

FIRST DAY MORNING: *WORSHIP*

O LORD,

We commune with thee every day,
but week days are worldly days,
and secular concerns reduce heavenly impressions.

We bless thee therefore for the day sacred
to our souls

when we can wait upon thee and be refreshed;

We thank thee for the institutions of religion
by use of which we draw near to thee
and thou to us;

We rejoice in another Lord's Day
when we call off our minds from the cares
of the world

and attend upon thee without distraction;

Let our retirement be devout,
our conversation edifying,
our reading pious,
our hearing profitable,
that our souls may be quickened and elevated.

We are going to the house of prayer,
pour upon us the spirit of grace and supplication;

We are going to the house of praise,
awaken in us every grateful and cheerful emotion;

We are going to the house of instruction,
give testimony to the Word preached,
and glorify it in the hearts of all who hear;
may it enlighten the ignorant,
awaken the careless, reclaim the wandering,
establish the weak, comfort the feeble-minded,
make ready a people for their Lord.

Be a sanctuary to all who cannot come,
Forget not those who never come,
And do thou bestow upon us
benevolence towards our dependants,
forgiveness towards our enemies,
peaceableness towards our neighbours,
openness towards our fellow-Christians.

FIRST DAY EVENING: *THE TEACHER*

O GOD,

We bless thee,
our Creator, Preserver, Benefactor, Teacher,
for opening to us the volume of nature
where we may read and consider thy works.
Thou hast this day spread before us the fuller pages
of revelation,
and in them we see what thou wouldest
have us do,
what thou requirest of us,
what thou hast done for us,
what thou hast promised to us,
what thou hast given us in Jesus.
We pray thee for a conscious experience
of his salvation,
in our deliverance from sin,
in our bearing his image,
in our enjoying his presence,
in our being upheld by his free Spirit.
Let us not live uncertain of what we are,
of where we are going.
Bear witness with our spirit that we are thy children;
And enable each one to say, 'I know my Redeemer.'
Bless us with a growing sense of this salvation.
If already enlightened in Christ, may we see
greater things;
If quickened, may we have more abundant life;
If renewed, let us go on from strength to strength.
Give us closer abiding in Jesus
that we may
bring forth more fruit,
have a deeper sense of our obligations to him,
that we may surrender all,
have a fuller joy,
that we may serve him more completely.
And may our faith work by love
towards him who died,
towards our fellow-believers,
towards our fellow-men.

SECOND DAY MORNING: *GOD OVER ALL*

O GOD ALL-SUFFICIENT,

Thou hast made and upholdest all things
by the word of thy power;
darkness is thy pavilion,
thou walkest on the wings of the wind;
all nations are nothing before thee;
one generation succeeds another,
and we hasten back to the dust;
the heavens we behold will vanish away
like the clouds that cover them,
the earth we tread on will dissolve
as a morning dream;
But thou, unchangeable and incorruptible,
art for ever and ever,
God over all, blessed eternally.
Infinitely great and glorious art thou.
We are thy offspring and thy care.
Thy hands have made and fashioned us.
Thou hast watched over us with
more than parental love,
more than maternal tenderness.
Thou hast holden our soul in life,
and not suffered our feet to be moved.
Thy divine power has given us all things
necessary for life and godliness.
Let us bless thee at all times and forget not
how thou hast
forgiven our iniquities,
healed our diseases,
redeemed our lives from destruction,
crowned us with lovingkindness and
tender mercies,
satisfied our mouths with good things,
renewed our youth like the eagle's.
May thy Holy Scriptures
govern every part of our lives,
and regulate the discharge of all our duties,
so that we may adorn thy doctrine
in all things.

SECOND DAY EVENING: *BOUNTY*

THOU GREAT AND ONLY POTENTATE,

Thou hast made summer and winter,
day and night;
each of these revolutions serves our welfare
and is full of thy care and kindness.

Thy bounty is seen
in the relations that train us,
the laws that defend us,
the homes that shelter us,
the food that builds us,
the raiment that comforts us,
the continuance of our health, members,
senses, understanding, memory,
affection, will.

But as stars fade before the rising sun,
thou hast eclipsed all these benefits
in the wisdom and grace that purposed
redemption by Jesus thy Son.
Blessed be thy mercy that laid help on
one that is mighty and willing,
one that is able to save to the uttermost.
Make us deeply sensible of our need of his
saving grace,
of the blood that cleanses,
of the rest he has promised.

And impute to us that righteousness which
justifies the guilty,
gives them a title to eternal life,
and possession of the Spirit.

May we love the freeness of salvation,
and joy in its holiness;

Give us faith to grasp thy promises,
that are our hope,
provide for every exigency,
and prevent every evil;

Keep our hearts from straying after forbidden
pleasures;

May thy will bind all our wishes;
Let us live out of the world as to its spirit,
maxim, manners,
but live in it as the sphere of our action
and usefulness;

May we be alive to every call of duty,
accepting without question
thy determination of our circumstances
and our service.

Third Day Morning: *God Creator and Controller*

MOST HIGH GOD,

The universe with all its myriad creatures
is thine,
made by thy word,
upheld by thy power,
governed by thy will.
But thou art also the Father of mercies,
the God of all grace,
the bestower of all comfort,
the protector of the saved.
Thou hast been mindful of us,
hast visited us, preserved us,
given us a goodly heritage —
the Holy Scriptures,
the joyful gospel,
the Saviour of souls,
We come to thee in Jesus' name,
make mention of his righteousness only,
plead his obedience and sufferings
who magnified the law both in its precepts
and penalty, and made it honourable.
May we be justified by his blood,
saved by his life,
joined to his Spirit.
Let us take up his cross and follow him.
May the agency of thy grace prepare us
for thy dispensations.
Make us willing that thou shouldst
choose our inheritance and
determine what we shall retain or lose,
suffer or enjoy;
If blessed with prosperity may we be free
from its snares,
and use, not abuse, its advantages;
May we patiently and cheerfully submit
to those afflictions which are necessary.
When we are tempted to wander,
hedge up our way,
excite in us abhorrence of sin,
wean us from the present evil world,
Assure us that we shall at last enter
Immanuel's land
where none is ever sick,
and the sun will always shine.

Third Day Evening: *Before Sleep*

GOD OF ALL SOVEREIGNTY,

Thy greatness is unsearchable,
Thy name most excellent,
Thy glory above the heavens;
Ten thousand minister to thee,
Ten thousand times ten thousand stand
before thee;

In thy awful presence we are less than nothing.

We do not approach thee because we deserve
thy notice, for we are sinners;

Our necessities compel us,
Thy promises encourage us,
Our broken hearts incite us,
The Mediator draws us,

Thy acceptance of others moves us.

Look thou upon us and be merciful unto us;

Convince us of the penalty and pollution of sin;

Give us faith to believe, and, believing,
to have life in Jesus;

May we enter into his sufferings;

Let us see thy hand in the instruments of our grief,
rejoicing that they are from thy over-ruling
providence.

Let not our weeping hinder sowing;
nor sorrow, duty.

While living in a world of change let us seek
the abiding city.

Be with us to our journey's end
that we may glorify thee in death as in life.

We bless thee for preservation, supplies, mercies,
and to thee, keeper of souls, we commit
all we are and have.

May no evil befall us,
no sickness come nigh us,
no horror disturb us!

May our conscience be clear, our hearts pure,
our sleep sweet!

And with the innumerable company who neither
slumber nor rest

we join in ascribing blessing, honour,
glory and power

to the Lamb upon the throne,
for ever and ever.

Fourth Day Morning: *True Christianity*

LORD OF HEAVEN,

Thy goodness is inexpressible and inconceivable.

In the works of creation thou art almighty,

In the dispensations of providence all-wise,

In the gospel of grace all love,

And in thy Son thou hast provided for

our deliverance from the effects of sin,

the justification of our persons,

the sanctification of our natures,

the perseverance of our souls in the path of life.

Though exposed to the terrors of thy law,

we have a refuge from the storm;

Though compelled to cry, 'Unclean',

we have a fountain for sin;

Though creature-cells of emptiness

we have a fullness accessible to all,

and incapable of reduction.

Grant us always to know that to walk with Jesus

makes other interests a shadow and a dream.

Keep us from intermittent attention

to eternal things;

Save us from the delusion of those

who fail to go far in religion,

who are concerned but not converted,

who have another heart but not a new one,

who have light, zeal, confidence, but not Christ.

Let us judge our Christianity,

not only by our dependence upon Jesus,

but by our love to him,

our conformity to him,

our knowledge of him.

Give us a religion that is both real

and progressive,

that holds on its way and grows stronger,

that lives and works in the Spirit,

that profits by every correction,

and is injured by no carnal indulgence.

Fourth Day Evening: *God All-Sufficient*

KING OF GLORY, DIVINE MAJESTY,

Every perfection adorns thy nature
and sustains thy throne;
The heavens and earth are thine,
The world is thine and its fullness.
Thy power created the universe from nothing;
Thy wisdom has managed all its multiple concerns,
presiding over nations, families, individuals.
Thy goodness is boundless;
all creatures wait on thee
are supplied by thee,
are satisfied in thee.
How precious are the thoughts of thy mercy
and grace!
How excellent thy lovingkindness that draws men
to thee!
Teach us to place our happiness in thee,
the blessed God,
never seeking life among the dead things of earth,
or asking for that which satisfies the deluded;
But may we prize the light of thy smile,
implore the joy of thy salvation,
find our heaven in thee.
Thou hast attended to our happiness
more than we can do;
Though we are fallen creatures thou hast not
neglected us.
In love and pity thou hast provided us a Saviour;
Apply his redemption to our hearts,
by justifying our persons,
and sanctifying our natures.
We confess our transgressions, have mercy on us.
We are weary, give us rest,
ignorant, make us wise unto salvation,
helpless, let thy strength be made perfect
in our weakness,
poor and needy, bless us with Christ's
unsearchable riches,
perplexed and tempted, let us travel on
unchecked, undismayed,
knowing that thou hast said,
'I will never leave thee nor forsake thee.'
Blessed be thy name!

Fifth Day Morning: *The Giver*

CREATOR, UPHOLDER AND PROPRIETOR OF ALL THINGS,

We cannot escape from thy presence
and control,
nor do we desire to do so.
Our privilege is to be under the agency
of thy omnipotence,
righteousness, wisdom, patience, mercy and grace;
For thou art Love with more than parental affection.
We admire thy goodness,
stand in awe of thy power,
abase ourselves before thy purity.
It is the discovery of thy goodness alone that
can banish our fear
allure us into thy presence,
help us to bewail and confess our sins.
We review our past guilt
and are conscious of present unworthiness.
We bless thee that thy steadfast love and attributes
are essential to our happiness and hope;
Thou hast witnessed to us thy grace and mercy
in the bounties of nature,
in the fullness of thy providence,
in the revelations of Scripture,
in the gift of thy Son,
in the proclamation of the gospel.
Make us willing to be saved in thy own way,
perceiving nothing in ourselves but all in Jesus.
Help us not only to receive him but to
walk in him,
depend upon him,
commune with him,
follow him as dear children,
imperfect, but still pressing forward,
not complaining of labour, but valuing rest,
not murmuring under trials, but thankful
for our state.
And by so doing let us silence the ignorance
of foolish men.

Fifth Day Evening: *Protection*

O LORD GOD,

Thou art our Preserver, Governor, Saviour,
and coming Judge.

Quieten our souls to call upon thy name;
Detach us from the influence of the flesh
and the senses;

Impress us with the power of faith;
Promote in us spirituality of mind
that will render our services acceptable to thee,
and delightful and profitable to ourselves.
Bring us into that state which attracts thine eye,
and prepare us to receive the proofs of thy love.
Show us our danger, that we may fly to thee
for refuge.

Make us sensible of our sin's disease,
that we may value the good Physician.
Placard to us the cross, that it may slay
the enmity of our hearts.

Help us to be
watchful over our ways,
jealous over our tempers,
diligent over our hearts.

When we droop, revive us,
When we loiter, quicken us,
When we go astray, restore us.

Possess us with more of that faith
which is the principle of all vital godliness.

May we
be rich in faith,
be strong in faith,
live by faith,
walk by faith,
experience the joy of faith,
do the work of faith,
hope through faith.

Perceiving nothing in ourselves,
may we find in the Saviour
wisdom, righteousness,
sanctification, redemption.

Sixth Day Morning: *The Gospel*

O THOU MOST HIGH,

Creator of the ends of the earth,
Governor of the universe,
Judge of all men,
Head of the church,
Saviour of sinners;
thy greatness is unsearchable,
thy goodness infinite,
thy compassions unfailing,
thy providence boundless,
thy mercies ever new.

We bless thee for the words of salvation.

How important, suitable, encouraging
are the doctrines, promises, and invitations
of the gospel of peace!

We are lost: but in it thou hast presented to us
a full, free and eternal salvation;
weak: but here we learn that help is found in
One that is mighty,

poor: but in him we discover unsearchable riches,
blind: but we find he has treasures of wisdom
and knowledge.

We thank thee for thy unspeakable gift.
Thy Son is our only refuge, foundation, hope,
confidence;

We depend upon his death,
rest in his righteousness,
desire to bear his image;
May his glory fill our minds,
his love reign in our affections,
his cross inflame us with ardour.

Let us as Christians fill our various situations
in life,
escape the snares to which they expose us,
discharge the duties that arise from our
circumstances,
enjoy with moderation their advantages,
improve with diligence their usefulness,
And may every place and company we are in
be benefited by us.

Sixth Day Evening: *The Mediator*

O GOD OF ABRAHAM, ISAAC AND JACOB,

We hope in thy Word.
There we see thee, not on a fearful throne
of judgment,
But on a throne of grace
waiting to be gracious and exalted in mercy.
There we hear thee saying,
not 'Depart ye cursed',
but 'Look unto me and be ye saved,
for I am God and there is none else.'
They that know thy name put their trust in thee.
How many now glorified in heaven,
and what numbers living on earth,
are thy witnesses, O God,
exemplifying in their recovery from
the ruins of the Fall
the freeness, riches and efficacy of thy grace!
All that were ever saved were saved by thee,
and will through eternity exclaim,
'Not unto us, but unto thy name give glory
for thy mercy and truth's sake.'
Thou hast chosen to transact all thy concerns
with us through a Mediator
in whom all fullness dwells
and who is exalted to be Prince and Saviour.
To him we look, on him we depend,
through him we are justified.

May we derive relief from his sufferings
without ceasing to abhor sin,
or to long after holiness;
feel the double efficacy of his blood,
tranquillizing and cleansing our consciences;
delight in his service as well as in his sacrifice;
be constrained by his love
to live not to ourselves but to him;
cherish a grateful and cheerful disposition,
not murmuring and repining
if our wishes are not indulged,
or because some trials are blended
with our enjoyments,
But, sensible of our desert,
and impressed with the number and greatness
of thy benefits,
may we bless and praise thee at all times.

Seventh Day Morning: *God's Good Pleasure*

SOVEREIGN LORD,

Thy will is supreme in heaven and earth,
and all beings are creatures of thy power.
Thou art the Father of our spirits;
thy inspiration gives us understanding,
thy providence governs our lives.
But, O God, we are sinners in thy sight;
thou hast judged us so,
and if we deny it we make thee a liar.
Yet in Christ thou art reconciled to thy
rebellious subjects;
give us the ear of faith to hear him,
the eye of faith to see him,
the hand of faith to receive him,
the appetite of faith to feed upon him;
that we might find in him light,
riches, honour, eternal life.
Thou art the inviting One,
may we hearken to thee;
the Almighty Instructor,
teach us to live to thee;
the Light-Dweller,
inaccessible to man and angels,
hiding thyself behind the elements of creation,
but known to us in Jesus,
Possess our minds with the grandeur
of thy perfections.
Thy love to us in Jesus is firm and changeless,
nothing can separate us from it,
and in the enjoyment of it nothing
can make us miserable.
Preserve us from hypocrisy and formality
in religion;
Enable us to remember what thou art
and what we are,
to recall thy holiness and our unworthiness;
Help us to approach thee clothed with humility,
for vanity, forwardness, insensibility,
disorderly affection, backwardness to duty,
proneness to evil are in our hearts.
Let us never forget thy patience, wisdom,
power, faithfulness, care,
and never cease to respond
to thy invitations.

Seventh Day Evening: *Future Blessing*

O LORD GOD,

There is no blessing we implore
but thou art able to give,
hast promised to give,
hast given already to countless multitudes,
all unworthy and guilty like ourselves;
Make us willing to receive the supply
of our need from thy bounty.
To this end convince us of sin,
soften our hard hearts,
to bewail our folly, ingratitude, pride,
unbelief, rebellion, corruption.
Through the law may we die to the law,
then look with wonder, submission, delight,
to the provision thou hast made
for the glory of thy Name
in the salvation of sinners.
Give us a hope that makes us not ashamed,
a love that excites to holy obedience,
a joy in thee that is our strength,
a faith in thy Son who loved us and died for us.
May we persevere in duty
when not fully conscious of thee,
wait upon thee and keep thy way,
be humble and earnest suppliants at thy feet,
live continually as on the brink of eternity.
Let us be at thy disposal for the duties
and events of life,
submit our preferences to thy wisdom and will,
resign our enjoyments if thou shouldst require it
as our absolute Proprietor and best Friend.
In our unworthiness and provocations
make us grateful for the means of grace
and the ordinances of religion
and teach us to profit by them
more than we have done.
Help us to be in the Spirit on the Lord's Day,
to enter upon the sabbath mindful of its
solemnities, duties, privileges,
setting all things worldly aside
while we worship thee.
May we know the blessedness of men
whose strength is in thee,
and in whose hearts are the highways
to heaven.