

# THE DAILY OFFICE

(THE TIME IN WHICH GOD WORKS ON ME)

## **Psalm 62:5-6**

For God alone, O my soul, wait in silence, for my hope is from him. He only is my rock and my salvation, my fortress; I shall not be shaken.

## **Opening Prayer: Psalm 100**

Make a joyful noise to the Lord, all the earth! Serve the Lord with gladness! Come into his presence with singing! Know that the Lord, he is God! It is he who made us, and we are his; we are his people, and the sheep of his pasture. Enter his gates with thanksgiving, and his courts with praise! Give thanks to him; bless his name! For the Lord is good; his steadfast love endures forever, and his faithfulness to all generations.

## **Refrain – Psalm 20:7**

Some trust in chariots and some in horses, but we trust in the name of the Lord our God.

*(Silence)*

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

O Lord, mercifully receive the prayers of your servant who calls upon you, and grant that I may know and understand what things I ought to do, and that I also may have the grace and power faithfully to accomplish them; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

## **Refrain – Psalm 20:7**

Some trust in chariots and some in horses, but we trust in the name of the Lord our God.

## **Scripture Reading and Reflection: Proverbs 78:1-8**

- **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 20:7**

Some trust in chariots and some in horses, but we trust in the name of the Lord our God.

## **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