

# Quiet Hearts, Quiet Minds

The light and peace of Jesus Christ be with you: **and also with you.**

*Verses from Psalm 143*

Hear my prayer, O Lord, and in your faithfulness give ear to my supplications;  
answer me in your righteousness.

**Enter not into judgement with your servant, for in your sight  
shall no one living be justified.**

For the enemy has pursued me, crushing my life to the ground,  
making me sit in darkness like those long dead.

**My spirit faints within me; my heart within me is desolate.**

I remember the time past; I muse upon all your deeds;

I consider the works of your hands.

**I stretch out my hands to you; my soul gasps for you like a thirsty land.**

O Lord, make haste to answer me; my spirit fails me;

hide not your face from me lest I be like those who go down to the Pit.

**Let me hear of your loving-kindness in the morning, for in you I put my trust;  
show me the way I should walk in, for I lift up my soul to you.**

Deliver me, O Lord, from my enemies, for I flee to you for refuge.

**Teach me to do what pleases you, for you are my God;**

**let your kindly spirit lead me on a level path.**



Sunday evening

## **The Baptism**

Matthew 3.13-end

Then Jesus came from Galilee to John at the Jordan, to be baptized by him. John would have prevented him, saying, 'I need to be baptized by you, and do you come to me?' But Jesus answered him, 'Let it be so now; for it is proper for us in this way to fulfil all righteousness.' Then he consented. And when Jesus had been baptized, just as he came up from the water, suddenly the heavens were opened to him and he saw the Spirit of God descending like a dove and alighting on him. And a voice from heaven said, 'This is my Son, the Beloved, with whom I am well pleased.'



Monday evening

## The Wedding

John 2:1-11

On the third day there was a wedding in Cana of Galilee, and the mother of Jesus was there. Jesus and his disciples had also been invited to the wedding. When the wine gave out, the mother of Jesus said to him, 'They have no wine.' And Jesus said to her, 'Woman, what concern is that to you and to me? My hour has not yet come.' His mother said to the servants, 'Do whatever he tells you.' Now standing there were six stone water-jars for the Jewish rites of purification, each holding twenty or thirty gallons. Jesus said to them, 'Fill the jars with water.' And they filled them up to the brim. He said to them, 'Now draw some out, and take it to the chief steward.' So they took it. When the steward tasted the water that had become wine, and did not know where it came from (though the servants who had drawn the water knew), the steward called the bridegroom and said to him, 'Everyone serves the good wine first, and then the inferior wine after the guests have become drunk. But you have kept the good wine until now.' Jesus did this, the first of his signs, in Cana of Galilee, and revealed his glory; and his disciples believed in him.



Tuesday evening

## The Kingdom

Luke 4:14-21

Then Jesus, filled with the power of the Spirit, returned to Galilee, and a report about him spread through all the surrounding country. He began to teach in their synagogues and was praised by everyone. When he came to Nazareth, where he had been brought up, he went to the synagogue on the sabbath day, as was his custom. He stood up to read, and the scroll of the prophet Isaiah was given to him. He unrolled the scroll and found the place where it was written: "The Spirit of the Lord is upon me, because he has anointed me to bring good news to the poor.

He has sent me to proclaim release to the captives and recovery of sight to the blind, to let the oppressed go free, to proclaim the year of the Lord's favour." And he rolled up the scroll, gave it back to the attendant, and sat down. The eyes of all in the synagogue were fixed on him. Then he began to say to them, "Today this scripture has been fulfilled in your hearing."

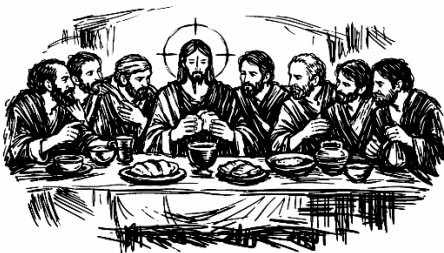


Wednesday evening

## **The Transfiguration**

Luke 9:28b-36

Jesus took with him Peter and John and James, and went up on the mountain to pray. And while he was praying, the appearance of his face changed, and his clothes became dazzling white. Suddenly they saw two men, Moses and Elijah, talking to him. They appeared in glory and were speaking of his departure, which he was about to accomplish at Jerusalem. Now Peter and his companions were weighed down with sleep; but since they had stayed awake, they saw his glory and the two men who stood with him. Just as they were leaving him, Peter said to Jesus, "Master, it is good for us to be here; let us make three dwellings, one for you, one for Moses, and one for Elijah" —not knowing what he said. While he was saying this, a cloud came and overshadowed them; and they were terrified as they entered the cloud. Then from the cloud came a voice that said, "This is my Son, my Chosen; listen to him!" When the voice had spoken, Jesus was found alone. And they kept silent and in those days told no one any of the things they had seen.



Thursday evening

## **The Upper Room**

Luke 22:14-20

Our Maundy Thursday evening service tells the story of the fifth luminous mystery, the institution of the Lord's Supper.

# **EVENING PRAYERS**

By your ministry in word and work;  
by your mighty acts of power;  
and by your preaching of the kingdom,  
**good Lord, deliver us.**

By your agony and trial;  
by your cross and passion;  
and by your precious death and burial,  
**good Lord, deliver us.**

*[Silence is kept]*

We give you thanks and praise, Father in heaven, through Jesus Christ, your only Son, our Lord. Through him you created the world. Through his word the universe is sustained. Father in heaven  
**we give you thanks and praise.**

Through him we come near to you, with sincere heart and sure faith. Because of the death of Jesus we come into the holy place. Father in heaven  
**we give you thanks and praise.**

He is our high priest. He knows and feels our weaknesses. He was tempted in every way, like us, but did not sin. Father in heaven  
**we give you thanks and praise.**

By his own blood he entered once and for all into the holy place. He obtained eternal salvation for us. He is our perfect sacrifice. Father in heaven  
**we give you thanks and praise.**

So we come by that living way, the new way he opened for us, to receive mercy and grace, and to join with angels and archangels and all the company of heaven, singing:  
**Holy, holy, holy, holy, Lord of power, Lord of might**  
**Heaven and earth are full of your glory: sing hosanna evermore**  
**Blest and holy, blest and holy, he who comes from God on high.**  
**Raise your voices, sing his glory, praise his name for evermore.**

**Amen**