



# WAY OF LIFE

A PATTERN FOR CHRISTIAN LIVING

## A FORM OF PRAYER



DIOCESE OF TRURO

DISCOVERING GOD'S KINGDOM  
GROWING THE CHURCH

# WAY OF LIFE: A FORM OF PRAYER

## PREPARATION

We commend ourselves and our prayers to God as we say  
In the name of the Father,  
and of the Son,  
and of the Holy Spirit.

**Amen.**

That this day and all our days may be full of God's praise,  
let us pray with one heart and mind.

*We keep a short time of silence to recall God's presence with us.*

Almighty God,  
by whose grace alone we are accepted and called to your service:  
strengthen us by your Holy Spirit  
and make us worthy of our calling;  
through Jesus Christ our Lord.

**Amen.**

## THE WORD OF GOD

**Psalmody**

**Psalm 119.1-8**

**Rejoicing in God's Way**

*This or another section of Psalm 119 is read with the following refrain*

Refrain: **Teach me, O Lord, the way of your statutes.**

Blessed are those whose way is pure,  
who walk in the law of the Lord.

Blessed are those who keep his testimonies  
and seek him with their whole heart,

Those who do no wickedness,  
but walk in his ways.

You, O Lord, have charged  
that we should diligently keep your commandments.

Refrain: **Teach me, O Lord, the way of your statutes.**

O that my ways were made so direct  
that I might keep your statutes.

Then should I not be put to shame,  
because I have regard for all your commandments.

I will thank you with an unfeigned heart,  
when I have learned your righteous judgements.

I will keep your statutes;  
O forsake me not utterly.

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Refrain: **Teach me, O Lord, the way of your statutes.**

**Glory to the Father and to the Son  
and to the Holy Spirit;  
as it was in the beginning is now  
and shall be for ever. Amen.**

Refrain: **Teach me, O Lord, the way of your statutes.**

## CANTICLE

Isaiah 43 (selected verses)

**God makes a Way for us**

**I will make a way in the wilderness,  
and rivers in the desert.**

'I am the Lord, your Holy One,  
the Creator of Israel, your King.'  
Thus says the Lord, who makes a way in the sea,  
a path in the mighty waters,  
'Remember not the former things,  
nor consider the things of old.  
'Behold, I am doing a new thing;  
now it springs forth, do you not perceive it?  
'I will make a way in the wilderness  
and rivers in the desert,  
to give drink to my chosen people,  
'The people whom I formed for myself,  
that they might declare my praise.'

**Glory to the Father and to the Son  
and to the Holy Spirit;  
as it was in the beginning is now  
and shall be for ever. Amen.**

**I will make a way in the wilderness,  
and rivers in the desert.**

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## READING

A passage of Scripture is read. This may be from a daily scheme of readings, or you may read through one of the Gospels gradually over a series of days. Short passages from the Old Testament around the theme of following God's Way can be found on pages 9-12.

*After the reading, the following responsory may be used*

**Trust in the Lord with all your heart;  
and be not wise in your own sight.**

In all your ways acknowledge him  
and he will make straight your paths.

**Trust in the Lord with all your heart;  
and be not wise in your own sight.**

Glory to the Father and to the Son  
and to the Holy Spirit.

**Trust in the Lord with all your heart;  
and be not wise in your own sight.**

## PRAYERS

### Reflecting on the Way

A time of quiet may be kept for reflection on the Way of Life. It is suggested that one section of the Way should be examined – Journeying **up**; Journeying **in**; Journeying **with**; or Journeying **out**.

*Some suggested questions for reflection:*

What progress have I made in this direction of my Way of Life?

Are there particular areas of growth for which I want to give thanks to God?

Are there ways in which I have fallen short in my journey that I should acknowledge, and ask God for new strength?

Before ending the time of reflection, remember to pray for those who have helped you on your journey, and for others within the Diocese seeking to follow the Way of Life.

## AFFIRMING THE WAY

*At the end of the reflection, the following affirmations are used.*

As we follow the Way of Life,  
we affirm the presence of God among us,  
Father, Son and Holy Spirit.



God calls us to journey 'up', sharing in worship and prayer.  
Jesus said, God is spirit and whoever worships must  
worship in spirit and in truth.  
**Jesus, you are the Way: guide us on our journey.**



God calls us to journey 'in', sharing in the transformation of Christ.  
Jesus said, remain in me, and I will remain in you.  
**Jesus, you are the Way: guide us on our journey.**



God calls us to journey 'with', sharing in love and fellowship.  
Jesus said, Where two or three are gathered in my name, I am there among them.  
**Jesus, you are the Way: guide us on our journey.**



God calls us to journey 'out', sharing his love in deeds and words.  
Jesus said, go and make disciples of all nations.  
**Jesus, you are the Way: guide us on our journey.**

Eternal God,  
your Son Jesus Christ  
is the way, the truth and the life for all creation:  
grant us the grace to walk in his way,  
to rejoice in his truth,  
and to share his risen life;  
who lives and reigns with you and the Holy Spirit,  
one God, now and for ever.  
**Amen.**

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As followers of the Way, let us pray with confidence as our Saviour has taught us:

**Our Father, who art in heaven,  
hallowed by thy name;  
thy kingdom come;  
thy will be done;  
on earth as it is on heaven.  
Give us this day our daily bread.  
And forgive us our trespasses,  
as we forgive those who trespass against us.  
And lead us not into temptation;  
but deliver us from evil.  
For thine is the kingdom,  
the power and the glory,  
for ever and ever.  
Amen.**

The Lord bless us, and preserve us from all evil,  
and lead us in the Way of Life.  
**Amen.**

Let us bless the Lord.  
**Thanks be to God.**

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## BIBLE READINGS

### From the Old Testament about following God's Way

When Pharaoh let the people go, God did not lead them by way of the land of the Philistines, although that was nearer; for God thought, "If the people face war, they may change their minds and return to Egypt."

So God led the people by the roundabout way of the wilderness toward the Red Sea.

The LORD went in front of them in a pillar of cloud by day, to lead them along the way, and in a pillar of fire by night, to give them light, so that they might travel by day and by night.

Neither the pillar of cloud by day nor the pillar of fire by night left its place in front of the people.  
*Exodus 13.17-18, 21-22*

"Now therefore revere the LORD, and serve him in sincerity and in faithfulness; put away the gods that your ancestors served beyond the River and in Egypt, and serve the LORD.

Now if you are unwilling to serve the LORD, choose this day whom you will serve, whether the gods your ancestors served in the region beyond the River or the gods of the Amorites in whose land you are living; but as for me and my household, we will serve the LORD."

Then the people answered, "Far be it from us that we should forsake the LORD to serve other gods; for it is the LORD our God who brought us and our ancestors up from the land of Egypt, out of the house of slavery, and who did those great signs in our sight. He protected us along all the way that we went, and among all the peoples through whom we passed;

and the LORD drove out before us all the peoples, the Amorites who lived in the land. Therefore we also will serve the LORD, for he is our God."

*Joshua 24.14-18*

The LORD rewarded me according to my righteousness; according to the cleanness of my hands he recompensed me.

For I have kept the ways of the LORD, and have not wickedly departed from my God. For all his ordinances were before me, and from his statutes I did not turn aside.

I was blameless before him, and I kept myself from guilt.

Therefore the LORD has recompensed me according to my righteousness, according to my cleanness in his sight. This God - his way is perfect; the promise of the LORD proves true; he is a shield for all who take refuge in him.

For who is God, but the LORD? And who is a rock, except our God?

*2 Samuel 22.21-25, 31-32*

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## BIBLE READINGS

### From the Old Testament about following God's Way

"Where shall wisdom be found? And where is the place of understanding?"

Mortals do not know the way to it, and it is not found in the land of the living. The deep says, 'It is not in me,' and the sea says, 'It is not with me.'

It cannot be gotten for gold, and silver cannot be weighed out as its price. Where then does wisdom come from? And where is the place of understanding?

It is hidden from the eyes of all living, and concealed from the birds of the air. God understands the way to it, and he knows its place. For he looks to the ends of the earth, and sees everything under the heavens.

When he gave to the wind its weight, and apportioned out the waters by measure; when he made a decree for the rain, and a way for the thunderbolt; then he saw it and declared it; he established it, and searched it out.

And he said to humankind, 'Truly, the fear of the Lord, that is wisdom; and to depart from evil is understanding.'

*Job 28.12-15, 23-28*

Hear, my child, and accept my words, that the years of your life may be many.

I have taught you the way of wisdom; I have led you in the paths of uprightness. When you walk, your step will not be hampered; and if you run, you will not stumble.

Keep hold of instruction; do not let go; guard her, for she is your life. Do not enter the path of the wicked, and do not walk in the way of evildoers. Avoid it; do not go on it; turn away from it and pass on.

For they cannot sleep unless they have done wrong; they are robbed of sleep unless they have made someone stumble.

For they eat the bread of wickedness and drink the wine of violence. But the path of the righteous is like the light of dawn, which shines brighter and brighter until full day.

*Proverbs 4.10-18*



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### BIBLE READINGS

#### From the Old Testament about following God's Way

The messenger of the covenant in whom you delight - indeed, he is coming, says the LORD of hosts.

But who can endure the day of his coming, and who can stand when he appears? For he is like a refiner's fire and like fullers' soap; he will sit as a refiner and purifier of silver, and he will purify the descendants of Levi and refine them like gold and silver, until they present offerings to the LORD in righteousness.

Then the offering of Judah and Jerusalem will be pleasing to the LORD as in the days of old and as in former years.

*Malachi 3.1-4*

**Although the title 'the Way' was the first one used to describe the new Jesus movement (see Acts 9:2), the New Testament doesn't use this imagery to the same extent. When Jesus taught people about this idea he tended to use the phrase 'the Kingdom of God' or 'the Kingdom of Heaven'. You could read gradually through one of the first three Gospels (Matthew, Mark, or Luke) and see what you can learn about the Kingdom (or the Way) which Jesus came to establish.**



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