

THE DAILY OFFICE

(THE TIME IN WHICH GOD WORKS ON ME)

A Call to Prayer

Bless our God, you peoples; make the voice of his praise to be heard; Who holds our souls in life, and will not allow our feet to slip. – *Psalm 66:7-8*

The Request for Presence

Come to me speedily, O God. You are my helper and my deliverer; Lord, do not tarry. – *Psalm 70:5-6*

Refrain

"Be still, then, and know that I am God; I will be exalted among the nations; I will be exalted in the earth." – *Psalm 46:11*

(Silence)

A Reading

Jesus taught us, saying 'Whoever holds to my commandments and keeps them is the one who loves me; and whoever loves me will be loved by my Father, and I shall love him and reveal myself to him.' – *John 14:21*

Refrain

"Be still, then, and know that I am God; I will be exalted among the nations; I will be exalted in the earth." – *Psalm 46:11*

Scripture Reading and Reflection: Psalm 95

- **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

"Be still, then, and know that I am God; I will be exalted among the nations; I will be exalted in the earth." – *Psalm 46:11*

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