

# THE DAILY OFFICE

(THE TIME IN WHICH GOD WORKS ON ME)

## **Exodus 14:13-14**

And Moses said to the people, "Fear not, stand firm, and see the salvation of the Lord, which he will work for you today. For the Egyptians whom you see today, you shall never see again. The Lord will fight for you, and you have only to be silent."

## **Opening Prayer: Psalm 104:1-5**

Bless the Lord, O my soul! O Lord my God, you are very great! You are clothed with splendor and majesty, covering yourself with light as with a garment, stretching out the heavens like a tent. He lays the beams of his chambers on the waters; he makes the clouds his chariot; he rides on the wings of the wind; he makes his messengers winds, his ministers a flaming fire. He set the earth on its foundations, so that it should never be moved.

## **Refrain**

Weeping may last for a night but joy comes in the morning

*(Silence)*

## **Morning Prayer:**

Keep, O Lord, your household the Church in your steadfast faith and love, that through your grace each of us may proclaim your truth with boldness, and minister your justice with compassion; for the sake of our Savior Jesus Christ, who lives and reigns with you and the Holy Spirit, one God, now and for ever. Amen.

## **Refrain**

Weeping may last for a night but joy comes in the morning

## **Scripture Reading and Reflection: Genesis 1:26-31, 2:15, Colossians 3:23-25 & Psalm 12**

- **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**

Weeping may last for a night but joy comes in the morning

## **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