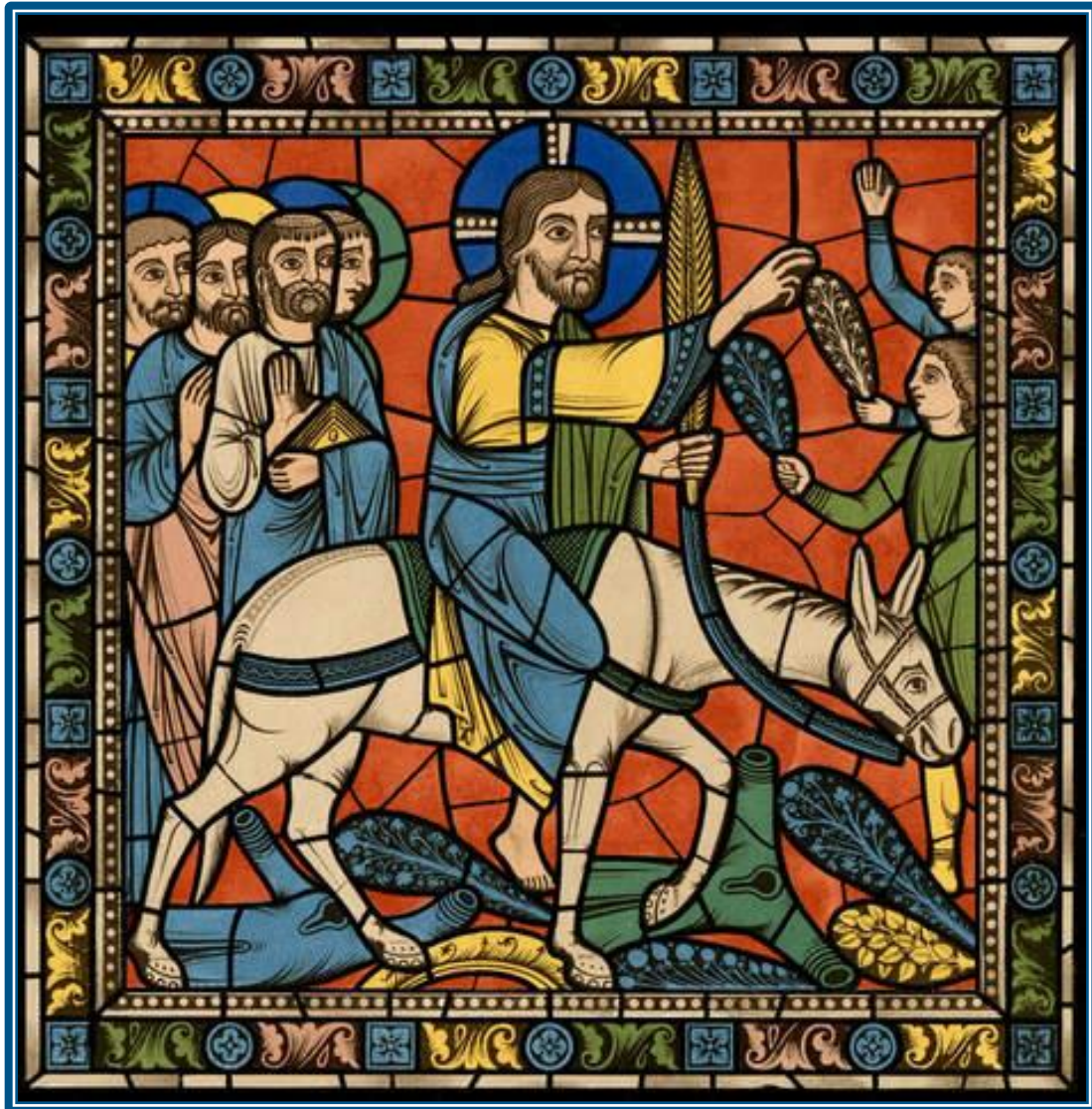


Trust Him with All Your Heart

A Prayer Vigil on Surrendering to God's Will



March 23 – 24, 2024
9:00 am to 9:00 am (EST)

All Saints Church
Chevy Chase, MD

Trust in the Lord with All your heart, and lean not on your own understanding.

– Proverbs 3:5

From St. Patrick's Breastplate

I bind unto myself today
The strong Name of the Trinity,
By invocation of the same,
The Three in One and One in Three.

Christ within me;
Christ above me;
Christ below me;
Christ before me;
Christ behind me;
Christ on my right;
Christ on my left;
Christ all about me
To guide, and direct me,
That each meeting will be,
Each work undertaken,
By, with, and in him
performed to his glory.

Amen.

Table of Contents

Introduction from the Rector	3
About This Prayer Guide.....	4
Opening Reflections on Letting Go	5
Knowing God.....	7
Repentance: Turning away from Ourselves	11
Surrender and Trust: Turning towards God.....	14
Concluding Reflections on Forgiveness and Hope.....	17

Introduction from the Rector

"In all your ways submit to him and he will make your paths straight"

- Proverbs 3:6

Dear Friends,

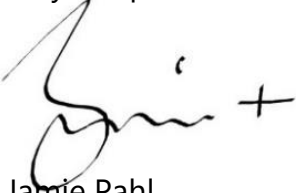
God's story is universal, and it transcends everything including our own short histories and trivial stories. We play a small part in this larger story that we know so well. Several weeks ago, we heard about Nathanael in John's Gospel. He was called for a reason and purpose. Jesus' first invitation was *"follow me."* Notice, it was not *"sit down and listen"*; rather, *"come and see."* It was an invitation to movement and reaching out. This of course implies reaching out from ourselves to others wherever we can in the name of the Lord Jesus. And what better way to do so than prayer!

If we are to understand better the workings of God in our own lives and here in the church perhaps Nathanael is a great example for us. He didn't just go off and do the work. At first, he questioned; he argued; he had to be convinced. He said, *"Can anything good come out of Nazareth?... Jesus, where did you get to know me?"* But, in the end, he surrendered! Just like him, so too for us - we are to let the story of God reside deeply in us. This means surrendering the fullness of ourselves - coming to know that our short stories have a unique place in the eternal kingdom of Almighty God.

The commentator William Barclay says it is as if we can hear Nathanael saying to himself, *"Here is the man who can understand my dreams! Here is the man who knows my prayers! Here is the man who has seen into my most intimate and secret longings, longings which I have never even dared to put into words! Here is the man who can translate the inarticulate sigh of my soul! This must be the Son of God, God's promised anointed one and no other!"* (Barclay, W., *The Gospel of John*, p. 78). And Nathanael is moved; as Jesus says, you will see greater things! Awesome things! Come, see, and surrender!

During this most holy vigil, as we move ever so closer to Easter, surrender yourself to the silent presence of the Lord. Lift up in prayer everything and everyone that longs to have the *"inarticulate sigh of their soul"* heard and valued. God is listening... He knows the joys, sorrows, griefs, sufferings, pains, and thanksgivings! Let us surrender in prayer all these things to the heart of the Almighty and Holy One who knows each of us intimately.

May the peace of Christ fill your heart!



Jamie Pahl

Rector

About This Prayer Guide

Using the Prayer Guide

This Booklet is designed to aid and inspire you as you come to God in prayer. We hope that God will use it to focus your heart and mind on the heart and mind of God. May His will and Spirit be so entwined with ours that we joyfully follow all that He calls to do, think, and feel.

The Prayer Guide is divided into five sections: an introduction, three main sections, and a conclusion. The introduction is designed to help you begin to let go of your desires and cling to God's. The three main sections, then, direct our prayers to (a) focus on who God is, (b) turn away from ourselves, and (c) turn towards God. Finally, the conclusion reminds us that we have great hope in knowing that God loves and forgives.

At a steady pace, you should be able to pray through this Prayer Guide in about an hour, but do not feel the need to rush. You may focus on the sections that stir your heart most and simply end when the hour is over. It is best, however, if you begin with the Opening Reflections and finish with the Closing Reflections as they will help you pray through the Good News we have in Jesus Christ. Please also spend several minutes at the end of each section offering up to God the spontaneous prayers of your heart.

For this Vigil, we have incorporated art and music into our prayers. Take some time to mediate upon the paintings – their colors, symbols, figures, stories, etc. – as they may inspire your thoughts and prayers. The music provided should also aid your prayers. To play the songs, simply click on the link provided (where it says, "Click Here..."), and your device should play them automatically. If the music does not play, refer to your email where we have copied the links for each song.

May the Lord use the Vigil to inspire you and our church to submit to God's will in our lives, families, careers, and leisure. To Him be all the glory and praise!

Acknowledgments

This Prayer Vigil depends on the invaluable prayers, labor, and inspiration of many of our parishioners. I would like to thank especially Cynthia Bryant, Kusen Crawford-Sampson, Judy Kelly, Mary Lee Kingsley, and Susan Tate for their assistance in compiling all the readings and prayers; Lewis Shea for providing artwork; and Peter Crisafulli, Rev. Matthew Kozlowski, and Gary Wieder for providing musical selections. Thank you also for dedicating your valuable time to join us in prayer today. May the God of peace be with you now and always!

All Scripture citations are from the New International Version (NIV) unless otherwise noted. Prayers are taken from the *Book of Common Prayer* (BCP) or *St. Augustine's Prayer Book* (SABP) unless otherwise noted.

Opening Reflections on Letting Go



Verses Showing the Greatness of God

1 Chronicles 29:11-12

Yours, Lord, is the greatness and the power and the glory and the majesty and the splendor, for everything in heaven and earth is yours. Yours, Lord, is the kingdom; you are exalted as head over all. In your hands are strength and power to exalt and give strength to all.

Isaiah 26:4

Trust in the LORD forever, for the LORD, the LORD himself, is the Rock eternal.

Ephesians 3:20-21

Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.

From the Catechism (BCP)

Q. What is Prayer?

A. Prayer is responding to God, by thought and by deeds, with or without words.

Q. What is Christian Prayer?

A. Christian prayer is response to God the Father, through Jesus Christ, in the power of the Holy Spirit.

Artwork: Raphael, *Christ's Charge to Peter*. London: Victoria and Albert Museum (1515-1516).

Q. What is Adoration?

A. Adoration is the lifting up of the heart and mind to God, asking nothing but to enjoy God's presence.

Q. What is the Prayer of Oblation?

A. Oblation is an offering of ourselves, our lives and labors, in union with Christ, for the purposes of God.

Opening Prayers

A Prayer of Self-Dedication (BCP)

Almighty and eternal God, so draw our hearts to thee, so guide our minds, so fill our imaginations, so control our wills, that we may be wholly thine, utterly dedicated unto thee; and then use us, we pray thee, as thou wilt, and always to thy glory and the welfare of thy people; through our Lord and Savior Jesus Christ. *Amen.*

A Prayer of Letting Go (Judy Kelly)

Heavenly Father, during this Lenten season, we spend time remembering Jesus – his life, and how we emulate His life. We remember he healed those who asked; we remember his teachings, the commandments, the love he poured out on everyone; and we remember the cross. Jesus showed us the way to you, Father; to develop a relationship with You. Help us to follow that example and turn over to you our problems: our illnesses, burdens we carry, employment problems and worries about those who disrespect and violate us in any way. These things are out of our control and we need to lay them at the foot of the Cross for Jesus to do with as he wishes. Save us, Lord from wanting to give up. Help us understand turning things over to you keeps our hearts on what You have given us to do. When we don't let go of agony and pain, no matter how severe, we carry that pain in our hearts. Our hearts become filled with confusion, anger, hatred, vengeance, all blocking the Holy Spirit and keeping You out of our hearts and lives. Help us, Dear Lord, to remember that You know everything about us and we should not be ashamed to ask You for the help You so lovingly and eagerly want to give us. In Jesus' most Holy Name, *Amen.*

<p>Song: To My Life and Let It Be (Click Here to Listen on YouTube)</p>

Please now take 2–3 minutes to ask God to help you let go of yourself and cling to Jesus.

Knowing God



Opening Verses for Meditation

Exodus 15:11, 13

Who among the gods is like you, Lord? Who is like you—majestic in holiness, awesome in glory, working wonders? In your unfailing love you will lead the people you have redeemed. In your strength you will guide them to your holy dwelling.

Job 12:10

In his hand is the life of every creature and the breath of all mankind.

Isaiah 40:28

Do you not know? Have you not heard? The Lord is the everlasting God, the Creator of the ends of the earth. He will not grow tired or weary, and his understanding no one can fathom.

Artwork: Giovanni Bellini, *The Transfiguration of Christ*. Naples: Museo di Capodimonte (c. 1485).

Lessons and Psalms

Micah 7:18-20

¹⁸ Who is a God like you,
who pardons sin and forgives the transgression
of the remnant of his inheritance?

You do not stay angry forever
but delight to show mercy.

¹⁹ You will again have compassion on us;
you will tread our sins underfoot
and hurl all our iniquities into the depths of the sea.

²⁰ You will be faithful to Jacob,
and show love to Abraham,
as you pledged on oath to our ancestors
in days long ago.

Psalm 93

¹ The LORD is King;
he has put on splendid apparel; *
the LORD has put on his apparel
and girded himself with strength.

² He has made the whole world so sure *
that it cannot be moved;

³ Ever since the world began, your throne
has been established; *
you are from everlasting.

⁴ The waters have lifted up, O LORD,
the waters have lifted up their voice; *
the waters have lifted up
their pounding waves.

⁵ Mightier than the sound of many waters,
mightier than the breakers of the sea, *
mightier is the LORD who dwells on high.

⁶ Your testimonies are very sure, *
and holiness adorns your house, O LORD,
for ever and for evermore.

Colossians 1:15-20

¹⁵ The Son is the image of the invisible God, the firstborn over all creation. ¹⁶ For in him all things were created: things in heaven and on earth, visible and invisible, whether thrones or powers or rulers or authorities; all things have been created through him and for him. ¹⁷ He is before all things, and in him all things hold together. ¹⁸ And he is the head of the body, the church; he is the beginning and the firstborn from among the dead, so that in everything he might have the supremacy. ¹⁹ For God was pleased to have all his fullness dwell in him, ²⁰ and through him to reconcile to himself all things, whether things on earth or things in heaven, by making peace through his blood, shed on the cross.

Prayers and Reflections

A Song to the Lamb (BCP)

Splendor and honor and kingly power *
are yours by right, O Lord our God,

For you created everything that is, *
and by your will they were created and have their being;

And yours by right, O Lamb that was slain, *
for with your blood you have redeemed for God,

From every family, language, people, and nation, *
a kingdom of priests to serve our God.

And so, to him who sits upon the throne, *
and to Christ the Lamb,

Be worship and praise, dominion and splendor, *
for ever and for evermore.

The Book of Wisdom 11:24-26 (NRSV)

²⁴ For you love all things that exist, and detest none of the things that you have made, for you would not have made anything if you had hated it. ²⁵ How would anything have endured if you had not willed it? Or how would anything not called forth by you have been preserved? ²⁶ You spare all things, for they are yours, O Lord, you who love the living.

An Excerpt from “No Coward Soul is Mine” (Emily Bronte)

With wide-embracing love
Thy spirit animates eternal years
Pervades and broods above,
Changes, sustains, dissolves, creates and rears

Though earth and moon were gone
And suns and universes ceased to be
And Thou wert left alone
Every Existence would exist in thee

There is not room for Death
Nor atom that his might could render void
Since thou art Being and Breath
And what thou art may never be destroyed.

Specific Reflections and Requests

Let us pray that we can come to a deeper understanding and knowledge of God's true nature and character, especially knowing:

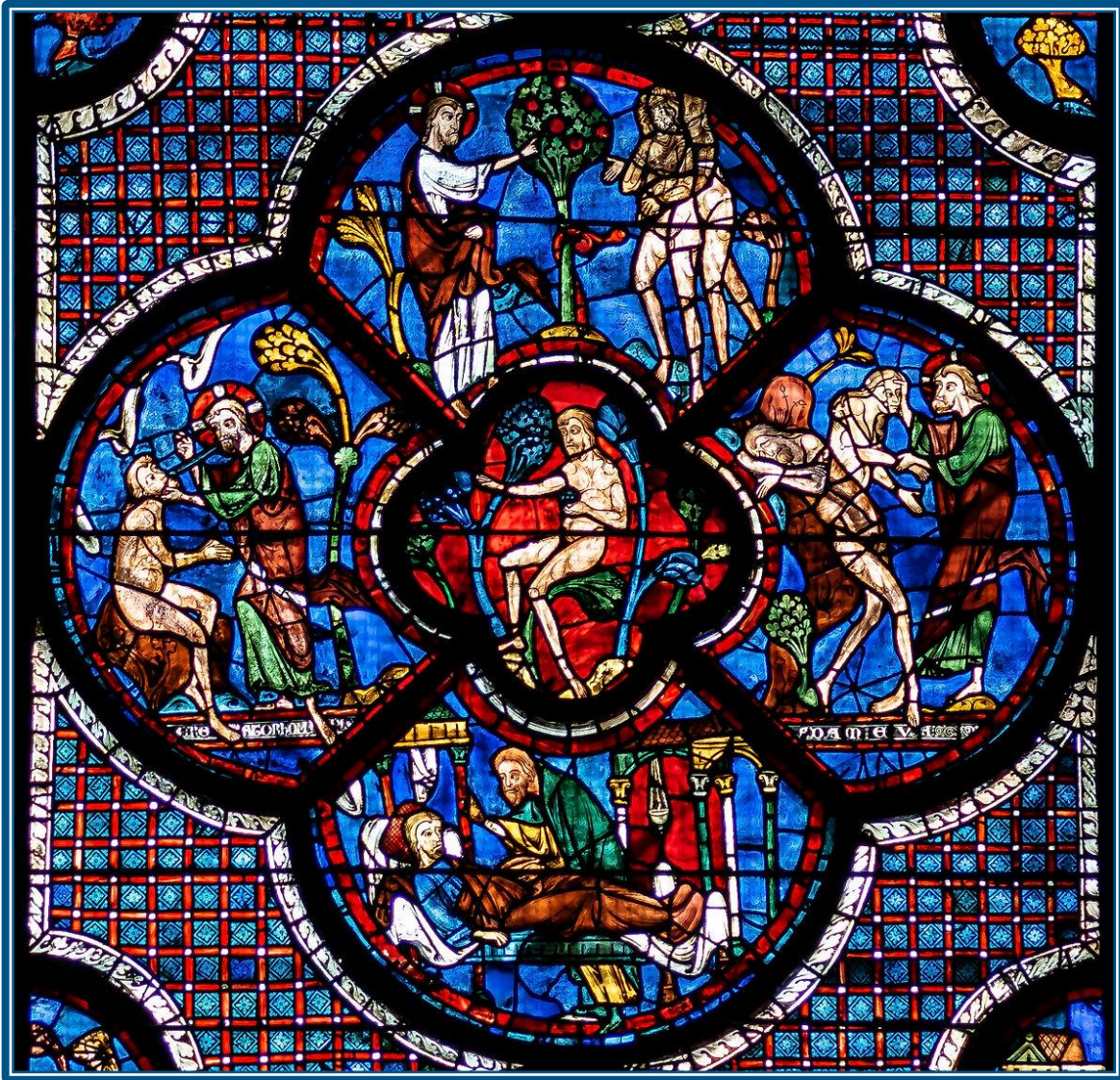
- That He is the LORD, the Creator of all that is and ever shall be, and is therefore worthy of all honor, praise and glory;
- That He is eternal, steadfast and faithful; He will never abandon or forsake us because he has called us by name and we are his;
- That He guides, sustains and upholds us, and He is our stronghold and our sure defense; it is in him alone that we move, and live and have our being;
- That He has promised to be with us always and his promises are pure and true, therefore we need have no fear, we need only to be still and trust; and
- That in his infinite and unfathomable Divine Love, He took on our human weakness and sin, redeeming us so that we might become the righteousness of God.

Hymn: Lord, Reign in Me

[\(Click Here to Listen on YouTube\)](#)

Please now take 2–3 minutes and allow the Holy Spirit to lead your heart and mind in drawing you closer to God's true character.

Repentance: Turning away from Ourselves



Opening Verses for Meditation

1 John 1:8-9

If we claim to be without sin, we deceive ourselves and the truth is not in us. If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.

James 4:7

Submit yourselves, then, to God. Resist the devil, and he will flee from you.

2 Peter 3:9

The Lord is not slow in keeping his promise, as some understand slowness. Instead he is patient with you, not wanting anyone to perish, but everyone to come to repentance.

Lessons and Psalms

Isaiah 55:3-8

³ Give ear and come to me; listen, that you may live. I will make an everlasting covenant with you, my faithful love promised to David. ⁴ See, I have made him a witness to the peoples, a ruler and commander of the peoples. ⁵ Surely you will summon nations you know not, and nations you do not know will come running to you, because of the Lord your God, the Holy One of Israel, for he has endowed you with splendor.” ⁶ Seek the Lord while he may be found; call on him while he is near. ⁷ Let the wicked forsake their ways and the unrighteous their thoughts. Let them turn to the Lord, and he will have mercy on them, and to our God, for he will freely pardon. ⁸ “For my thoughts are not your thoughts, neither are your ways my ways,” declares the Lord.

Psalms 51:1-8

¹ Have mercy on me, O God, according to your loving-kindness; *
in your great compassion
blot out my offenses.

² Wash me through and through from my wickedness *
and cleanse me from my sin.

³ For I know my transgressions, *
and my sin is ever before me.

⁴ Against you only have I sinned *
and done what is evil in your sight.

⁵ And so you are justified when you speak *
and upright in your judgment.

⁶ Indeed, I have been wicked from my birth, *
a sinner from my mother's womb.

⁷ For behold, you look for truth deep within me, *
and will make me understand wisdom
secretly

⁸ Purge me from my sin, and I shall be
pure; *
wash me, and I shall be clean indeed.

Luke 18:11-14

¹¹ The Pharisee stood by himself and prayed: ‘God, I thank you that I am not like other people—robbers, evildoers, adulterers—or even like this tax collector. ¹² I fast twice a week and give a tenth of all I get.’

¹³ “But the tax collector stood at a distance. He would not even look up to heaven, but beat his breast and said, ‘God, have mercy on me, a sinner.’

¹⁴ “I tell you that this man, rather than the other, went home justified before God. For all those who exalt themselves will be humbled, and those who humble themselves will be exalted.”.

Prayers and Reflections

A Prayer of Surrender (Cynthia Bryant)

Lord, I Surrender. I open my soul and beseech you to reach deep to wash me clean. I admit that I am headstrong, Lord, so quick to rely on my own will in life. Yet, I grow tired, Lord, I grow tired. I turn my eyes to you now; I bow my head and kneel in humility. Help me to lean into your grace, your mercy. Help me to let go of my own worldly distractions to truly listen to and exemplify your word. Precious Lord, I am that lost sheep searching for your beacon of light in the wilderness. As I open my heart to your love and forgiveness, I implore you, fill me with your grace and make me anew. *Amen.*

The Collect for Ash Wednesday (BCP)

Almighty and everlasting God, you hate nothing you have made and forgive the sins of all who are penitent: Create and make in us a new and contrite heart, that worthily lamenting our sins and acknowledging our wretchedness, we may obtain of you, the God of all mercy, perfect remission and Quiet forgiveness; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. *Amen.*

Agnus Dei (BCP)

O Lamb of God that takest away the sins of the world, have mercy upon us. O Lamb of God that takest away the sins of the world, have mercy upon us. O Lamb of God that takest away the sins of the world, grant us thy peace. *Amen.*

Specific Requests

Let us now pray for ways we and our parish can turn away from ourselves:

- That we bend the knee of our hearts in repentance, deny ourselves, and ask for God's forgiveness and mercy;
- That we remember and follow the example of Christ who, although equal with God, willingly laid aside his Glory and humbled himself on the Cross;
- For the Holy Spirit to give us the courage and strength to acknowledge and confess our sins, our shortcomings and our failures; and
- That we surrender all our pride and, forever abandoning the kingdom of self.

Song: Come as You Are

[\(Click Here to Listen on YouTube\)](#)

Please now take 2–3 minutes and allow the Holy Spirit to lead your heart and mind in turning away from yourself and your sin.

Surrender and Trust: Turning towards God



Opening Verses for Meditation

Deuteronomy 4:29, 31

²⁹ But if from there you seek the Lord your God, you will find him if you seek him with all your heart and with all your soul... ³¹ For the Lord your God is a merciful God; he will not abandon or destroy you or forget the covenant with your ancestors, which he confirmed to them by oath.

Proverbs 3:5-6

⁵ Trust in the Lord with all your heart and lean not on your own understanding; ⁶ in all your ways submit to him, and he will make your paths straight.

⁶Artwork: Albrecht Dürer, *The Last Supper* (The Large Passion). Washington, DC: The National Gallery of Art (1510).

Lessons and Psalms

Isaiah 30:15, 18-21

¹⁵ This is what the Sovereign Lord, the Holy One of Israel, says: "In repentance and rest is your salvation, in quietness and trust is your strength, but you would have none of it..." ¹⁸ Yet the Lord longs to be gracious to you; therefore he will rise up to show you compassion. For the Lord is a God of justice. Blessed are all who wait for him! ¹⁹ People of Zion, who live in Jerusalem, you will weep no more. How gracious he will be when you cry for help! As soon as he hears, he will answer you. ²⁰ Although the Lord gives you the bread of adversity and the water of affliction, your teachers will be hidden no more; with your own eyes you will see them. ²¹ Whether you turn to the right or to the left, your ears will hear a voice behind you, saying, "This is the way; walk in it."

Psalms 19:7-14

⁷ The law of the LORD is perfect and revives the soul; *
the testimony of the LORD is sure and gives wisdom to the innocent.

⁸ The statutes of the LORD are just and rejoice the heart; *
the commandment of the LORD is clear and gives light to the eyes.

⁹ The fear of the LORD is clean and endures for ever; *
the judgments of the LORD are true and righteous altogether.

¹⁰ More to be desired are they than gold, more than much fine gold, *
sweeter far than honey,
than honey in the comb.

¹¹ By them also is your servant enlightened, *
and in keeping them there is great reward.

¹² Who can tell how often he offends? *
cleanse me from my secret faults.

¹³ Above all, keep your servant from presumptuous sins;
let them not get dominion over me; *
then shall I be whole and sound,
and innocent of a great offense.

¹⁴ Let the words of my mouth and the meditation of my heart
be acceptable in your sight, *
O LORD, my strength and my redeemer."

Luke 9:23-26

²³ Then he said to them all: "Whoever wants to be my disciple must deny themselves and take up their cross daily and follow me. ²⁴ For whoever wants to save their life will lose it, but whoever loses their life for me will save it. ²⁵ What good is it for someone to gain the whole world, and yet lose or forfeit their very self? ²⁶ Whoever is ashamed of me and my words, the Son of Man will be ashamed of them when he comes in his glory and in the glory of the Father and of the holy angels.

Prayers and Reflections

A Reflection from *Mere Christianity* (C.S. Lewis)

"Your real, new self (which is Christ's and also yours, and yours just because it is His) will not come as long as you are looking for it. It will come when you are looking for Him. [...] The principle runs through all life from top to bottom; Give up yourself, and you will find your real self. Lose your life and you will save it. Submit to death, death of your ambitions and favourite wishes every day and death of your whole body in the end submit with every fibre of your being, and you will find eternal life. Keep back nothing. Nothing that you have not given away will be really yours. Nothing in you that has not died will ever be raised from the dead. Look for yourself, and you will find in the long run only hatred, loneliness, despair, rage, ruin, and decay. But look for Christ and you will find Him, and with Him everything else thrown in."

A Prayer for Oblation of Self (SAPB)

ACCEPT, O Lord, my entire liberty, my memory, my understanding, and my will. All that I am and have thou hast given to me; and I give all back to thee to be disposed of according to thy good pleasure. Give me only the comfort of thy presence and the joy of thy love; with these I shall be more than rich and shall desire nothing more. *Amen.*

Specific Requests

Let us now pray for God to help us and our parish turn towards God and His will:

- That we stay centered on God's light and truth;
- That we are touched anew by the Holy Spirit and experience the true healing cleansing conferred by letting go of Guilt over re-living what God has ALREADY forgiven;
- That we offer our time, money, and energy, with all patience and grace, to those in need;
- That we honor the beauty of God's creation and not overvalue material things;
- That we forgive others as Christ has forgiven us; and
- That we see the ways of the World for the empty and misleading paths and promises they are: "For the message of the cross is foolishness to those who are perishing, but to us who are being saved it is the power of God." (1 Corinthians 1:18)

Song: At the Cross

[\(Click Here to Listen on YouTube\)](#)

Please now take 2–3 minutes and allow the Holy Spirit to lead your heart and mind in turning towards God and His Will.

Concluding Reflections on Forgiveness and Hope



Closing Verses for Meditation

Psalm 1:1-2

¹ Blessed is the one... ² whose delight is in the law of the Lord, and who meditates on his law day and night.

1 Peter 1:3-4

³ Praise be to the God and Father of our Lord Jesus Christ! In his great mercy he has given us new birth into a living hope through the resurrection of Jesus Christ from the dead, ⁴ and into an inheritance that can never perish, spoil or fade. This inheritance is kept in heaven for you.

1 Peter 2:24-25

²⁴ "He himself bore our sins" in his body on the cross, so that we might die to sins and live for righteousness; "by his wounds you have been healed." ²⁵ For "you were like sheep going astray," but now you have returned to the Shepherd and Overseer of your souls.

A Poem of Repentance and Hope

“Ashes to Ashes” (Peggy Eastman)

Burdened by our mortality,
we Your unworthy creatures
kneel before You, Lord, offering up
our unruly hearts. Far from constant
are they in love of You, much as
we would wish them to be. But we
have nothing else to offer.

Ashes to ashes.

Mark us, Lord, and let this ashen cross
be a sign of all You would burn out
of us, all that mars, sullies and stains.
What is ash but fire’s grave?
How our transgressions have grieved You
we know too well; consign them to
the grave, Lord, we pray.

Ashes to ashes.

Like frail reeds that sway with
every wayward wind, we have not
stood firmly before You; we beg Your
gracious clemency. We have not been
good and faithful servants; we have
neglected Your vineyard and its vines
are sickly and deformed. Help us hold
to Your will and ever do what
will be pleasing in Your sight.

Ashes to ashes.

Let all who see these ashes bear witness
to our deep desire for pardon long after
the ashen mark has left our faces. Let us
remember how we knelt in penitence
before You, longing to begin the inward
labor of prayer and denial of self
that would draw us closer to You.
Let us remember how we shouldered
the burden of our mortality anew,
seeking courage to live as people
wholly secure in Your succor.

Ashes to ashes, grave to new life.

Closing Reflections and Prayers

A Prayer of Absolution (BCP)

Almighty God, have mercy on us; forgive us all our sins through our Lord Jesus Christ, strengthen us in all goodness, and by the power of the Holy Spirit keep us in eternal life. *Amen.*

The Lord’s Prayer (Jesus)

Our Father, who art in heaven, hallowed be thy Name; thy kingdom come, thy will be done, on earth as it is in 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, and the power, and the glory, for ever and ever. *Amen.*

Song: Come, Thou Fount of Every Blessing

[\(Click Here to Listen on YouTube\)](#)

May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.

- Romans 15:13

