feuer verbrennt.

¹⁰ Seid stille und erkennet, daß ich GOTT bin.

Ich will Ehre einlegen unter den Heiden;

ich will Ehre einlegen auf Erden.

¹¹ Der HERR Zebaoth ist mit uns;
der Gott Jakobs ist unser Schutz. *Sela.* (Luther 1545)

Spanish

Dios es nuestro amparo y fortaleza,
nuestro pronto auxilio en las tribulaciones.

² Por tanto, no temeremos, aunque la tierra sea removida
y se traspasen los montes al corazón del mar;

³ aunque bramen y se turben sus aguas,
y tiemblen los montes a causa de su braveza. *Selah*

⁴ Del río sus corrientes alegran la ciudad de Dios,
el santuario de las moradas del Altísimo.

⁵ Dios está en medio de ella; no será conmovida.

Dios la ayudará al clarear la mañana.

⁶ Bramaron las naciones, titubearon los reinos;
dio él su voz y se derritió la tierra.

⁷ ¡Jehová de los ejércitos está con nosotros!

¡Nuestro refugio es el Dios de Jacob! *Selah*

⁸ Venid, ved las obras de Jehová,

que ha hecho portentos en la tierra,

⁹ que hace cesar las guerras hasta los fines de la tierra,

que quiebra el arco, corta la lanza

y quema los carros en el fuego.

¹⁰ «Estad quietos y conoced que yo soy Dios;

seré exaltado entre las naciones; enaltecido seré en la tierra.»

¹¹ ¡Jehová de los ejércitos está con nosotros!

¡Nuestro refugio es el Dios de Jacob! *Selah* (Reina Valera 1995)

Prayer

Most merciful Lord, our refuge and fortress, refresh us with the river of your grace and make your dwelling in our hearts. Help us, Lord of hosts, and protect your people from every enemy; through Jesus Christ our Lord. **Amen.** ⁵¹

Psalm 121

I lift up my eyes to the hills.

From where does my help come?

² My help comes from the LORD,
who made heaven and earth.

³ He will not let your foot be moved;
he who keeps you will not slumber.

⁴ Behold, he who keeps Israel
will neither slumber nor sleep.

⁵ The LORD is your keeper;
the LORD is your shade on your right hand.

⁶ The sun shall not strike you by day, nor the moon by night.

⁷ The LORD will keep you from all evil;
he will keep your life.

⁸ The LORD will keep your going out and your coming in
from this time forth and forevermore. (ESV)

German

Ich hebe meine Augen auf zu den Bergen
von welchen mir Hilfe kommt.

² Meine Hilfe kommt von dem HERRN,
der Himmel und Erde gemacht hat.

³ Er wird deinen Fuß nicht gleiten lassen;
und der dich behütet schläft nicht.

⁴ Siehe, der Hüter Israels
schläft noch schlummert nicht.

⁵ Der HERR behütet dich;
der HERR ist dein Schatten über deiner rechten Hand,

⁶ daß dich des Tages die Sonne nicht steche noch der Mond des Nachts.

⁷ Der HERR behüte dich vor allem Übel,
er behüte deine Seele;

⁸ der HERR behüte deinen Ausgang und Eingang
von nun an bis in Ewigkeit. (Luther 1545)

Prayer

O Lord God, our help and protection, you neither slumber nor sleep.
Keep us from all evil in this world so that we are not overwhelmed;
through Jesus Christ our Lord. **Amen.** ⁵²

Psalm 130

Out of the depths I cry to you, O LORD!

² O LORD, hear my voice!

Let your ears be attentive to the voice of my pleas for mercy!

³ If you, O LORD, should mark iniquities,

O LORD, who could stand?

⁴ But with you there is forgiveness,
that you may be feared.

⁵ I wait for the Lord, my soul waits,
and in his word I hope;

⁶ my soul waits for the LORD
more than watchmen for the morning,
more than watchmen for the morning.

⁷ O Israel, hope in the LORD!

For with the LORD there is steadfast love,
and with him is plentiful redemption.

⁸ And he will redeem Israel
from all his iniquities. (ESV)

German

Aus der Tiefe rufe ich, HERR, zu dir.

² HERR, höre auf meine Stimme,

laß deine Ohren merken auf die Stimme meines Flehens!

³ So du willst, HERR, Sünden zurechnen,
HERR, wer wird bestehen?

⁴ Denn bei dir ist die Vergebung,
daß man dich fürchte.

⁵ Ich harre des HERRN; meine Seele harret,
und ich hoffe auf sein Wort.

⁶ Meine Seele wartet auf den HERRN
von einer Morgenwache bis zur andern.

⁷ Israel, hoffe auf den HERRN!

denn bei dem HERRN ist die Gnade und viel Erlösung bei ihm,

⁸ und er wird Israel erlösen aus allen seinen Sünden. (Luther 1545)

Prayer

O Lord, hear our prayer. With you there is forgiveness of sins. Do not record our iniquities but grant us your mercies; through Jesus Christ our Lord. **Amen.** ⁵³

Psalm 150

Praise the LORD!

Praise God in his sanctuary;

praise him in his mighty heavens!

² Praise him for his mighty deeds;

praise him according to his excellent greatness!

³ Praise him with trumpet sound;

praise him with lute and harp!

⁴ Praise him with tambourine and dance;

praise him with strings and pipe!

⁵ Praise him with sounding cymbals;

praise him with loud clashing cymbals!

⁶ Let everything that has breath praise the LORD!

Praise the LORD! (ESV)

German

Halleluja!

Lobet den HERRN in seinem Heiligtum;

lobet ihn in der Feste seiner Macht!

² Lobet ihn in seinen Taten;

lobet ihn in seiner großen Herrlichkeit!

³ Lobet ihn mit Posaunen;

lobet ihn mit Psalter und Harfe!

⁴ Lobet ihn mit Pauken und Reigen;

lobet ihn mit Saiten und Pfeifen!

⁵ Lobet ihn mit hellen Zimbeln;

lobet ihn mit wohlklingenden Zimbeln!

⁶ Alles, was Odem hat, lobe den HERRN!

Halleluja! (Luther 1545)

Prayer

O God, you are the sweetest song of our harmony. You call forth music from our souls, sometimes in strains of holy joy, at other times in sounds of mourning. As we now sing you songs of praise, may we also praise you in the fellowship of the saints and angels with unending song in heaven; through Jesus Christ our Lord. **Amen.** ⁵⁴

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³⁰ Psalm 118:1 EHV

³¹ Psalm 118:1, The Westminster Leningrad Codex. In the transliteration, “ki” should be pronounced the same as the English word “key.” “Ch” in “chasdo” is pronounced like “ch” in Bach.

³² John Cennick, 1741

³³ Paul C. Stratman, b. 1965, © 2019

³⁴ Paul C. Stratman, b. 1965, © 2019

³⁵ Quoted by Wilhelm Loehe in *Seed Grains of Prayer*

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