

THE DAILY OFFICE

(THE TIME IN WHICH GOD WORKS ON ME)

Lamentations 3:22-26

The steadfast love of the Lord never ceases; his mercies never come to an end; they are new every morning; great is your faithfulness. "The Lord is my portion," says my soul, "therefore I will hope in him." The Lord is good to those who wait for him, to the soul who seeks him. It is good that one should wait quietly for the salvation of the Lord.

Opening Prayer: Revelation 5:12-13

Saying with a loud voice, "Worthy is the Lamb who was slain, to receive power and wealth and wisdom and might and honor and glory and blessing!" And I heard every creature in heaven and on earth and under the earth and in the sea, and all that is in them, saying, "To him who sits on the throne and to the Lamb be blessing and honor and glory and might forever and ever!"

Refrain – Psalm 19:14

Let the words of my mouth and the meditation of my heart be acceptable in your sight, O Lord, my rock and my redeemer.

(Silence)

Morning Prayer: Psalm 66:7-12, 16-17

Bless our God, you peoples; make the voice of his praise to be heard; Who holds our souls in life, and will not allow our feet to slip. For you, O God, have proved us; you have tried us just as silver is tried. You brought us into the snare; you laid heavy burdens upon our backs. You let enemies ride over our heads; we went through fire and water; but you brought us out into a place of refreshment. I will enter your house with burnt-offerings and will pay you my vows, which I promised with my lips and spoke with my mouth when I was in trouble. If I had found evil in my heart, the Lord would not have heard me; But in truth God has heard me; he has attended to the voice of my prayer.

Refrain – Psalm 19:14

Let the words of my mouth and the meditation of my heart be acceptable in your sight, O Lord, my rock and my redeemer.

Scripture Reading and Reflection: 1 Corinthians 9:24-27, Psalm 35

- **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 19:14

Let the words of my mouth and the meditation of my heart be acceptable in your sight, O Lord, my rock and my redeemer.

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