

THE DAILY OFFICE

(THE TIME IN WHICH GOD WORKS ON ME)

Isaiah 9:6

For to us a child is born, to us a son is given, and the government will be on his shoulders. And he will be called Wonderful Counselor, Mighty God, Everlasting Father, Prince of Peace

(Silence)

Opening Prayer:

Purify my conscience, Almighty God, by your daily visitation, that your Son Jesus Christ, at his coming, may find in me a mansion prepared for himself; who lives and reigns with you and the Holy Spirit, one God, now and for ever. Amen.

Refrain – John 1:3-5

All things were made through him, and without him was not any thing made that was made. In him was life, and the life was the light of men. The light shines in the darkness, and the darkness has not overcome it.

(Silence)

Morning Prayer:

Almighty God, give all of us grace to cast away the world of darkness, and put on the armor of light, now in the time of this mortal life in which your son Jesus Christ came to visit us in great humility; that in the last day, when he shall come again in his glorious majesty to judge both the living and the dead, we may rise to the life immortal; through him who lives and reigns with you and the Holy Spirit, one God, now and for ever. Amen.

Refrain – John 1:3-5

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Scripture Reading and Reflection: Genesis 2:18-25 & Romans 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?

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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