

Daily Family Liturgy Guide

Let's talk about the number 1000. Depending on how you look at this number, it can either represent a lot or a little. If we are talking dollars, that is some serious cash. If we are talking about the number of text messages a teenager sends in a month, this number might be quite small. The number 1000 is important to us because it is roughly the number of weeks a parent has with their child from birth to graduation. When you load your child onto the school bus to head off to Kindergarten, you are at around 700 weeks left. Middle school? 370 weeks. Drivers License? 168 weeks left. - Reggie Joiner and Kristen Ivy, "Don't Miss It, Parent Like Every Week Counts." [Atlanta, Orange Books], 2016

1000 is the number of weeks we get to have our child be formed in our household. While our formative role does not cease to exist when our child graduates high school and leaves the house, it does shift. So how do we make the most of our 1000 weeks? The book of Deuteronomy has a bit of encouragement for us,

"Hear, O Israel: the LORD our God, the LORD is one. Love the LORD your God with all your heart and with all your soul and with all your strength. These commandments that I give you today are to be on your hearts. Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up. Tie them as symbols on your hands and bind them on your foreheads. Write them on the door-frames of your houses and on your gates." - Deuteronomy 6v4-9

Built into the central confession of the Old Testament and the Israelites is a recognition that the most important place for ongoing formation is in the household. The family is where we learn our most important lessons. Within the life of the family there are rhythms and patterns that cue us up as parents to talk about life and faith, bless God and our children, and practice justice and mercy - sitting at home, walking along the road, lying down, getting up.

The morning.
Family times.
Travel times.
Sleep times.

While many of us are not traveling much during these shelter-in-place times, we are spending a substantial amount of time as a family. We are eating together, we are playing together, and we are resting together. Each week you will receive a guide for the week that invites you to pray a morning prayer, read a short passage of Scripture at lunch, and then pray another prayer together at dinner, bath, or bed time. There will be days that you do all three. Great! There will be days that you forget to do any of them. It is okay! 1000 weeks is all we get, but it is also what-we-get. Build these rhythms into your family with a perspective that is greater than each day. We're cheering you on each step of the way.

How to use this guide

Each family has its own rhythms and patterns so feel free to adapt this to your family's context including the ages of your children. We do recommend, however, establishing times throughout the day when you will follow these prompts. Consistency and predictability are important for creating any new family rhythm.

The morning and evening prayers will be the same for the duration of the week so that children can become familiar with them and perhaps even begin to pray them as their own. If it seems helpful or appropriate to your family's context, you may add in your own additional prayers after the morning/evening prayers for the things that are on your heart and as the Spirit moves. The lunchtime Scripture reading will bring us into contact with the Word that gives us life - Jesus Christ. If you are looking for a simple way to discuss as a family the Scripture passage, consider asking the following two questions, "What is something that you found interesting, hopeful, or encouraging about what we heard? What is something that you found confusing or challenging?" Do not be discouraged if these practices take time to find their way into the fabric of your family. Our encouragement to you is to stay persistent, stay faithful, and have grace for yourself and your family.

Morning Prayer

I lift up my eyes to the mountains - where does my help come from? My help comes from the Lord, the Maker of heaven and earth. He will not let our foot slip - he who watches over us will not slumber; indeed, he who watches over his people will neither slumber nor sleep. As we welcome this day, O Lord, watch over us and sustain us in all of our activities.

**- Based on
Psalm 121v1-4**

MONDAY**Midday Scripture: Luke 24v1-12**

On the first day of the week, very early in the morning, the women took the spices they had prepared and went to the tomb. They found the stone rolled away from the tomb, but when they entered, they did not find the body of the Lord Jesus. While they were wondering about this, suddenly two men in clothes that gleamed like lightning stood beside them. In their fright the women bowed down with their faces to the ground, but the men said to them, "Why do you look for the living among the dead? He is not here; he has risen! Remember how he told you, while he was still with you in Galilee: 'The Son of Man must be delivered over to the hands of sinners, be crucified and on the third day be raised again.'" Then they remembered his words. When they came back from the tomb, they told all these things to the Eleven and to all the others. It was Mary Magdalene, Joanna, Mary the mother of James, and the others with them who told this to the apostles. But they did not believe the women, because their words seemed to them like nonsense. Peter, however, got up and ran to the tomb. Bending over, he saw the strips of linen lying by themselves, and he went away, wondering to himself what had happened.

TUESDAY**Midday Scripture: Luke 24v13-24**

Now that same day two of them were going to a village called Emmaus, about seven miles from Jerusalem. They were talking with each other about everything that had happened. As they talked and discussed these things with each other, Jesus himself came up and walked along with them; but they were kept from recognizing him. He asked them, "What are you discussing together as you walk along?" They stood still, their faces downcast. One of them, named Cleopas, asked him, "Are you the only one visiting Jerusalem who does not know the things that have happened there in these days?" "What things?" he asked. "About Jesus of Nazareth," they replied. "He was a prophet, powerful in word and deed before God and all the people. The chief priests and our rulers handed him over to be sentenced to death, and they crucified him; but we had hoped that he was the one who was going to redeem Israel. And what is more, it is the third day since all this took place. In addition, some of our women amazed us. They went to the tomb early this morning but didn't find his body. They came and told us that they had seen a vision of angels, who said he was alive. Then some of our companions went to the tomb and found it just as the women had said, but they did not see Jesus."

Evening Prayer

O God, you give life to all who live. We thank you for the gift of the day that is past, and ask for your protection through the coming night. Bring us in safety to the morning; through him who died and rose again for us, your Son our Savior Jesus Christ. Amen.

**- Adapted from the
Book of Common
Prayer**

Morning Prayer

I lift up my eyes to the mountains - where does my help come from? My help comes from the Lord, the Maker of heaven and earth. He will not let our foot slip - he who watches over us will not slumber; indeed, he who watches over his people will neither slumber nor sleep. As we welcome this day, O Lord, watch over us and sustain us in all of our activities.

**- Based on
Psalm 121v1-4**

WEDNESDAY**Midday Scripture: Luke 24v25-29**

He said to them, "How foolish you are, and how slow to believe all that the prophets have spoken! Did not the Messiah have to suffer these things and then enter his glory?" And beginning with Moses and all the Prophets, he explained to them what was said in all the Scriptures concerning himself. As they approached the village to which they were going, Jesus continued on as if he were going farther. But they urged him strongly, "Stay with us, for it is nearly evening; the day is almost over." So he went in to stay with them.

THURSDAY**Midday Scripture: Luke 24v30-35**

When he was at the table with them, he took bread, gave thanks, broke it and began to give it to them. Then their eyes were opened and they recognized him, and he disappeared from their sight. They asked each other, "Were not our hearts burning within us while he talked with us on the road and opened the Scriptures to us?" They got up and returned at once to Jerusalem. There they found the Eleven and those with them, assembled together and saying, "It is true! The Lord has risen and has appeared to Simon." Then the two told what had happened on the way, and how Jesus was recognized by them when he broke the bread.

Evening Prayer

O God, you give life to all who live. We thank you for the gift of the day that is past, and ask for your protection through the coming night. Bring us in safety to the morning; through him who died and rose again for us, your Son our Savior Jesus Christ. Amen.

**- Adapted from the
Book of Common
Prayer**

Morning Prayer

I lift up my eyes to the mountains - where does my help come from? My help comes from the Lord, the Maker of heaven and earth. He will not let our foot slip - he who watches over us will not slumber; indeed, he who watches over his people will neither slumber nor sleep. As we welcome this day, O Lord, watch over us and sustain us in all of our activities.

- Based on
Psalm 121v1-4

FRIDAY**Midday Scripture: Luke 24v36-49**

While they were still talking about this, Jesus himself stood among them and said to them, "Peace be with you." They were startled and frightened, thinking they saw a ghost. He said to them, "Why are you troubled, and why do doubts rise in your minds? Look at my hands and my feet. It is I myself! Touch me and see; a ghost does not have flesh and bones, as you see I have." When he had said this, he showed them his hands and feet. And while they still did not believe it because of joy and amazement, he asked them, "Do you have anything here to eat?" They gave him a piece of broiled fish, and he took it and ate it in their presence. He said to them, "This is what I told you while I was still with you: Everything must be fulfilled that is written about me in the Law of Moses, the Prophets and the Psalms." Then he opened their minds so they could understand the Scriptures. He told them, "This is what is written: The Messiah will suffer and rise from the dead on the third day, and repentance for the forgiveness of sins will be preached in his name to all nations, beginning at Jerusalem. You are witnesses of these things. I am going to send you what my Father has promised; but stay in the city until you have been clothed with power from on high."

SATURDAY**Midday Scripture: Luke 24v50-53**

When he had led them out to the vicinity of Bethany, he lifted up his hands and blessed them. While he was blessing them, he left them and was taken up into heaven. Then they worshiped him and returned to Jerusalem with great joy. And they stayed continually at the temple, praising God.

Evening Prayer

O God, you give life to all who live. We thank you for the gift of the day that is past, and ask for your protection through the coming night. Bring us in safety to the morning; through him who died and rose again for us, your Son our Savior Jesus Christ. Amen.

- Adapted from the
Book of Common
Prayer