

THE DAILY OFFICE

(THE TIME IN WHICH GOD WORKS ON ME)

Psalm 95:1-5

Come, let us sing for joy to the Lord; let us shout aloud to the Rock of our salvation. Let us come before him with thanksgiving and extol him with music and song. For the Lord is the great God, the great King above all gods. In his hand are the depths of the earth, and the mountain peaks belong to him. The sea is his, for he made it, and his hands formed the dry land.

(Silence)

Opening Prayer:

Jesus taught us, saying: "Do not worry; do not say, 'What are we to eat? What are we to drink? What are we to wear?' It is gentiles who set their hearts on all these things. Your heavenly Father knows you need them all. Set your hearts on his kingdom first, and on God's saving justice, and all these other things will be given you as well."

Refrain

Remember me, O Lord, with the favor you have for your people, and visit me with your saving help.

(Silence)

Morning Prayer:

Lord Jesus Christ, you have prepared a quiet place for us in your Father's eternal home. Watch over our welfare on this perilous journey, shade us from the burning heat of day, and keep our lives free of evil until the end. Amen.

Refrain

Remember me, O Lord, with the favor you have for your people, and visit me with your saving help.

Scripture Reading and Reflection: Nehemiah 1-2:1-8 & Psalm 119:33-40

- **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

Remember me, O Lord, with the favor you have for your people, and visit me with your saving help.

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