

THE DAILY OFFICE

(THE TIME IN WHICH GOD WORKS ON ME)

Opening Prayer: Psalm 96

Sing to the Lord a new song; sing to the Lord, all the earth! Declare his glory and marvelous works among all the peoples! For great is the Lord, and greatly to be praised; He is to be feared above all gods. Splendor and majesty are before him; strength and beauty are in his sanctuary. Ascribe to the Lord the glory due his name; bring an offering, and come into his courts! Worship the Lord in the splendor of holiness; tremble before him all the earth!

Refrain: Matthew 11:28-29

Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will give rest for your souls

(Silence)

Morning Prayer:

Lord we give you thanks for this new day. It is a gift from you. May we not take this gift from your hand lightly. May we live this day in new and fresh awareness of your loving presence. Lord may we live fully into the truth that you will not leave us or forsake us.
Amen

Refrain: Matthew 11:28-29

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Scripture Reading and Reflection: Exodus 18:13-24. (Leadership Theme)

- **Reading:** What does the text say that everyone should understand?
- **Contemplation:** Placing yourself in the text – what does it stir up in you?
- **Action:** What do I need to remember and act on from this text?

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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 for ever and ever.
Amen.