<u>THE DAILY OFFICE</u> - (THE TIME IN WHICH GOD WORKS ON ME)

Opening:
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*

Refrain
Whom have I in heaven but you? And having you I desire nothing upon earth.

(Silence)

Morning Prayer:
Almighty God, give all of us grace to cast away the works 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
Whom have I in heaven but you? And having you I desire nothing upon earth.

Scripture Reading and Reflection: Exodus 5 & 6

- **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
Whom have I in heaven but you? And having you I desire nothing upon earth.

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 forever & ever, Amen