



Introduction

Daily prayer is an essential practice for those who seek to hear God's voice and cultivate an inner life. Whether you pray alone or with others, with brevity or in sustained meditation, the rhythm of daily prayer reveals the life-sustaining communion to which God invites all human beings. Such prayer is a serene power silently at work, drawing us into the ancient yet vital sources of faith, hope, and love.

The guiding principle of the selection of daily readings in *Bread for the Day* is their relationship to the Sunday readings as presented in the Revised Common Lectionary (a system of readings in widespread use across denominations). The readings are chosen so that the days leading up to Sunday (Thursday through Saturday) prepare for the Sunday readings. The days flowing out from Sunday (Monday through Wednesday) reflect on the Sunday readings.

How this book is organized

- Each day's page is dated and named in relationship to the church's year. Lesser festivals are listed along with the date as part of the day heading. Commemorations are listed just below in smaller type. Notes on those commemorated can be found on pages 407–415.
- Several verses from the New Revised Standard Version Updated Edition (NRSVue) of one of the appointed scripture texts are printed. The full text citation is provided. In addition, two or three additional reading citations with short descriptions are provided.
- Two psalms are appointed for each week: one psalm for Monday through Wednesday and a second psalm for Thursday through Saturday. In this way the days leading up to Sunday or flowing

out from Sunday have a distinct relationship with one another in addition to their relationship with the Sunday readings.

- Following the scripture text is a hymn suggestion from *Evangelical Lutheran Worship* (ELW), *All Creation Sings* (ACS), or *This Far by Faith* (TFF) and a prayer that incorporates a theme present in one or more readings.
- Household prayers and blessings appropriate to the changing seasons are placed throughout the book. Simplified forms of morning and evening prayer, morning and evening blessings, and prayers with children can be found on pages 423–430.

How to use this book

- Use the weekday readings to prepare for and reflect on the Sunday readings.
- Use the questions printed on page 431 to guide your reflection.
- Use the resources for household prayer placed throughout the book. See the Contents on pages 3–4 for a complete list.
- Record prayer requests on the first page for each month.
- In addition to being used to guide individual prayer, this book may be used to guide family prayer, prayer in congregational or other settings during the week, prayer with those who are sick or homebound, or prayer with other groups.

Even though Christians gather on the Lord's day, Sunday, for public worship, much of our time is spent in the home. We first learn the words, gestures, and songs of faith in the home. We discover our essential identity as a community of faith and mark significant transitions of life in the home. To surround and infuse the daily rhythm of sleeping and waking, working, resting, and eating with the words and gestures of Christian prayer is to discover the ancient truth of the gospel: The ordinary and the human can reveal the mystery of God and divine grace. Like planets around the sun, our daily prayer draws us to the Sunday assembly where we gather for the word and the breaking of the bread in the changing seasons of the year. From the Sunday assembly, our daily prayer flows into the week.