

THE DAILY OFFICE

(THE TIME IN WHICH GOD WORKS ON ME)

Psalm 40

I waited patiently for the Lord, He turned to me and listened to my cry. Be pleased, O LORD, to deliver me, O LORD, make haste to help me. You are my help and my deliverer, O my God, do not delay.

(Silence)

Opening Prayer:

O Lord, Help me.

I am so slow to learn,
so prone to forget,
so weak to climb;

I am pained by my graceless heart,
my prayerless days,
my poverty of love,
my sloth in the heavenly race,
my wasted hours,
my unspent opportunities.

Give me increase and progress in grace
so that there may be
more quality in my character,
more energy for your purposes,
more fervour in my devotion,
more consistency in my zeal.

As I have a position in the world,
keep me from making the world my position;
May I never seek in the creature
what can be found only in the Creator

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

Refrain - II Chronicles 16:9a

For the eyes of the Lord range throughout the earth to give strong support to those whose hearts are fully committed to him.

(Silence)

Morning Prayer:

O come, let us adore him. O come, let us sing unto the Lord;
let us rejoice in the strength of our salvation.

For the Lord is a great God and a great King above all gods.

In his hand are all earth, the sky and the sea, for he made them all.

O come, let us worship and bow down, and kneel before the Lord our Maker.

For he is our God, and we are the people of his pasture, the sheep under his care.

Today, if you will hear his voice, help us to not harden our hearts

Refrain – II Chronicles 16:9a

For the eyes of the Lord range throughout the earth to give strong support to those whose hearts are fully committed to him.

Scripture Reading and Reflection: Genesis 3:1-11 & Psalm 1

- **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 range throughout the earth to give strong support to those whose hearts are fully committed to 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