

## **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 create space each morning, mid-day, and evening for silence, scripture, and prayer. In our morning prayer, we will read scripture with Jesus. You will need to choose a passage for this morning and be ready to read. You may read a passage that is meaningful to you in this season or join with Christians around the world in reading one of today's [lectionary passages](#).

### **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 let's read scripture with Jesus. We will read slowly and reflectively, listening to what the Lord has to say to us in the text. In this space, familiarize yourself with the passage you chose for today. Read through it one time now.

I invite you to read the passage a second time. This time, pay attention to what stands out. Is there a word or a phrase that strikes you? Is there some part of the text on which the Holy Spirit seems to be shining a light? What part of the passage are you drawn toward this morning? Read the passage a second time now.

What stands out to you in this passage?

Let's now have a conversation with God about this part of the passage. Become curious. Why is the Holy Spirit guiding you to this part of the passage today? What questions do you have; what do you wonder about? Is God inviting you to respond in some way? Speak to the Lord about this and listen. Have a two-way conversation in prayer.

Finally, read the passage one final time. Do not look to receive anything from the text. Simply allow yourself to soak in the word of God as you read in the presence of Christ. Read the passage one last time now.

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 noticed the presence of Jesus with you today?

**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 the prayer Jesus taught us to pray?

Our Father, who is in heaven,  
Hallowed by Your name.  
Your kingdom come,  
Your 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 yours is the Kingdom,  
The power, and the glory  
Forever and ever.  
Amen.

## **Evening**

### **Silence**

Tonight, we pause to rest in the peace and strength of Christ.

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 have you noticed the presence of Jesus with you today? When were you acting with Jesus, and when were you acting on your own?

In this prayer, we will reflect on our day. Let's examine what we have experienced today and see if we might discover the fingerprints of God in our lives.

We will begin by reviewing the day in gratitude. What are you thankful for today? Express your gratitude now to the Giver of all good gifts.

Now, as you look back on your day, when did you find yourself aware of God's presence with you?

When did you know God's love and joy and peace?

How did others represent God's presence to you?

When did you hear the gentle voice of the Lord?

Take a minute or two to reflect on these questions now.

As you continue reviewing the day, when did you struggle to live in the presence of Jesus?

When did you experience hurry and stress and anxiety?

When did it seem like you were working on your own.

How did you turn your attention away from Jesus today?

Take a minute or two to reflect on these questions now.

Now choose one moment from today and have a conversation with God. You may choose a moment when you were aware of Christ's presence or one when you were not. Take some time now to speak to the Lord and to listen.

Finally, let's look forward to tomorrow. Is God inviting you to any specific activity? Where do you need the presence of Jesus tomorrow? How might you intentionally open yourself to the presence of God in your day? Take a minute or two to reflect on these questions now.

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