

# THE DAILY OFFICE

(THE TIME IN WHICH GOD WORKS ON ME)

## **Psalm 1**

Blessed is the man who walks not in the counsel of the wicked, nor stands in the way of sinners, nor sits in the seat of scoffers; but his delight is in the law of the Lord, and on his law he meditates day and night. He is like a tree planted by streams of water that yields its fruit in its season, and its leaf does not wither. In all that he does, he prospers. The wicked are not so, but are like chaff that the wind drives away. Therefore the wicked will not stand in the judgment, nor sinners in the congregation of the righteous; for the Lord knows the way of the righteous, but the way of the wicked will perish.

## **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 – Psalm 30:5**

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 – Psalm 30:5**

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

## **Scripture Reading and Reflection: Matthew 6:19-24, Psalm 26**

- **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 – Psalm 30:5**

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