

THE DAILY OFFICE

(THE TIME IN WHICH GOD WORKS ON ME)

Psalm 90:14

Satisfy us by your loving-kindness in the morning; so shall we rejoice and be glad all the days of our life.

(Silence)

Opening Prayer:

Lord God, almighty and everlasting Father, you have brought me in safety to this new day: Preserve me with your mighty power, that I may not fall into sin, nor be overcome by adversity; and in all I do direct me to the fulfilling of your purpose; through Jesus Christ my Lord. Amen.

Refrain – Psalm 30:4-5

Sing praises to the Lord, O you his saints, and give thanks to his holy name. For his anger is but for a moment, and his favor is for a lifetime. Weeping may tarry for the night, but joy comes with the morning.

(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 – Psalm 30:4-5

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Scripture Reading and Reflection: Genesis 3:1-10 & John 4:1-29

- **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?

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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