

# THE DAILY OFFICE

(THE TIME IN WHICH GOD WORKS ON ME)

## **Mark 1:35**

And rising very early in the morning, while it was still dark, he departed and went out to a desolate place, and there he prayed.

## **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 86:1-2**

Incline your ear, O Lord, and answer me, for I am poor and needy. Preserve my life, for I am godly; save your servant, who trusts in you—you are my God.

*(Silence)*

## **Morning Prayer: Jude 24-25**

Now to him who is able to keep you from stumbling and to present you blameless before the presence of his glory with great joy, to the only God, our Savior, through Jesus Christ our Lord, be glory, majesty, dominion, and authority, before all time and now and forever. Amen.

## **Refrain – Psalm 86:1-2**

Incline your ear, O Lord, and answer me, for I am poor and needy. Preserve my life, for I am godly; save your servant, who trusts in you—you are my God.

## **Scripture Reading and Reflection: Psalm 95**

- **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 86:1-2**

Incline your ear, O Lord, and answer me, for I am poor and needy. Preserve my life, for I am godly; save your servant, who trusts in you—you are my 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