

THE DAILY OFFICE

(THE TIME IN WHICH GOD WORKS ON ME)

Zechariah 2:13

Be silent, all flesh, before the Lord, for he has roused himself from his holy dwelling.

Opening Prayer: Exodus 15: 1, 11, 18

"The LORD is my strength and my defense; he has become my salvation. He is my God, and I will praise him, my father's God, and I will exalt him. 11 Who among the gods is like you, LORD? Who is like you—majestic in holiness, awesome in glory, working wonders? 18 The LORD reigns for ever and ever."

Refrain – II Chronicles 16:9a

For the eyes of the Lord run to and fro throughout the whole earth, to give strong support to those whose heart is blameless toward him.

(Silence)

Morning Prayer:

O God, the protector of all who trust in you, without whom nothing is strong, nothing is holy: Increase and multiply upon all your faithful people your mercy; that, with you as our ruler and guide, we may so pass through things temporal, that we lose not the things eternal; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

Refrain – II Chronicles 16:9a

For the eyes of the Lord run to and fro throughout the whole earth, to give strong support to those whose heart is blameless toward him.

Scripture Reading and Reflection: Psalm 119:1-16

- **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 – II Chronicles 16:9a

For the eyes of the Lord run to and fro throughout the whole earth, to give strong support to those whose heart is blameless toward him.

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