

THE DAILY OFFICE

(THE TIME IN WHICH GOD WORKS ON ME)

A Call to Prayer

Come, let us sing to the Lord; Let us rejoice this day in strength of our salvation. Let us come into His presence with thanksgiving, and raise a loud shout to Him with psalms. – *Psalm 95:1-2*

The Request for Presence

Hear, O Shepherd of Israel, leading Joseph like a flock; shine forth, you that are enthroned upon the cherubim. Stir up your strength and come to help us, Restore us, O God of hosts; show the light of your countenance, and we shall be saved.
– *Psalm 80:1-3*

Refrain

Incline my heart, O God, to your ways. Turn my eyes from longing after vanities.
– *based on Psalm 119:36 & 37*

(Silence)

A Reading

Jesus taught us, saying 'And when you pray, do not imitate the hypocrites: they love to say their prayers standing up in the synagogues and at the street corners for people to see them. In truth I tell you, they have had their reward. But when you pray, go to your private room, shut yourself in, and so pray to your Father who is in that secret place, and your Father who sees all that is done in secret will reward you.' – *Matthew 6:5-6*

Refrain

Incline my heart, O God, to your ways. Turn my eyes from longing after vanities.
– *based on Psalm 119:36 & 37*

Scripture Reading and Reflection: Proverbs 14:16-35 & Ecclesiastes 4

- **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

Incline my heart, O God, to your ways. Turn my eyes from longing after vanities.
– *based on Psalm 119:36 & 37*

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