

# Maundy Thursday 4/2/26 to Good Friday 4/3/26

## Prayer Vigil Guidelines

Welcome to the Episcopal Diocese of Pittsburgh Maundy Thursday Online Prayer Vigil! Prayer is the bedrock of our faith, and we are grateful for your participation. The invitation to you is to spend as much time as you can during this 6-hour period of contemplative prayer.

<https://us02web.zoom.us/j/83237388836?pwd=nvJvv31qkoU1dXOkTGDL50EupU0PNZ.1>

Here are some guidelines to help facilitate praying during the vigil:

### **TIMELINE:**

- The Virtual Prayer Room will be open from 10 p.m. (Maundy Thursday, April 2) and will remain open until 4 a.m. (Good Friday, April 3).
- You can join at any time during the entire 6-hour period and stay as long as you wish.

### **THINGS YOU MAY WANT TO HAVE ON HAND:**

- A bible (with your marked favorite passages) and a Book of Common Prayer (for the Psalms) An online version of the BCP is available at [www.bcponline.org](http://www.bcponline.org)
- A hymnal
- A candle
- A notepad with pen or pencil (to write down any ideas, words, or a prayer that seems important)
- A drawing pad and/or coloring pencils
- An electronic device or other to play songs/hymns or other music of a spiritual nature (place cell phones and tablets on DO NOT DISBURB mode)

### **PROTOCOLS:**

- For the first few minutes after arriving, greet the others in the room. Introduce yourselves and greet each other with a “The Lord be with You.” “And also, with you.”
- Then, **mute your Zoom microphone** and take time to quiet your mind and heart for prayer.

# SUGGESTED PRAYER OUTLINE AND TOPICS

## QUIETING THE MIND, HEART, AND SOUL

- Centering the self could consist of taking time to breathe slowly and to meditate on a phrase such as: “Be still and know that I am God” (Psalm 46:10) or another phrase

## PRAISE AND ADORATION

- This is a time to praise God for who God is (Our Father who art in heaven, hallowed be Thine Name...”, and it is an appropriate time to read a Psalm of Praise of your choice (such as Psalm 95, 145, or 150), and/or to play and sing along one or more favorite hymns of praise or spiritual songs.

## INTERCESSION:

- Ask for God’s Kingdom to be fully realized on earth “Your Kingdom come; your will be done on earth as it is in heaven...”
- Pray for: the needs of the world (for bread, water, medical care, and deliverance from violence in so many parts of the world.) You may want to pick out one or more countries to pray for. For example, your petition could be a simple as: “Bless ...name of country/countries... with food, clean water, medical care, and deliverance from violence” or “Let your light shine on... name of country/countries...”
- Pray for the United States
- Pray for the Church at large
- Pray for the Gospel to make a difference in all our lives
- Pray for our Diocese (for renewal, growth, and vitality)
- Pray for your parish
- Pray for yourself
- Pray for loved ones (family, friends, pets)
- Pray for those you would like to see get to know Jesus

**TAKE TIME IN QUIET TO LISTEN AND CONTEMPLATE:** (if so moved, read and meditate on a favorite biblical passage; write any thoughts, ideas that come to mind; or draw/color)

**CLOSE BY GIVING THANKS AND PRAISE, AND SPENDING TIME IN ADORATION:**

Note: *If you are having any technical issues, please call Andy Muhl at 412-848-8999*