



40 Days of Beardedness

A LENTEN DEVOTION

By Rev. Matthew D. Frank and Rev. Zach Bechtold

40 Days of Beardedness

Day 1

Opening Prayer

You, God, are my God, earnestly I seek you; I thirst for you, my whole being longs for you, in a dry and parched land where there is no water. Amen

Psalm 63:1

Scripture Reading

[Proverbs 1](#)

Hymn

“Gather Us In” from The Faith We Sing (Verse 1)

*Here in this place, new light is streaming
now is the darkness vanished away,
see, in this space, our fears and our dreamings,
brought here to you in the light of this day.*

Closing Prayer

[Prayer of St Francis](#)

Lord, make me an instrument of Your peace. Where there is hatred, let me sow love; where there is injury, pardon; where there is doubt, faith; where there is despair, hope; where there is darkness, light; where there is sadness, joy.

O, Divine Master, grant that I may not so much seek to be consoled as to console; to be understood as to understand; to be loved as to love; For it is in giving that we receive; it is in pardoning that we are pardoned; it is in dying that we are born again to eternal life.

40 Days of Beardedness

Day 2

Opening Prayer

You, God, are my God, earnestly I seek you; I thirst for you, my whole being longs for you, in a dry and parched land where there is no water. Amen

Psalm 63:1

Scripture Reading

[Proverbs 2](#)

Hymn

“Gather Us In” from The Faith We Sing (Verse 2)

*Gather us in the lost and forsaken
gather us in the blind and the lame;
call to us now, and we shall awaken
we shall arise at the sound of our name.*

Closing Prayer

[Prayer of St Francis](#)

Lord, make me an instrument of Your peace. Where there is hatred, let me sow love; where there is injury, pardon; where there is doubt, faith; where there is despair, hope; where there is darkness, light; where there is sadness, joy.

O, Divine Master, grant that I may not so much seek to be consoled as to console; to be understood as to understand; to be loved as to love; For it is in giving that we receive; it is in pardoning that we are pardoned; it is in dying that we are born again to eternal life.

40 Days of Beardedness

Day 3

Opening Prayer

You, God, are my God, earnestly I seek you; I thirst for you, my whole being longs for you, in a dry and parched land where there is no water. Amen

Psalm 63:1

Scripture Reading

[Proverbs 3](#)

Hymn

“Gather Us In” from The Faith We Sing (Verse 3)

*We are the young – our lives are a mystery
we are the old – who yearns for your face.
we have been sung throughout all of history
called to be light to the whole human race.*

Closing Prayer

[Prayer of St Francis](#)

Lord, make me an instrument of Your peace. Where there is hatred, let me sow love; where there is injury, pardon; where there is doubt, faith; where there is despair, hope; where there is darkness, light; where there is sadness, joy.

O, Divine Master, grant that I may not so much seek to be consoled as to console; to be understood as to understand; to be loved as to love; For it is in giving that we receive; it is in pardoning that we are pardoned; it is in dying that we are born again to eternal life.

40 Days of Beardedness

Day 4

Opening Prayer

You, God, are my God, earnestly I seek you; I thirst for you, my whole being longs for you, in a dry and parched land where there is no water. Amen

Psalm 63:1

Scripture Reading

[Proverbs 4](#)

Hymn

“Gather Us In” from The Faith We Sing (Verse 4)

*Gather us in the rich and the haughty
gather us in the proud and the strong
give us a heart so meek and so lowly
give us the courage to enter the song.*

Closing Prayer

[Prayer of St Francis](#)

Lord, make me an instrument of Your peace. Where there is hatred, let me sow love; where there is injury, pardon; where there is doubt, faith; where there is despair, hope; where there is darkness, light; where there is sadness, joy.

O, Divine Master, grant that I may not so much seek to be consoled as to console; to be understood as to understand; to be loved as to love; For it is in giving that we receive; it is in pardoning that we are pardoned; it is in dying that we are born again to eternal life.

40 Days of Beardedness

Day 5

Opening Prayer

You, God, are my God, earnestly I seek you; I thirst for you, my whole being longs for you, in a dry and parched land where there is no water. Amen

Psalm 63:1

Scripture Reading

[Proverbs 5](#)

Hymn

“Gather Us In” from The Faith We Sing (Verse 5)

*Here we will take the wine and the water
here we will take the bread of new birth
here you shall call your sons and your daughters
call us anew to be salt of the earth.*

Closing Prayer

[Prayer of St Francis](#)

Lord, make me an instrument of Your peace. Where there is hatred, let me sow love; where there is injury, pardon; where there is doubt, faith; where there is despair, hope; where there is darkness, light; where there is sadness, joy.

O, Divine Master, grant that I may not so much seek to be consoled as to console; to be understood as to understand; to be loved as to love; For it is in giving that we receive; it is in pardoning that we are pardoned; it is in dying that we are born again to eternal life.

40 Days of Beardedness

Day 6

Opening Prayer

You, God, are my God, earnestly I seek you; I thirst for you, my whole being longs for you, in a dry and parched land where there is no water. Amen

Psalm 63:1

Scripture Reading

[Psalm 4](#)

Hymn

“Gather Us In” from The Faith We Sing (Verse 6)

*Give us to drink the wine of compassion
give us to eat the bread that is you
nourish us well and teach us to fashion
lives that are holy and hearts that are true.*

Closing Prayer

[Prayer of St Francis](#)

Lord, make me an instrument of Your peace. Where there is hatred, let me sow love; where there is injury, pardon; where there is doubt, faith; where there is despair, hope; where there is darkness, light; where there is sadness, joy.

O, Divine Master, grant that I may not so much seek to be consoled as to console; to be understood as to understand; to be loved as to love; For it is in giving that we receive; it is in pardoning that we are pardoned; it is in dying that we are born again to eternal life.

40 Days of Beardedness

Day 7

Opening Prayer

Have mercy on me, God, according to your faithful love! Wipe away my wrongdoings according to your great compassion! Wash me completely clean of my guilt; purify me from my sin! Return the joy of your salvation to me and sustain me with a willing spirit. Amen. Psalm 51:1,2,12

Scripture Reading

[Proverbs 6](#)

Hymn

“See How A Great Flame Aspires” United Methodist Hymnal 451 (Verse 1)

*See how great a flame aspires, Kindled by a spark of grace!
Jesu's love the nations fires, Sets the kingdoms on a blaze:
To bring fire on earth He came; Kindled in some hearts it is:
O that all might catch the flame, All partake the glorious bliss!*

Closing Prayer

[Prayer of Mother Teresa](#)

Dear Jesus, help us to spread your fragrance everywhere we go. Flood our souls with your spirit and life. Penetrate and possess our whole being so utterly that our lives may only be a radiance of yours. Shine through us and be so in us that every soul we come in contact with may feel your presence in our soul. Let them look up and see no longer us, but only Jesus. Stay with us and then we shall begin to shine as you shine, so to shine as to be light to others. The light, O Jesus, will be all from you. None of it will be ours. It will be you shining on others through us. Let us thus praise you in the way you love best by shining on those around us. Let us preach you without preaching, not by words, but by our example; by the catching force - the sympathetic influence of what we do, the evident fullness of the love our hearts bear to you. Amen.

40 Days of Beardedness

Day 8

Opening Prayer

Have mercy on me, God, according to your faithful love! Wipe away my wrongdoings according to your great compassion! Wash me completely clean of my guilt; purify me from my sin! Return the joy of your salvation to me and sustain me with a willing spirit. Amen. Psalm 51:1,2,12

Scripture Reading

[Proverbs 7](#)

Hymn

“See How A Great Flame Aspires” United Methodist Hymnal 451 (Verse 2)

When He first the work begun, Small and feeble was His day:

Now the Word doth swiftly run; Now it wins its widening way:

More and more it spreads, and grows, Ever mighty to prevail;

Sin’s strongholds it now o’erthrows, Shakes the trembling gates of hell.

Closing Prayer

[Prayer of Mother Teresa](#)

Dear Jesus, help us to spread your fragrance everywhere we go. Flood our souls with your spirit and life. Penetrate and possess our whole being so utterly that our lives may only be a radiance of yours. Shine through us and be so in us that every soul we come in contact with may feel your presence in our soul. Let them look up and see no longer us, but only Jesus. Stay with us and then we shall begin to shine as you shine, so to shine as to be light to others. The light, O Jesus, will be all from you. None of it will be ours. It will be you shining on others through us. Let us thus praise you in the way you love best by shining on those around us. Let us preach you without preaching, not by words, but by our example; by the catching force - the sympathetic influence of what we do, the evident fullness of the love our hearts bear to you. Amen.

40 Days of Beardedness

Day 9

Opening Prayer

Have mercy on me, God, according to your faithful love! Wipe away my wrongdoings according to your great compassion! Wash me completely clean of my guilt; purify me from my sin! Return the joy of your salvation to me and sustain me with a willing spirit. Amen. Psalm 51:1,2,12

Scripture Reading

[Proverbs 8](#)

Hymn

“See How A Great Flame Aspires” United Methodist Hymnal 451 (Verse 3)

*Sons of God, your Savior praise! He the door hath opened wide!
He hath giv'n the word of grace, Jesus' word is glorified;
Jesus mighty to redeem, He alone the work hath wrought;
Worthy is the work of Him, Him who spake a world from naught*

Closing Prayer

[Prayer of Mother Teresa](#)

Dear Jesus, help us to spread your fragrance everywhere we go. Flood our souls with your spirit and life. Penetrate and possess our whole being so utterly that our lives may only be a radiance of yours. Shine through us and be so in us that every soul we come in contact with may feel your presence in our soul. Let them look up and see no longer us, but only Jesus. Stay with us and then we shall begin to shine as you shine, so to shine as to be light to others. The light, O Jesus, will be all from you. None of it will be ours. It will be you shining on others through us. Let us thus praise you in the way you love best by shining on those around us. Let us preach you without preaching, not by words, but by our example; by the catching force - the sympathetic influence of what we do, the evident fullness of the love our hearts bear to you. Amen.

40 Days of Beardedness

Day 10

Opening Prayer

Have mercy on me, God, according to your faithful love! Wipe away my wrongdoings according to your great compassion! Wash me completely clean of my guilt; purify me from my sin! Return the joy of your salvation to me and sustain me with a willing spirit. Amen. Psalm 51:1,2,12

Scripture Reading

[Proverbs 9](#)

Hymn

“See How A Great Flame Aspires” United Methodist Hymnal 451 (Verse 4)

*Saw ye not the cloud arise, Little as a human hand?
Now it spreads along the skies, Hangs o'er all the thirsty land!
Lo! the promise of a shower Drops already from above;
But the Lord will shortly pour All the spirit of His love.*

Closing Prayer

[Prayer of Mother Teresa](#)

Dear Jesus, help us to spread your fragrance everywhere we go. Flood our souls with your spirit and life. Penetrate and possess our whole being so utterly that our lives may only be a radiance of yours. Shine through us and be so in us that every soul we come in contact with may feel your presence in our soul. Let them look up and see no longer us, but only Jesus. Stay with us and then we shall begin to shine as you shine, so to shine as to be light to others. The light, O Jesus, will be all from you. None of it will be ours. It will be you shining on others through us. Let us thus praise you in the way you love best by shining on those around us. Let us preach you without preaching, not by words, but by our example; by the catching force - the sympathetic influence of what we do, the evident fullness of the love our hearts bear to you. Amen.

40 Days of Beardedness

Day 11

Opening Prayer

Have mercy on me, God, according to your faithful love! Wipe away my wrongdoings according to your great compassion! Wash me completely clean of my guilt; purify me from my sin! Return the joy of your salvation to me and sustain me with a willing spirit. Amen. Psalm 51:1,2,12

Scripture Reading

[Proverbs 10](#)

Hymn

“See How A Great Flame Aspires” United Methodist Hymnal 451 (Verse 1)

*See how great a flame aspires, Kindled by a spark of grace!
Jesu's love the nations fires, Sets the kingdoms on a blaze:
To bring fire on earth He came; Kindled in some hearts it is:
O that all might catch the flame, All partake the glorious bliss!*

Closing Prayer

[Prayer of Mother Teresa](#)

Dear Jesus, help us to spread your fragrance everywhere we go. Flood our souls with your spirit and life. Penetrate and possess our whole being so utterly that our lives may only be a radiance of yours. Shine through us and be so in us that every soul we come in contact with may feel your presence in our soul. Let them look up and see no longer us, but only Jesus. Stay with us and then we shall begin to shine as you shine, so to shine as to be light to others. The light, O Jesus, will be all from you. None of it will be ours. It will be you shining on others through us. Let us thus praise you in the way you love best by shining on those around us. Let us preach you without preaching, not by words, but by our example; by the catching force - the sympathetic influence of what we do, the evident fullness of the love our hearts bear to you. Amen.

40 Days of Beardedness

Day 12

Opening Prayer

Have mercy on me, God, according to your faithful love! Wipe away my wrongdoings according to your great compassion! Wash me completely clean of my guilt; purify me from my sin! Return the joy of your salvation to me and sustain me with a willing spirit. Amen. Psalm 51:1,2,12

Scripture Reading

[Psalm 8](#)

Hymn

“See How A Great Flame Aspires” United Methodist Hymnal 451 (Verse 2)
*When He first the work begun, Small and feeble was His day:
Now the Word doth swiftly run; Now it wins its widening way:
More and more it spreads, and grows, Ever mighty to prevail;
Sin’s strongholds it now o’erthrows, Shakes the trembling gates of hell.*

Closing Prayer

[Prayer of Mother Teresa](#)

Dear Jesus, help us to spread your fragrance everywhere we go. Flood our souls with your spirit and life. Penetrate and possess our whole being so utterly that our lives may only be a radiance of yours. Shine through us and be so in us that every soul we come in contact with may feel your presence in our soul. Let them look up and see no longer us, but only Jesus. Stay with us and then we shall begin to shine as you shine, so to shine as to be light to others. The light, O Jesus, will be all from you. None of it will be ours. It will be you shining on others through us. Let us thus praise you in the way you love best by shining on those around us. Let us preach you without preaching, not by words, but by our example; by the catching force - the sympathetic influence of what we do, the evident fullness of the love our hearts bear to you. Amen.

40 Days of Beardedness

Day 13

Opening Prayer

Lord, you have examined me. You know me. You know when I sit down and when I stand up. Even from far away, you comprehend my plans. You study my traveling and resting. You are thoroughly familiar with all my ways. There isn't a word on my tongue, Lord, that you don't already know completely. You surround me—front and back. You put your hand on me.

Examine me, God! Look at my heart! Amen. Psalm 139:1-6,23

Scripture Reading

[Proverbs 11](#)

Hymn

“Have Thine Own Way Lord” United Methodist Hymnal 382 (Verse 1)

*Have Thine own way, Lord, Have Thine own way;
Thou art the Potter, I am the clay.
Mould me and make me After Thy will,
While I am waiting, Yielded and still.*

Closing Prayer

[Prayer by Dr. Martin Luther King Jr](#)

God, grant that we wage the struggle with dignity and discipline. May all who suffer oppression in this world reject the self-defeating method of retaliatory violence and choose the method that seeks to redeem. Amen.

40 Days of Beardedness

Day 14

Opening Prayer

Lord, you have examined me. You know me. You know when I sit down and when I stand up. Even from far away, you comprehend my plans. You study my traveling and resting. You are thoroughly familiar with all my ways. There isn't a word on my tongue, Lord, that you don't already know completely. You surround me—front and back. You put your hand on me.

Examine me, God! Look at my heart! Amen. Psalm 139:1-6,23

Scripture Reading

[Proverbs 12](#)

Hymn

“Have Thine Own Way Lord” United Methodist Hymnal 382 (Verse 2)

Have Thine own way, Lord, Have Thine own way;

Search me and try me, Master, today.

Whiter than snow, Lord, Wash me just now,

As in Thy presence Humbly I bow.

Closing Prayer

[Prayer by Dr. Martin Luther King Jr](#)

God, grant that we wage the struggle with dignity and discipline. May all who suffer oppression in this world reject the self-defeating method of retaliatory violence and choose the method that seeks to redeem. Amen.

40 Days of Beardedness

Day 15

Opening Prayer

Lord, you have examined me. You know me. You know when I sit down and when I stand up. Even from far away, you comprehend my plans. You study my traveling and resting. You are thoroughly familiar with all my ways. There isn't a word on my tongue, Lord, that you don't already know completely. You surround me—front and back. You put your hand on me.

Examine me, God! Look at my heart! Amen. Psalm 139:1-6,23

Scripture Reading

[Proverbs 13](#)

Hymn

“Have Thine Own Way Lord” United Methodist Hymnal 382 (Verse 3)

*Have Thine own way, Lord, Have Thine own way;
Wounded and weary, Help me, I pray.
Power, all power, Surely is Thine,
Touch me and heal me, Savior divine.*

Closing Prayer

[Prayer by Dr. Martin Luther King Jr](#)

God, grant that we wage the struggle with dignity and discipline. May all who suffer oppression in this world reject the self-defeating method of retaliatory violence and choose the method that seeks to redeem. Amen.

40 Days of Beardedness

Day 16

Opening Prayer

Lord, you have examined me. You know me. You know when I sit down and when I stand up. Even from far away, you comprehend my plans. You study my traveling and resting. You are thoroughly familiar with all my ways. There isn't a word on my tongue, Lord, that you don't already know completely. You surround me—front and back. You put your hand on me.

Examine me, God! Look at my heart! Amen. Psalm 139:1-6,23

Scripture Reading

[Proverbs 14](#)

Hymn

“Have Thine Own Way Lord” United Methodist Hymnal 382 (Verse 4)

Have Thine own way, Lord, Have Thine own way;
Hold o'er my being Absolute sway.
Fill with Thy Spirit Till all shall see
Christ only, always, Living in me.

Closing Prayer

[Prayer by Dr. Martin Luther King Jr](#)

God, grant that we wage the struggle with dignity and discipline. May all who suffer oppression in this world reject the self-defeating method of retaliatory violence and choose the method that seeks to redeem. Amen.

40 Days of Beardedness

Day 17

Opening Prayer

Lord, you have examined me. You know me. You know when I sit down and when I stand up. Even from far away, you comprehend my plans. You study my traveling and resting. You are thoroughly familiar with all my ways. There isn't a word on my tongue, Lord, that you don't already know completely. You surround me—front and back. You put your hand on me.

Examine me, God! Look at my heart! Amen. Psalm 139:1-6,23

Scripture Reading

[Proverbs 15](#)

Hymn

“Have Thine Own Way Lord” United Methodist Hymnal 382 (Verse 1)

*Have Thine own way, Lord, Have Thine own way;
Thou art the Potter, I am the clay.
Mould me and make me After Thy will,
While I am waiting, Yielded and still.*

Closing Prayer

[Prayer by Dr. Martin Luther King Jr](#)

God, grant that we wage the struggle with dignity and discipline. May all who suffer oppression in this world reject the self-defeating method of retaliatory violence and choose the method that seeks to redeem. Amen.

40 Days of Beardedness

Day 18

Opening Prayer

Lord, you have examined me. You know me. You know when I sit down and when I stand up. Even from far away, you comprehend my plans. You study my traveling and resting. You are thoroughly familiar with all my ways. There isn't a word on my tongue, Lord, that you don't already know completely. You surround me—front and back. You put your hand on me.

Examine me, God! Look at my heart! Amen. Psalm 139:1-6,23

Scripture Reading

[Psalm 23](#)

Hymn

“Have Thine Own Way Lord” United Methodist Hymnal 382 (Verse 2)

*Have Thine own way, Lord, Have Thine own way;
Search me and try me, Master, today.
Whiter than snow, Lord, Wash me just now,
As in Thy presence Humbly I bow.*

Closing Prayer

[Prayer by Dr. Martin Luther King Jr](#)

God, grant that we wage the struggle with dignity and discipline. May all who suffer oppression in this world reject the self-defeating method of retaliatory violence and choose the method that seeks to redeem. Amen.

40 Days of Beardedness

Day 19

Opening Prayer

When I felt secure, I said, "I will never be shaken." Lord, when you favored me, you made my royal mountain stand firm; but when you hid your face, I was dismayed. To you, Lord, I called; to the Lord I cried for mercy: "What is gained if I am silenced, if I go down to the pit? Will the dust praise you? Will it proclaim your faithfulness? Hear, Lord, and be merciful to me; Lord, be my help." Amen. Psalm 30:6-10

Scripture Reading

[Proverbs 16](#)

Hymn

"Jesus Paid It All" Worship & Song 3100 (Verse 1)

*I hear the Savior say, "Thy strength indeed is small,
Child of weakness, watch and pray, Find in Me thine all in all."
Jesus paid it all, All to Him I owe;
Sin had left a crimson stain, He washed it white as snow.*

Closing Prayer

[Prayer by Rev. Dale Fredrickson](#)

You have power, swinging with you, a defiant wind
Love in your wings
Where there is evil, injustice, and opposition
Be the voice, the velocity That stirs the earth
The lament That heals people
The poem That dreams again
The hurricane Of resistance
For those who cannot breathe. Amen

40 Days of Beardedness

Day 20

Opening Prayer

When I felt secure, I said, "I will never be shaken." Lord, when you favored me, you made my royal mountain stand firm; but when you hid your face, I was dismayed. To you, Lord, I called; to the Lord I cried for mercy: "What is gained if I am silenced, if I go down to the pit? Will the dust praise you? Will it proclaim your faithfulness? Hear, Lord, and be merciful to me; Lord, be my help." Amen. Psalm 30:6-10

Scripture Reading

[Proverbs 17](#)

Hymn

"Jesus Paid It All" Worship & Song 3100 (Verse 2)

*Lord, now indeed I find Thy pow'r and Thine alone,
Can change the leper's spots And melt the heart of stone.
Jesus paid it all, All to Him I owe;
Sin had left a crimson stain, He washed it white as snow.*

Closing Prayer

[Prayer by Rev. Dale Fredrickson](#)

You have power, swinging with you, a defiant wind
Love in your wings
Where there is evil, injustice, and opposition
Be the voice, the velocity That stirs the earth
The lament That heals people
The poem That dreams again
The hurricane Of resistance
For those who cannot breathe. Amen

40 Days of Beardedness

Day 21

Opening Prayer

When I felt secure, I said, "I will never be shaken." Lord, when you favored me, you made my royal mountain stand firm; but when you hid your face, I was dismayed. To you, Lord, I called; to the Lord I cried for mercy: "What is gained if I am silenced, if I go down to the pit? Will the dust praise you? Will it proclaim your faithfulness? Hear, Lord, and be merciful to me; Lord, be my help." Amen. Psalm 30:6-10

Scripture Reading

[Proverbs 18](#)

Hymn

"Jesus Paid It All" Worship & Song 3100 (Verse 3)

*For nothing good have I Where-by Thy grace to claim;
I'll wash my garments white In the blood of Calv'ry's Lamb.
Jesus paid it all, All to Him I owe;
Sin had left a crimson stain, He washed it white as snow.*

Closing Prayer

[Prayer by Rev. Dale Fredrickson](#)

You have power, swinging with you, a defiant wind
Love in your wings
Where there is evil, injustice, and opposition
Be the voice, the velocity That stirs the earth
The lament That heals people
The poem That dreams again
The hurricane Of resistance
For those who cannot breathe. Amen

40 Days of Beardedness

Day 22

Opening Prayer

When I felt secure, I said, "I will never be shaken." Lord, when you favored me, you made my royal mountain stand firm; but when you hid your face, I was dismayed. To you, Lord, I called; to the Lord I cried for mercy: "What is gained if I am silenced, if I go down to the pit? Will the dust praise you? Will it proclaim your faithfulness? Hear, Lord, and be merciful to me; Lord, be my help." Amen. Psalm 30:6-10

Scripture Reading

[Proverbs 19](#)

Hymn

"Jesus Paid It All" Worship & Song 3100 (Verse 4)

And when, before the throne, I stand in Him complete,
"Jesus died my soul to save," My lips shall still repeat.
*Jesus paid it all, All to Him I owe;
Sin had left a crimson stain, He washed it white as snow.*

Closing Prayer

[Prayer by Rev. Dale Fredrickson](#)

You have power, swinging with you, a defiant wind
Love in your wings
Where there is evil, injustice, and opposition
Be the voice, the velocity That stirs the earth
The lament That heals people
The poem That dreams again
The hurricane Of resistance
For those who cannot breathe. Amen

40 Days of Beardedness

Day 23

Opening Prayer

When I felt secure, I said, "I will never be shaken." Lord, when you favored me, you made my royal mountain stand firm; but when you hid your face, I was dismayed. To you, Lord, I called; to the Lord I cried for mercy: "What is gained if I am silenced, if I go down to the pit? Will the dust praise you? Will it proclaim your faithfulness? Hear, Lord, and be merciful to me; Lord, be my help." Amen. Psalm 30:6-10

Scripture Reading

[Proverbs 20](#)

Hymn

"Jesus Paid It All" Worship & Song 3100 (Verse 1)

*I hear the Savior say, "Thy strength indeed is small,
Child of weakness, watch and pray, Find in Me thine all in all."
Jesus paid it all, All to Him I owe;
Sin had left a crimson stain, He washed it white as snow.*

Closing Prayer

[Prayer by Rev. Dale Fredrickson](#)

You have power, swinging with you, a defiant wind
Love in your wings
Where there is evil, injustice, and opposition
Be the voice, the velocity That stirs the earth
The lament That heals people
The poem That dreams again
The hurricane Of resistance
For those who cannot breathe. Amen

40 Days of Beardedness

Day 24

Opening Prayer

When I felt secure, I said, "I will never be shaken." Lord, when you favored me, you made my royal mountain stand firm; but when you hid your face, I was dismayed. To you, Lord, I called; to the Lord I cried for mercy: "What is gained if I am silenced, if I go down to the pit? Will the dust praise you? Will it proclaim your faithfulness? Hear, Lord, and be merciful to me; Lord, be my help." Amen. Psalm 30:6-10

Scripture Reading

[Psalm 117](#)

Hymn

"Jesus Paid It All" Worship & Song 3100 (Verse 2)

*I hear the Savior say, "Thy strength indeed is small,
Child of weakness, watch and pray, Find in Me thine all in all."
Jesus paid it all, All to Him I owe;
Sin had left a crimson stain, He washed it white as snow.*

Closing Prayer

[Prayer by Rev. Dale Fredrickson](#)

You have power, swinging with you, a defiant wind
Love in your wings
Where there is evil, injustice, and opposition
Be the voice, the velocity That stirs the earth
The lament That heals people
The poem That dreams again
The hurricane Of resistance
For those who cannot breathe. Amen

40 Days of Beardedness

Day 25

Opening Prayer

As the deer pants for streams of water, so my soul pants for you, my God. Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God. Amen.

Psalm 42:1, 5

Scripture Reading

[Proverbs 21](#)

Hymn

“Just A Closer Walk With Thee” The Faith We Sing 2158 (Verse 1)

*I am weak but Thou art strong; Jesus, keep me from all wrong;
I'll be satisfied as long As I walk, let me walk close to Thee.
Just a closer walk with Thee, Grant it, Jesus, is my plea,
Daily walking close to Thee, Let it be, dear Lord, let it be.*

Closing Prayer

[Prayer by John Wesley](#)

I am no longer my own, but thine

Put me to what thou wilt, rank me with whom thou wilt.

Put me to doing, put me to suffering.

Let me be employed for thee or laid aside for thee, exalted for thee or brought low for thee. Let me be full, let me be empty. Let me have all things, let me have nothing. I freely and heartily yield all things to thy pleasure and disposal.

And now, O glorious and blessed God, Father, Son and Holy Spirit, thou art mine, and I am thine. So be it. And the covenant which I have made on earth, let it be ratified in heaven. Amen.

40 Days of Beardedness

Day 26

Opening Prayer

As the deer pants for streams of water, so my soul pants for you, my God. Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God. Amen.

Psalm 42:1, 5

Scripture Reading

[Proverbs 22](#)

Hymn

“Just A Closer Walk With Thee” The Faith We Sing 2158 (Verse 2)

Thro' this world of toil and snares, If I falter, Lord, who cares?

Who with me my burden shares? None but Thee, dear Lord, none but Thee

Just a closer walk with Thee, Grant it, Jesus, is my plea,

Daily walking close to Thee, Let it be, dear Lord, let it be.

Closing Prayer

[Prayer by John Wesley](#)

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Put me to what thou wilt, rank me with whom thou wilt.

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And now, O glorious and blessed God, Father, Son and Holy Spirit, thou art mine, and I am thine. So be it. And the covenant which I have made on earth, let it be ratified in heaven. Amen.

40 Days of Beardedness

Day 27

Opening Prayer

As the deer pants for streams of water, so my soul pants for you, my God. Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God. Amen.

Psalm 42:1, 5

Scripture Reading

[Proverbs 23](#)

Hymn

“Just A Closer Walk With Thee” The Faith We Sing 2158 (Verse 3)

*When my feeble life is o'er, Time for me will be no more;
Guide me gently, safely o'er To Thy kingdom shore, to Thy shore.
Just a closer walk with Thee, Grant it, Jesus, is my plea,
Daily walking close to Thee, Let it be, dear Lord, let it be.*

Closing Prayer

[Prayer by John Wesley](#)

I am no longer my own, but thine

Put me to what thou wilt, rank me with whom thou wilt.

Put me to doing, put me to suffering.

Let me be employed for thee or laid aside for thee, exalted for thee or brought low for thee. Let me be full, let me be empty. Let me have all things, let me have nothing. I freely and heartily yield all things to thy pleasure and disposal.

And now, O glorious and blessed God, Father, Son and Holy Spirit, thou art mine, and I am thine. So be it. And the covenant which I have made on earth, let it be ratified in heaven. Amen.

40 Days of Beardedness

Day 28

Opening Prayer

As the deer pants for streams of water, so my soul pants for you, my God. Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God. Amen.

Psalm 42:1, 5

Scripture Reading

[Proverbs 24](#)

Hymn

“Just A Closer Walk With Thee” The Faith We Sing 2158 (Verse 1)

*I am weak but Thou art strong; Jesus, keep me from all wrong;
I'll be satisfied as long As I walk, let me walk close to Thee.
Just a closer walk with Thee, Grant it, Jesus, is my plea,
Daily walking close to Thee, Let it be, dear Lord, let it be.*

Closing Prayer

[Prayer by John Wesley](#)

I am no longer my own, but thine

Put me to what thou wilt, rank me with whom thou wilt.

Put me to doing, put me to suffering.

Let me be employed for thee or laid aside for thee, exalted for thee or brought low for thee. Let me be full, let me be empty. Let me have all things, let me have nothing. I freely and heartily yield all things to thy pleasure and disposal.

And now, O glorious and blessed God, Father, Son and Holy Spirit, thou art mine, and I am thine. So be it. And the covenant which I have made on earth, let it be ratified in heaven. Amen.

40 Days of Beardedness

Day 29

Opening Prayer

As the deer pants for streams of water, so my soul pants for you, my God. Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God. Amen.

Psalm 42:1, 5

Scripture Reading

[Proverbs 25](#)

Hymn

“Just A Closer Walk With Thee” The Faith We Sing 2158 (Verse 2)

Thro' this world of toil and snares, If I falter, Lord, who cares?

Who with me my burden shares? None but Thee, dear Lord, none but Thee

Just a closer walk with Thee, Grant it, Jesus, is my plea,

Daily walking close to Thee, Let it be, dear Lord, let it be.

Closing Prayer

[Prayer by John Wesley](#)

I am no longer my own, but thine

Put me to what thou wilt, rank me with whom thou wilt.

Put me to doing, put me to suffering.

Let me be employed for thee or laid aside for thee, exalted for thee or brought low for thee. Let me be full, let me be empty. Let me have all things, let me have nothing. I freely and heartily yield all things to thy pleasure and disposal.

And now, O glorious and blessed God, Father, Son and Holy Spirit, thou art mine, and I am thine. So be it. And the covenant which I have made on earth, let it be ratified in heaven. Amen.

40 Days of Beardedness

Day 30

Opening Prayer

As the deer pants for streams of water, so my soul pants for you, my God. Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God. Amen.

Psalm 42:1, 5

Scripture Reading

[Psalm 121](#)

Hymn

“Just A Closer Walk With Thee” The Faith We Sing 2158 (Verse 3)

*When my feeble life is o'er, Time for me will be no more;
Guide me gently, safely o'er To Thy kingdom shore, to Thy shore
Just a closer walk with Thee, Grant it, Jesus, is my plea,
Daily walking close to Thee, Let it be, dear Lord, let it be.*

Closing Prayer

[Prayer by John Wesley](#)

I am no longer my own, but thine

Put me to what thou wilt, rank me with whom thou wilt.

Put me to doing, put me to suffering.

Let me be employed for thee or laid aside for thee, exalted for thee or brought low for thee. Let me be full, let me be empty. Let me have all things, let me have nothing. I freely and heartily yield all things to thy pleasure and disposal.

And now, O glorious and blessed God, Father, Son and Holy Spirit, thou art mine, and I am thine. So be it. And the covenant which I have made on earth, let it be ratified in heaven. Amen.

40 Days of Beardedness

Day 31

Opening Prayer

Lord, my heart isn't proud; my eyes aren't conceited.

I don't get involved with things too great or wonderful for me. No. But I have calmed and quieted myself like a weaned child on its mother;

I'm like the weaned child that is with me. Israel, wait for the Lord—
from now until forever from now! Amen. Psalm 131

Scripture Reading

[Proverbs 26](#)

Hymn

“Let Us Pray To The Lord” United Methodist Hymnal 485

Let us pray to the Lord.

Lord, have mercy.

Christ, have mercy.

Lord, have mercy.

Closing Prayer

The Lord's Prayer

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, forever. Amen.

40 Days of Beardedness

Day 32

Opening Prayer

Lord, my heart isn't proud; my eyes aren't conceited.

I don't get involved with things too great or wonderful for me. No. But I have calmed and quieted myself like a weaned child on its mother;

I'm like the weaned child that is with me. Israel, wait for the Lord—
from now until forever from now! Amen. Psalm 131

Scripture Reading

[Proverbs 27](#)

Hymn

“Let Us Pray To The Lord” United Methodist Hymnal 485

Let us pray to the Lord.

Lord, have mercy.

Christ, have mercy.

Lord, have mercy.

Closing Prayer

The Lord's Prayer

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, forever. Amen.

40 Days of Beardedness

Day 33

Opening Prayer

Lord, my heart isn't proud; my eyes aren't conceited.

I don't get involved with things too great or wonderful for me. No. But I have calmed and quieted myself like a weaned child on its mother;

I'm like the weaned child that is with me. Israel, wait for the Lord—
from now until forever from now! Amen. Psalm 131

Scripture Reading

[Proverbs 28](#)

Hymn

“Let Us Pray To The Lord” United Methodist Hymnal 485

Let us pray to the Lord.

Lord, have mercy.

Christ, have mercy.

Lord, have mercy.

Closing Prayer

The Lord's Prayer

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, forever. Amen.

40 Days of Beardedness

Day 34

Opening Prayer

Lord, my heart isn't proud; my eyes aren't conceited.

I don't get involved with things too great or wonderful for me. No. But I have calmed and quieted myself like a weaned child on its mother;

I'm like the weaned child that is with me. Israel, wait for the Lord—
from now until forever from now! Amen. Psalm 131

Scripture Reading

[Proverbs 29](#)

Hymn

“Let Us Pray To The Lord” United Methodist Hymnal 485

Let us pray to the Lord.

Lord, have mercy.

Christ, have mercy.

Lord, have mercy.

Closing Prayer

The Lord's Prayer

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, forever. Amen.

40 Days of Beardedness

Day 35

Opening Prayer

Lord, my heart isn't proud; my eyes aren't conceited.

I don't get involved with things too great or wonderful for me. No. But I have calmed and quieted myself like a weaned child on its mother;

I'm like the weaned child that is with me. Israel, wait for the Lord—
from now until forever from now! Amen. Psalm 131

Scripture Reading

[Proverbs 30](#)

Hymn

“Let Us Pray To The Lord” United Methodist Hymnal 485

Let us pray to the Lord.

Lord, have mercy.

Christ, have mercy.

Lord, have mercy.

Closing Prayer

The Lord's Prayer

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, forever. Amen.

40 Days of Beardedness

Day 36

Opening Prayer

Lord, my heart isn't proud; my eyes aren't conceited.

I don't get involved with things too great or wonderful for me. No. But I have calmed and quieted myself like a weaned child on its mother;

I'm like the weaned child that is with me. Israel, wait for the Lord—
from now until forever from now! Amen. Psalm 131

Scripture Reading

[Psalm 119](#)

Hymn

“Let Us Pray To The Lord” United Methodist Hymnal 485

Let us pray to the Lord.

Lord, have mercy.

Christ, have mercy.

Lord, have mercy.

Closing Prayer

The Lord's Prayer

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, forever. Amen.

40 Days of Beardedness

Day 37

Opening Prayer

My soul waits for God alone. He alone is my rock and my salvation. Trust in him at all times, O people. Power and love belong to God. Amen. Psalm 62

Scripture Reading

[Proverbs 31](#)

Hymn

“Out of the Depths I Cry” United Methodist Hymnal 515 (Verse 1)

*Out of the depths I cry to Thee;
Lord, hear me, I implore Thee!
Bend down Thy gracious ear to me,
My prayer let come before Thee!
If Thou remember each misdeed,
If each should have its rightful meed,
Who may abide Thy presence?*

Closing Prayer

O God, come to our assistance.

O Lord, hasten to help us.

The Lord Almighty grant us a restful night and peace at the last.

Amen.

40 Days of Beardedness

Day 38

Opening Prayer

My soul waits for God alone. He alone is my rock and my salvation. Trust in him at all times, O people. Power and love belong to God. Amen. Psalm 62

Scripture Reading

[Psalm 27](#)

Hymn

“Out of the Depths I Cry” United Methodist Hymnal 515 (Verse 2)

*Our pardon is Thy gift;
Thy love And grace alone avail us.
Our works could ne'er our guilt remove,
The strictest life would fail us.
That none may boast himself of aught,
But own in fear Thy grace hath wrought
What in him seemeth righteous.*

Closing Prayer

O God, come to our assistance.

O Lord, hasten to help us.

The Lord Almighty grant us a restful night and peace at the last.

Amen.

40 Days of Beardedness

Day 39

Opening Prayer

My soul waits for God alone. He alone is my rock and my salvation. Trust in him at all times, O people. Power and love belong to God. Amen. Psalm 62

Scripture Reading

[Psalm 145](#)

Hymn

“Out of the Depths I Cry” United Methodist Hymnal 515 (Verse 3)

*And thus, my hope is in the Lord,
And not in mine own merit;
I rest upon His faithful word
To them of contrite spirit.
That He is merciful and just,--
This is my comfort and my trust,
His help I wait with patience.*

Closing Prayer

O God, come to our assistance.

O Lord, hasten to help us.

The Lord Almighty grant us a restful night and peace at the last.

Amen.

40 Days of Beardedness

Day 40

Opening Prayer

My soul waits for God alone. He alone is my rock and my salvation. Trust in him at all times, O people. Power and love belong to God. Amen. Psalm 62

Scripture Reading

[Psalm 118](#)

Hymn

“Out of the Depths I Cry” United Methodist Hymnal 515 (Verse 5)

*Though great our sins and sore our woes,
His grace much more aboundeth;
His helping love no limit knows,
Our utmost need it soundeth;
Our kind and faithful Shepherd He,
Who shall at last set Israel free
From all their sin and sorrow.*

Closing Prayer

O God, come to our assistance.

O Lord, hasten to help us.

The Lord Almighty grant us a restful night and peace at the last.

Amen.