

SUNNYBANK ANGLICAN

KICK START 2022

EXERCISE DAILY IN GOD.
WORKOUTS IN THE GYMNASIUM ARE
USEFUL, BUT A DISCIPLINED LIFE IN GOD
IS FAR MORE SO, MAKING YOU FIT BOTH
TODAY AND FOREVER.

- 1 TIMOTHY 4:8 -

WELCOME TO 2022!

The start of a new year often brings with it a desire for fresh beginnings, as well as a renewed hope that change can come. As Christians, we welcome the Spirit's work in this space and offer ourselves to the way that God is moving, shaping, renewing, and transforming us.

The idea of this booklet, is that it would be a rich resource to guide and lead you into a closer and more intentional relationship with God, yourself, and those that God has brought into the world around you.

As we begin this new year together, I am reminded of the old saying, "It is easier to preach ten sermons than to practice one of them." Sincerity is rarely our problem. As Christians, we sincerely want to walk with Jesus everyday - our problem too often seems to be diligence in choosing Jesus every day.

I pray that this booklet is a blessing, as you intentionally journey into 2022 and say yes to all that God has in store for you and this community in the year to come.

May God bless you richly in this new season,

Scott

HOW TO USE THIS JOURNAL

The short answer of how to use this journal is, "use it however you like!" The idea is that this journal would be a blessing to you and not a hinderance or a burden. So feel free to pick and choose, change and develop in a way that suits you.

But still, I'll give you a few pointers...

- 1. Get a notebook.** That way you can use this booklet throughout the year, and save your scribble, your reflections, your yearnings, and your honesty for your notebook. That way you can keep it all in a safe place.
- 2. Be honest and don't feel bad about your answers.** It's natural for us to desire perfection (or to at least look half descent!), but don't let that stop you from writing honest answers - and then using those answers to move forward to something else tomorrow. The aim of the game is transformation and moving forward - not perfection.
- 3. Don't doubt the small stuff.** When you get to a question like, "How did I advance the Kingdom of God last week", don't fall into the trap of thinking that only big things count. Rather, think of that one conversation, or that one act of kindness where you shared the love of Christ. Or think about that 5 minutes in prayer where you interceded for someone in need. It is more beneficial to do 5 small things than to do nothing!

4. Anglican daily prayer. Commitment to prayer at various times of the day can be traced back to the earliest centuries of Christianity, and ultimately from pre-Christian Jewish tradition. Anglican prayer has taken a variety of forms over the years (centuries!). However, morning and evening prayer in its current form has been prayed by Anglicans around the world since 1549 when the Book of Common Prayer was compiled. What you find in this booklet is an adaption of the Australian Anglican prayer book's (A prayer book for Australia) daily evening prayer. This form of evening prayer can be prayed on your own, or with others. I believe that you would find it a true blessing to pray evening prayer with others, either face-to-face in your household or over the phone at least once each week - but this is up to you.

5. Enjoy the journey. Our relationship with God is something to be enjoyed. He loves you! The invitation that he offers to us is to love him back and enjoy his presence. And so... Enjoy him!

“So he returned home to his father. And while he was still a long way off, his father saw him coming. Filled with love and compassion, he ran to his son, embraced him, and kissed him. His son said to him, ‘Father, I have sinned against both heaven and you, and I am no longer worthy of being called your son.’ “But his father said to the servants, ‘Quick! Bring the finest robe in the house and put it on him. Get a ring for his finger and sandals for his feet. And kill the calf we have been fattening. We must celebrate with a feast, for this son of mine was dead and has now returned to life. He was lost, but now he is found.’ So the party began!”

The Prodigal Son: Luke 15:11-32 (NLT)

DAILY MINISTRY JOURNAL

What did you eat today?

Breakfast: _____

Lunch: _____

Dinner: _____

Snacks: _____

How much water did you drink today?

Did you exercise today? How much did you do?

Did you spend time reading your Bible? What did you read?

Did you spend time in prayer? What were your prayer points?

Did you spend time learning from someone else? What did you learn?

DAILY MINISTRY JOURNAL

What were you proud of today?

What was a struggle today?

What tasks did you need to do today?

(if completed or move to tomorrow if not completed)

What are your goals for tomorrow?

Have you given today's troubles to God?

WEEKLY MINISTRY JOURNAL

What is something God spoke to me about last week?

What gifts did I use last week?

What made me feel proud last week?

How did I advance the Kingdom of God last week?

Who did I connect with from inside our church circle last week?

Who did I connect with from outside our church circle last week?

WEEKLY MINISTRY JOURNAL

What went well last week?

What is one thing I want to do differently next week?

What are my prayer points for next week?

Who is God prompting me to connect with next week? Why?

What does God want to release in me next week?

Any other thoughts?

SUNDAY EVENING

Grace, mercy and peace,
from God the Father, and Jesus Christ our Lord.

1 Timothy 1:2

Glory to God; Father, Son and Holy Spirit:
as in the beginning, so now, and for ever. Amen.

The Opening Canticle, The Praise of God's Servants

Come now, praise the Lord, all you servants of the Lord:
you that stand by night in the house of the Lord.

Lift up your hands in the holy place and praise the Lord:

May the Lord bless you from Zion, the Lord who made heaven and
earth.

Psalm 134

The Opening Prayer

The day is now past and the night is at hand. Let us pray with one
heart and mind.

Take some time in silence to ready and open your heart.

Father of lights, receive the prayer and praise we offer you as our
evening sacrifice; make us a light for all the world, delivered by your
goodness from all the works of darkness; through Jesus Christ your
Son our Lord. Amen.

Readings from the Bible (personal choice)

At the end of your final reading.

May your word live in us and bear much fruit to your glory.

The Canticle, The Song of Mary (Magnificat)

My soul proclaims the greatness of the Lord: my spirit rejoices in God my Saviour, who has looked with favour on his lowly servant: from this day all generations will call me blessed; The Almighty has done great things for me: and holy is his name. God has mercy on those who fear him: from generation to generation. The Lord has shown strength with his arm: and scattered the proud in their conceit, casting down the mighty from their thrones: and lifting up the lowly. God has filled the hungry with good things: and sent the rich away empty. He has come to the aid of his servant Israel: to remember the promise of mercy, the promise made to our forebears: to Abraham and his children for ever.

Luke 1.47-55

Prayers (take some time for personal prayer)

The Evening Collect

Be present, merciful God, and protect us through the hours of this night: that we, who are wearied by the changes and chances of this fleeting world, may rest on your eternal changelessness; through Jesus Christ our Lord. Amen.

May the God of peace, who brought again from the dead our Lord Jesus, equip us with everything good that we may do his will, to whom be glory for ever. Amen.

see Hebrews 13.20, 21

MONDAY EVENING

May the God of hope fill us with all joy and peace in believing, so that by the power of the Holy Spirit we may abound in hope.

Romans 15.13

Glory to God; Father, Son and Holy Spirit:
as in the beginning, so now, and for ever. Amen.

The Opening Canticle, A Song of Hope

The spirit of the Lord God is upon me: because the Lord has anointed me to bring good tidings to the afflicted. The Lord has sent me to bind up the broken-hearted: to proclaim liberty for the captives, and release for those in prison, to comfort all who mourn: to bestow on them a crown of beauty instead of ashes, the oil of gladness instead of mourning: a garment of splendour for the heavy heart. They shall be called trees of righteousness: planted for the glory of the Lord.

Isaiah 61.1-3

The Opening Prayer

The day is now past and the night is at hand. Let us pray with one heart and mind.

Take some time in silence to ready and open your heart.

Father of lights, receive the prayer and praise we offer you as our evening sacrifice; make us a light for all the world, delivered by your goodness from all the works of darkness; through Jesus Christ your Son our Lord. Amen.

Readings from the Bible (personal choice)

At the end of your final reading.

May your word live in us and bear much fruit to your glory.

The Canticle, A Song of God's Children

In Christ Jesus, the life-giving law of the Spirit: has set us free from the law of sin and death. All who are led by the Spirit of God are children of God: it is the Spirit that enables us to cry, 'Abba!' Father. The Spirit bears witness that we are God's children: and if God's children, then heirs of God. We are heirs of God and fellow-heirs with Christ: If we share his sufferings now we shall be glorified with him hereafter. These sufferings that we now endure: are not worth comparing with the glory that shall be revealed. For the creation waits with eager longing: for the revealing of the children of God.

Romans 8.2, 14, 15b-19

Prayers (take some time for personal prayer)

The Evening Collect

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

Since we are surrounded by so great a cloud of witnesses, let us run with perseverance the race that is set before us, looking to Jesus the pioneer and perfecter of our faith. Amen.

Hebrews 12.1

TUESDAY EVENING

O sing to the Lord a new song:
sing to the Lord all the earth.

Psalm 96.1

Glory to God; Father, Son and Holy Spirit:
as in the beginning, so now, and for ever. Amen.

The Opening Canticle, The Song of the Three

Blessed are you, the God of our forebears: worthy to be praised and exalted for ever. Blessed is your holy and glorious name: worthy to be praised and exalted for ever. Blessed are you, glorious in your holy temple: worthy to be praised and exalted for ever. Blessed are you who behold the depths: worthy to be praised and exalted for ever. Blessed are you on the throne of your kingdom: worthy to be praised and exalted for ever. Blessed are you in the heights of heaven: worthy to be praised and exalted for ever.

Song of the Three 29–34

The Opening Prayer

The day is now past and the night is at hand. Let us pray with one heart and mind.

Take some time in silence to ready and open your heart.

Father of lights, receive the prayer and praise we offer you as our evening sacrifice; make us a light for all the world, delivered by your goodness from all the works of darkness; through Jesus Christ your Son our Lord. Amen.

Readings from the Bible (personal choice)

At the end of your final reading.

May your word live in us and bear much fruit to your glory.

The Canticle, The Song of Simeon (Nunc dimittis)

Now, Lord, you let your servant go in peace: your word has been fulfilled. My own eyes have seen the salvation: which you have prepared in the sight of every people: A light to reveal you to the nations: and the glory of your people Israel.

Luke 2.29–32

Prayers (take some time for personal prayer)

The Evening Collect

Be present, merciful God, and protect us through the hours of this night: that we, who are wearied by the changes and chances of this fleeting world, may rest on your eternal changelessness; through Jesus Christ our Lord. Amen.

May Jesus, the Lord of peace, give us peace at all times and in all ways.
Amen.

2 Thessalonians 3.16

Wednesday Evening

The glory of the Lord shall be revealed;
and all people shall see it together.

Isaiah 40.5

Glory to God; Father, Son and Holy Spirit:
as in the beginning, so now, and for ever. Amen.

The Opening Canticle, A Song of Praise

God be gracious to us and bless us: and make your face to shine upon
us,

That your way may be known upon earth: your salvation among all
nations. Let the peoples praise you, O God: let all the peoples praise
you.

Let the nations be glad and sing for joy: for you judge the peoples with
equity and govern the nations upon earth. Let the peoples praise you,
O God: let all the peoples praise you. Then the earth will bring forth its
increase: and God, our own God, will bless us. You, O God, will bless us:
and all the ends of the earth will fear you.

Psalms 67

The Opening Prayer

The day is now past and the night is at hand. Let us pray with one
heart and mind.

Take some time in silence to ready and open your heart.

Father of lights, receive the prayer and praise we offer you as our
evening sacrifice; make us a light for all the world, delivered by your
goodness from all the works of darkness; through Jesus Christ your
Son our Lord. Amen.

Readings from the Bible (personal choice)

At the end of your final reading.

May your word live in us and bear much fruit to your glory.

The Canticle, The Song of Mary (Magnificat)

My soul proclaims the greatness of the Lord: my spirit rejoices in God my Saviour, Who has looked with favour on his lowly servant: from this day all generations will call me blessed; The Almighty has done great things for me: and holy is his name. God has mercy on those who fear him: from generation to generation. The Lord has shown strength with his arm: and scattered the proud in their conceit, Casting down the mighty from their thrones: and lifting up the lowly. God has filled the hungry with good things: and sent the rich away empty. He has come to the aid of his servant Israel: to remember the promise of mercy, The promise made to our forebears: to Abraham and his children for ever.

Luke 1.47-55

Prayers (take some time for personal prayer)

The Evening Collect

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

May our Lord Jesus Christ, and God our Father, comfort our hearts and establish them in every good work and word. Amen.

2 Thessalonians 2.16-17

THURSDAY EVENING

The Lord our God the Almighty reigns.
Let us rejoice and exult and give God the glory.

Revelation 19.6-7

Glory to God; Father, Son and Holy Spirit:
as in the beginning, so now, and for ever. Amen.

The Opening Canticle, A Song of Joy

Be joyful in the Lord, all the earth: serve the Lord with gladness and come before his presence with singing. Know that the Lord is God: it is he who has made us, and we are his; for we are his people, and the sheep of his pasture. Enter his gates with thanksgiving; go into his courts with praise:

give thanks to him and praise his name. For the Lord is good; his loving-kindness is everlasting: and his faithfulness endures from age to age.

Psalm 100

The Opening Prayer

The day is now past and the night is at hand. Let us pray with one heart and mind.

Take some time in silence to ready and open your heart.

Father of lights, receive the prayer and praise we offer you as our evening sacrifice; make us a light for all the world, delivered by your goodness from all the works of darkness; through Jesus Christ your Son our Lord. Amen.

Readings from the Bible (personal choice)

At the end of your final reading.

May your word live in us and bear much fruit to your glory.

The Canticle, The Song of Christ's Glory

Christ Jesus was in the form of God: but he did not cling to equality with God. He emptied himself, taking the form of a servant: and was born in our human likeness. Being found in human form, he humbled himself:

and became obedient unto death, even death on a cross. Therefore God has highly exalted him: and bestowed on him the name above every name, that at the name of Jesus every knee should bow: in heaven and on earth and under the earth; And every tongue confess that Jesus Christ is Lord: to the glory of God the Father.

Philippians 2.5b-11

Prayers (take some time for personal prayer)

The Evening Collect

Be present, merciful God, and protect us through the hours of this night: that we, who are wearied by the changes and chances of this fleeting world, may rest on your eternal changelessness; through Jesus Christ our Lord. Amen.

The grace of the Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit, be with us all evermore. Amen.

2 Corinthians 13.14

FRIDAY EVENING

Peace to those who are far off.

Peace to those who are near.

Ephesians 2.17

Glory to God; Father, Son and Holy Spirit:
as in the beginning, so now, and for ever. Amen.

The Opening Canticle, The Lord's Servant

He was despised; he was rejected: a man of sorrows, acquainted with grief. As one from whom people hide their faces: he was despised, and we esteemed him not. Ours were the sufferings he bore: ours the torments he endured, While we thought he was being punished: struck by God and brought low. He was pierced for our sins: bruised for no fault but ours.

His punishment has won our peace: and by his wounds we are healed. We had all strayed like sheep: all taking our own way; But the Lord laid on him: the guilt of us all.

Isaiah 53.3–6

The Opening Prayer

The day is now past and the night is at hand. Let us pray with one heart and mind.

Take some time in silence to ready and open your heart.

Father of lights, receive the prayer and praise we offer you as our evening sacrifice; make us a light for all the world, delivered by your goodness from all the works of darkness; through Jesus Christ your Son our Lord. Amen.

Readings from the Bible (personal choice)

At the end of your final reading.

May your word live in us and bear much fruit to your glory.

The Canticle, A Song to the Lamb

You are worthy, our Lord and God: to receive glory and honour and power. For you have created all things: and by your will they have their being. You are worthy, O Lamb, for you were slain: and by your blood you ransomed for God saints from every tribe and language and nation. You have made them to be a kingdom and priests serving our God: and they will reign with you on earth. To the One who sits on the throne and to the Lamb: be blessing and honour and glory and might, for ever and ever. Amen.

Revelation 4.11; 5.9b-10

Prayers (take some time for personal prayer)

The Evening Collect

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

May the God of all grace, who has called us to eternal glory in Christ, restore, establish, strengthen us. To him be the dominion for ever and ever. Amen.

1 Peter 5.10-11

SATURDAY EVENING

Grace to you and peace
from God our Father and the Lord Jesus Christ.

Ephesians 1.2

Glory to God; Father, Son and Holy Spirit:
as in the beginning, so now, and for ever. Amen.

The Opening Canticle, A Song of the Shepherd

The Lord is my shepherd: therefore can I lack nothing. He shall make me lie down in green pastures: and lead me beside still waters. He shall refresh my soul: and guide me in right pathways for his name's sake. 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 comfort me. You spread a table before me in the presence of those who trouble me: you have anointed my head with oil, and my cup shall be full. Surely your goodness and loving-kindness shall follow me all the days of my life: and I will dwell in the house of the Lord for ever.

Psalm 23

The Opening Prayer

The day is now past and the night is at hand. Let us pray with one heart and mind.

Take some time in silence to ready and open your heart.

Father of lights, receive the prayer and praise we offer you as our evening sacrifice; make us a light for all the world, delivered by your goodness from all the works of darkness; through Jesus Christ your Son our Lord. Amen.

Readings from the Bible (personal choice)

At the end of your final reading.

May your word live in us and bear much fruit to your glory.

The Canticle, the Easter Anthems

Christ our Passover has been sacrificed for us: so let us celebrate the feast, Not with the old leaven of corruption and wickedness: but with the unleavened bread of sincerity and truth. Christ once raised from the dead dies no more: death has no more dominion over him. In dying, he died to sin once for all: in living, he lives to God. See yourselves, therefore, as dead to sin: and alive to God in Jesus Christ our Lord. Christ has been raised from the dead: the first fruits of those who sleep. For since by one man came death: by another has come also the resurrection of the dead,
For as in Adam all die: even so in Christ shall all be made alive.

Prayers (take some time for personal prayer)

The Evening Collect

Come to visit us, Lord, this night, so that by your strength we may rise at daybreak to rejoice in the resurrection of Christ your Son, who lives and reigns for ever and ever. Amen.

I am the Alpha and the Omega, says the Lord, the first and the last, the beginning and the end. Even so, come Lord Jesus. Amen.

see Revelation 22.13



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