

**Sermon on the Mount Daily Office**  
**Week of November 22**

**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, Jesus finishes the Sermon on the Mount with a parable about obeying his teaching. He says those who put the teaching of this sermon, the teaching we have sat with for the last 12 weeks, into practice are like a person who builds a home on the rock. Those who do not are like someone who builds a home on the unstable foundation of sand.

With this ending to the sermon, it is hard to categorize this teaching as merely aspirational. Jesus meant these things. He is actually inviting us to become the *kind* of people who put his teaching into practice.

Read Matthew 7:24-27 now. As you listen, pay attention to what stands out. Is there a word or a phrase to which you are drawn? What part of this parable is the Holy Spirit bringing to your attention?

“Therefore, everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock. The rain came down, the streams rose, and the winds blew and beat against that house; yet it did not fall, because it had its foundation on the rock. But everyone who hears these words of mine and does not put them into practice is like a foolish man who built his house on sand. The rain came down, the streams rose, and the winds blew and beat against that house, and it fell with a great crash.”

When Jesus had finished saying these things, the crowds were amazed at his teaching, because he taught as one who had authority, and not as their teachers of the law.

What stands out to you in this passage? Is there a word or a phrase that pops for you?

Read the passage again. What might God have to say to you in this story today?

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When Jesus had finished saying these things, the crowds were amazed at his teaching, because he taught as one who had authority, and not as their teachers of the law.

Take a moment now and have a conversation with the Lord. Is there a question you have for God? What do are you hearing in these words from Jesus? Tell him about it. Speak to God and listen.

Read this passage one final time. This time, soak in the words and allow yourself to simply rest in the loving presence of Jesus.

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When Jesus had finished saying these things, the crowds were amazed at his teaching, because he taught as one who had authority, and not as their teachers of the law.

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 join me now in this prayer written by Teresa of Avila.

Lord, grant that I may always allow myself to be guided by You,  
always follow Your plans,  
and perfectly accomplish Your Holy Will.  
Grant that in all things, great and small,  
today and all the days of my life,  
I may do whatever You require of me.  
Help me respond to the slightest prompting of Your Grace,  
so that I may be Your trustworthy instrument for Your honour.  
May Your Will be done in time and in eternity by me,  
in me, and through me. Amen.

## **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**

This week, we close our time in the Sermon on the Mount. Let's spend a moment looking back on these last 12 weeks in gratitude. How did you meet God in this journey?

Perhaps it was in a specific passage in the Sermon on the Mount. Did God bring any fresh insight in your practice, or did one particular teaching of Jesus resonated with you in this season? Maybe for you it wasn't a passage, but an experience you had with God in prayer. Maybe God spoke some meaningful word, or you had an abiding sense of God's presence. Or it may be that this simple rhythm of daily prayer was what you found most meaningful. Take a moment to consider what stands out.

As you reflect on what the Holy Spirit is bringing to mind, consider how God has shaped you through this passage, prayer, or rhythm?

I invite you now to offer a prayer of gratitude for the work God is carrying out in your life.

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