

# THE DAILY OFFICE

(THE TIME IN WHICH GOD WORKS ON ME)

## **Opening Prayer: Psalm 40:1-4a NIV**

I waited patiently for the Lord; he turned to me and heard my cry. He lifted me out of the slimy pit, out of the mud and mire; he set my feet on a rock and gave me a firm place to stand. He put a new song in my mouth, a hymn of praise to our God. Many will see and fear the Lord and put their trust in him. Blessed is the one who trusts in the Lord, who does not look to the proud, to those who turn aside to false gods.

## **Refrain:**

Oh give thanks to the LORD, for he is good, for his steadfast love endures forever. The LORD is on my side, I will not fear - what can man do to me?

*(Silence)*

## **Morning Prayer:**

Almighty Father, thank You for the job of this day. May we find joy in all its challenges and difficulty, its pleasure and success, and even in its failure and sorrow. May we look always not into ourselves, but behold your Glory and the needs of the world. May have the will and the power to bring the gift of gladness to other people; And stand with them bearing the trials and heat of the day. Also to offer to You the praise of work well done. Amen.

## **Refrain:**

Oh give thanks to the LORD, for he is good, for his steadfast love endures forever. The LORD is on my side, I will not fear - what can man do to me?

## **Scripture Reading and Reflection: Psalm 119 (on the back)**

- **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?

## **Refrain:**

Oh give thanks to the LORD, for he is good, for his steadfast love endures forever. The LORD is on my side, I will not fear - what can man do to me?

## **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.

## **Psalm 119**

*Blessed are those whose ways are blameless,  
who walk according to the law of the LORD.*

*How can a young person stay on the path of purity?  
By living according to your word.*

*Be good to your servant while I live,  
that I may obey your word.*

*I am laid low in the dust;  
preserve my life according to your word.*

*Teach me, LORD, the way of your decrees,  
that I may follow it to the end.*

*May your unfailing love come to me, LORD,  
your salvation, according to your promise;*

*Remember your word to your servant,  
for you have given me hope.*

*You are my portion, LORD;  
I have promised to obey your words.*

*Do good to your servant  
according to your word, LORD.*

*Your hands made me and formed me;  
give me understanding to learn your commands.*

*My soul faints with longing for your salvation,  
but I have put my hope in your word.*

*Your word, LORD, is eternal;  
it stands firm in the heavens.*

*Oh, how I love your law!  
I meditate on it all day long.*

*Your word is a lamp for my feet,  
a light on my path.*

*I hate double-minded people,  
but I love your law.*

*I have done what is righteous and just;  
do not leave me to my oppressors.*

*Your statutes are wonderful;  
therefore I obey them.*

*You are righteous, LORD,  
and your laws are right.*

*I call with all my heart; answer me, LORD,  
and I will obey your decrees.*

*Look on my suffering and deliver me,  
for I have not forgotten your law.*

*Rulers persecute me without cause,  
but my heart trembles at your word.*

*May my cry come before you, LORD;  
give me understanding according to your word.*

*I have strayed like a lost sheep.  
Seek your servant,  
for I have not forgotten your commands.*