

# THE DAILY OFFICE

(THE TIME IN WHICH GOD WORKS ON ME)

## **A Call to Prayer**

Come, let us sing to the Lord; let us shout for joy to the rock of our salvation. Let us come before his presence with thanksgiving and raise a loud shout to him with psalms.- *Psalm 95:1-2*

## **The Request for Presence**

Lord, God of hosts, hear my prayer; O God of Jacob. – *Psalm 84:7*

## **Refrain**

My heart is firmly fixed, O God, my heart is fixed; I will sing and make melody.  
– *Psalm 57:7*

*(Silence)*

## **A Reading**

Jesus said: 'I am the Way, I am Truth and Life. No one can come to the Father except through me. If you know me, you will know my Father too. From this moment you know him and have seen him.' – *John 14:6-7*

## **Refrain**

My heart is firmly fixed, O God, my heart is fixed; I will sing and make melody.  
– *Psalm 57:7*

## **Scripture Reading and Reflection: Psalm 1, Deuteronomy 30**

- **Reading:** What does the text say that everyone should understand?
- **Contemplation:** Placing yourself in the text – what does it stir in you?
- **Action:** What do I need to remember and act on from this text?

## **Refrain**

My heart is firmly fixed, O God, my heart is fixed; I will sing and make melody.  
– *Psalm 57:7*

## **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