

**Listening to Jesus Daily Office**  
**Week of August 3**

**Morning**

**Intro**

Welcome to the practice of the Daily Office. How might our days be grounded more deeply in God's presence if we pause each morning, mid-day, and evening for silence, scripture, and prayer? This week, we will intentionally listen to Jesus. In John 10, Jesus calls himself the Good Shepherd. His sheep, he says, know his voice. They know *him*, and follow him.

How often do we listen for the voice of Jesus? Do we live in our ordinary lives as if we are in the presence of Jesus? Are we listening for how Jesus may be speaking to us as we walk in our neighborhood, as we visit the supermarket, do our work, cook dinner, or clean up after our children? Or do we live such hurried lives that our attention is only directed toward Jesus once or twice a day?

This week, let's be intentional about listening throughout our day. How might Jesus be speaking us? Perhaps he will bring a scripture to mind. Maybe he will speak through the words or presence of a trusted friend, or how might Jesus speak to us as we bring our questions and emotions to him in conversation?

**Silence**

Let's begin in silence. Silence helps us to settle the internal and external noise and distractions that so often stand in the way of our ability to hear the Lord.

Take a deep breath.

Remember, right now, that God is personally present with you. Psalm 139 says there is no where we can go to escape God's loving presence, and it says that you are so precious to God, that the Lord's thoughts about you outnumber the grains of sand.

Take another deep breath. God is closer than the air we breathe.

Take two minutes of silence to rest in the presence of the Lord.

**Scripture**

Now I invite you to read these words of Jesus from John 10. What might the Lord have to say to you this morning?

"Very truly I tell you Pharisees, anyone who does not enter the sheep pen by the gate, but climbs in by some other way, is a thief and a robber. The one who enters by the gate is the shepherd of the sheep. The gatekeeper opens the gate for him, and the sheep listen to his voice. He calls his own sheep by name and leads them out. When he has brought out all his own, he goes on ahead of them, and his sheep follow him because they know his voice. But they will never follow a stranger; in fact, they will run away from him because they do not recognize a stranger's voice."

What do you hear in this passage today? What voices in your life compete with the voice of the Good Shepherd? When are you tempted to listen to these voices rather than the voice of Jesus?

How can you recognize and respond to the competing voices today?

Read this passage one more time, and allow yourself to soak in the Word of God.

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Amen.

## **Mid-day**

### **Silence**

We pause now in mid-day. How have you heard from the Lord today? Have you noticed Jesus with you in the ordinary moments of your day? What has he been saying to you?

Typically, our mid-day prayer includes silence and a written prayer. This week, we are simply going to rest in silence. Ruth Haley Barton compares our lives to a shaken-up jar of river water. It is murky, full of sticks, and leaves, and sediment, but if introduce stillness to the water, we allow it to settle. Everything that makes the water cloudy will lie still at the bottom, and the water will become clear.

Let's allow the hurry, anxiety, and distractions to settle today as we let go and entrust it all to the one who is with us and loves us more than we can possibly understand.

Take a deep breath. Remember what Paul says, "In God we live and move and have our being."

Take another deep breath.

Take five minutes of silence to rest in the presence of the Lord.

Glory be to the Father and to the Son and to the Holy Spirit. Who was and is and is to come. Amen

## **Evening**

### **Silence**

Tonight, we pause one more time to listen and reflect on how we have been met by God today.

Take a deep breath. In Matthew 28, Jesus promised, "surely I am with you always, to the very end of the age."

Take another deep breath.

Take two minutes of silence to rest and allow your cares and your needs to settle into the capable hands of Jesus the Christ.

### **Prayer**

Now would you join me and reflect on your day? As you consider your day, when did the busyness and cares of life distract your attention away from the loving presence of the Lord?

As you consider tomorrow, how might Jesus be lovingly inviting you to keep your attention on him?

Now would you reflect on when was your attention was directed toward Jesus? When did you live with an awareness of his personal presence with you?

In those times, what did Jesus say to you? Perhaps it was as simple as "I am with you; you are not alone." How did he show you that you are loved? Did Jesus have anything more personal or specific to say to you today?

Take this time now to have a conversation with your Good Shepherd. Talk to him about your day and listen.

Jesus, we sure are grateful for the way you were with us today. Forgive us for the ways we allowed our attention to be stolen from you. Please help us, as we seek to live more attentive lives. We long to know your voice more fully so we might follow you. Thank you for the words you spoke today. Please help us to receive all that you have given us to respond and put your words into practice. Amen.