

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 90

- **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