

Sermon on the Mount Daily Office
Week of October 18

Morning

Intro

Welcome to the practice of the Daily Office. In this practice we are seeking to ground our lives more deeply in God's presence as we pause each morning, mid-day, and evening for silence, scripture, and prayer. In this season, we are going to ground ourselves in Jesus's teaching in the Sermon on the Mount. How might our lives be formed if we soak in this important teaching for three months? How might our relationships reflect Jesus' words? How will our work deepen? How might we be equipped to live in the Kingdom and cultivate pockets of the Kingdom in the world?

Will you join us in this journey?

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

This morning, let's sit in Jesus's teaching from Matthew 6:5-18.

And when you pray, do not keep on babbling like pagans, for they think they will be heard because of their many words. Do not be like them, for your Father knows what you need before you ask him.

"This, then, is how you should pray:

"Our Father in heaven,
hallowed be your name,
your kingdom come,
your will be done,
on earth as it is in heaven.
Give us today our daily bread.
And forgive us our debts,

as we also have forgiven our debtors.
And lead us not into temptation,
but deliver us from the evil one.'

For if you forgive other people when they sin against you, your heavenly Father will also forgive you. But if you do not forgive others their sins, your Father will not forgive your sins.

“When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. But when you fast, put oil on your head and wash your face, so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.

This section of the Sermon on the Mount contains the most well-known Christian prayer, our Catholic brothers and sisters call it the Our Father, while we referred to as the Lord’s Prayer. Let’s focus in on this prayer today.

As I read the prayer again, pay attention to which line stands out. What part of the prayer do you feel the Holy Spirit drawing your attention toward today?

“Our Father in heaven,
hallowed be your name,
your kingdom come,
your will be done,
on earth as it is in heaven.
Give us today our daily bread.
And forgive us our debts,
as we also have forgiven our debtors.
And lead us not into temptation,
but deliver us from the evil one.’

Will you take some time this morning to meditate on this phrase? Meditation is a scary word to some of us, but let’s not get too caught up on a more recent understanding of it. Fourteen times scripture teaches us to meditate of God’s word and deeds. To meditate simply means to mull something over, to consider it, to chew on it, or soak in it.

Today, let’s meditate on the phrase you are drawn to in the Lord’s Prayer. In this space, recite it over and over. You may even choose to speak it aloud. These next moments are yours to meditate on the words of Jesus.

Today, would you continue to meditate on this phrase from the Lord’s Prayer. Hold it before you, recite it throughout the day, and see what the Lord might reveal to you.

Glory be to the Father and to the Son and to the Holy Spirit. Amen.

Mid-day

We pause now in mid-day. How have you lived in the teaching of Jesus today? How is it echoing through your day?

Silence

Let's allow the hurry, anxiety, and distractions of the day to settle now 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 two minutes of silence to rest in the presence of the Lord.

Prayer

Will you now join me in this interpretation of the Lord's Prayer by theologian Dallas Willard?

Dear Father always near us,
may your name be treasured and loved,
may your rule be completed in us-
may your will be done here on earth in
just the way it is done in heaven.
Give us today the things we need today,
and forgive us our sins and impositions on you
as we are forgiving all who in any way offend us.
Please don't put us through trials,
but deliver us from everything bad.
Because you are the one in charge,
and you have all the power, and the glory too is all yours-forever-
which is just the way we want it!

Evening

Silence

Tonight, we pause to rest in the peace and strength of Christ as we continue living in the Sermon on the Mount.

Let us first pause in silence, so we might be grounded in the loving presence of God.

Take a deep breath.

Remember Jesus promised to be with us always.

Take another deep breath.

Paul writes, "God demonstrates his own love for us in this: While we were still sinners, Christ died for us."

Take two minutes of silence to rest in the presence of the Lord. In this space, rest in this truth. Jesus did not die to *make* you loveable. He died *because* he loves you.

Prayer

How has your reflection and meditation on the Lord's Prayer been today? Tonight, we want to remain in the Lord's Prayer and the phrase the Lord has been drawing us to today.

As you consider this phrase, what questions do you have for the Lord?

How has this phrase worked its way into your day? Did God point anything out to you? Did you notice anything related to the phrase? How was God working with you in the prayer?

What has God said to you in the phrase today? Is there some word you are hearing from the Lord now?

Take a moment tonight, and have a conversation with God about what you are noticing. Speak to the Lord and listen for God's response.

Let's close our day with this prayer one more time.

"Our Father in heaven,
hallowed be your name,
your kingdom come,
your will be done,
 on earth as it is in heaven.
Give us today our daily bread.
And forgive us our debts,
 as we also have forgiven our debtors.
And lead us not into temptation,
 but deliver us from the evil one.'
Amen