

Liturgy of Hours - Daily Office

Sunday, January 11th – Saturday, January 17th

This practice has us pause multiple times through the day to connect and become aware of God's presence. There is a **Morning** moment – a **Midday** moment – and an **Evening** moment. The point is just that 3 times a day there is a moment where you connect with the God who is actively present with you... and **you pause to welcome his presence for a few minutes.**

Each day has the following structure:

- **Morning:** A Scripture verse/passage to read & something to notice or pay attention to all day
- **Midday:** A Scripture verse/passage to read, a breath prayer & a short time of silence. A breath prayer involves our body in an expression of worship that helps us to engage our whole self in prayer. 'It's in our bodies and with our bodies that we pray and fellowship with God.' To practice breath prayer, find a place of quiet where you can take a few moments by yourself. Take some deep breaths and then focus on repeating the prayer slowly, aligning each phrase with your inhale and exhale. Finish with at least a minute of silence, clearing your mind as much as possible.
- **Evening:** Prayer & Ponder (a mini examen reflection). An examen reflection question is part of a spiritual practice that allows us to go back over our day and take stock of our relationship with God. We will learn more about the full examen practice later in the month. For now, take a few minutes to replay your day with a mind to self-reflect on the Ponder question.

Sunday, January 11th

Morning: Read Isaiah 42:1-9

42 *"Here is my servant, whom I uphold,
my chosen one in whom I delight;*

*I will put my Spirit on him,
and he will bring justice to the nations.*

² *He will not shout or cry out,
or raise his voice in the streets.*

³ *A bruised reed he will not break,
and a smoldering wick he will not snuff out.*

In faithfulness he will bring forth justice;

⁴ *he will not falter or be discouraged
till he establishes justice on earth.*

In his teaching the islands will put their hope."

⁵ *This is what God the LORD says—*

*the Creator of the heavens, who stretches them out,
who spreads out the earth with all that springs from it,
who gives breath to its people,
and life to those who walk on it:*

⁶ *"I, the LORD, have called you in righteousness;*

*I will take hold of your hand.
I will keep you and will make you
to be a covenant for the people
and a light for the Gentiles,
7 to open eyes that are blind,
to free captives from prison
and to release from the dungeon those who sit in darkness.*

*8 "I am the LORD; that is my name!
I will not yield my glory to another
or my praise to idols.*

*9 See, the former things have taken place,
and new things I declare;
before they spring into being
I announce them to you."*

Attend: Be mindful of the injustices you see around you today.

Midday: Read: Psalm 89:14-18

*14 Righteousness and justice are the foundation of your throne;
love and faithfulness go before you.*

*15 Blessed are those who have learned to acclaim you,
who walk in the light of your presence, Lord.*

*16 They rejoice in your name all day long;
they celebrate your righteousness.*

*17 For you are their glory and strength,
and by your favor you exalt our horn.*

*18 Indeed, our shield belongs to the Lord,
our king to the Holy One of Israel.*

Breath prayer: **Inhale:** God of love and faithfulness **Exhale:** help me walk like you

Observe at least 60 seconds of silence

Evening: Ponder: Where in your life are you seeking to help bring freedom, sight, release or light? Invite God to strengthen you in this work or bring show you where to begin.

Prayer: "God of grace and glory,
you call us with your voice of flame
to be your people, faithful and courageous.

As your beloved Son
embraced his mission in the waters of baptism,
inspire us with the fire of your Spirit
to join in his transforming work.

We ask this in the name of our Savior Jesus Christ,
who lives and reigns for ever and ever. Amen." (RCL prayer)

Monday, January 12th

Morning: Read Psalm 145

*1 I will exalt you, my God the King;
I will praise your name for ever and ever.*

*2 Every day I will praise you
and extol your name for ever and ever.*

- ³ Great is the Lord and most worthy of praise;
his greatness no one can fathom.
- ⁴ One generation commends your works to another;
they tell of your mighty acts.
- ⁵ They speak of the glorious splendor of your majesty—
and I will meditate on your wonderful works.
- ⁶ They tell of the power of your awesome works—
and I will proclaim your great deeds.
- ⁷ They celebrate your abundant goodness
and joyfully sing of your righteousness.
- ⁸ The Lord is gracious and compassionate,
slow to anger and rich in love.
- ⁹ The Lord is good to all;
he has compassion on all he has made.
- ¹⁰ All your works praise you, Lord;
your faithful people extol you.
- ¹¹ They tell of the glory of your kingdom
and speak of your might,
- ¹² so that all people may know of your mighty acts
and the glorious splendor of your kingdom.
- ¹³ Your kingdom is an everlasting kingdom,
and your dominion endures through all generations.
- The Lord is trustworthy in all he promises
and faithful in all he does.
- ¹⁴ The Lord upholds all who fall
and lifts up all who are bowed down.
- ¹⁵ The eyes of all look to you,
and you give them their food at the proper time.
- ¹⁶ You open your hand
and satisfy the desires of every living thing.
- ¹⁷ The Lord is righteous in all his ways
and faithful in all he does.
- ¹⁸ The Lord is near to all who call on him,
to all who call on him in truth.
- ¹⁹ He fulfills the desires of those who fear him;
he hears their cry and saves them.
- ²⁰ The Lord watches over all who love him,
but all the wicked he will destroy.
- ²¹ My mouth will speak in praise of the Lord.
Let every creature praise his holy name
for ever and ever.

Attend: Notice the open hand of God in your life.

Midday: Read James 1:17-18

¹⁷ Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows. ¹⁸ He chose to give us birth through the word of truth, that we might be a kind of firstfruits of all he created.

Breath Prayer: **Inhale:** *You O Lord are good to all* **Exhale:** *compassionate to all you have made*
Observe at least 60 seconds of silence.

Evening: Ponder: Where was God good today? As you look back over the hours of the day was there some act of fulfillment you missed?

Prayer: Father of the heavenly lights, I praise your unchanging goodness. Your nearness, righteousness, and faithfulness are displayed in my life every day. Let my eyes look to you and recognize the richness of your love. I pray this in the name of Jesus, goodness himself. Amen.

Tuesday, January 13th

Morning: Read Jeremiah 1:4-10

⁴ *The word of the Lord came to me, saying,*

⁵ *“Before I formed you in the womb I knew you,
before you were born I set you apart;
I appointed you as a prophet to the nations.”*

⁶ *“Alas, Sovereign Lord,” I said, “I do not know how to speak; I am too young.”*

⁷ *But the Lord said to me, “Do not say, ‘I am too young.’ You must go to everyone I send you to and say whatever I command you. ⁸ Do not be afraid of them, for I am with you and will rescue you,” declares the Lord.*

⁹ *Then the Lord reached out his hand and touched my mouth and said to me, “I have put my words in your mouth. ¹⁰ See, today I appoint you over nations and kingdoms to uproot and tear down, to destroy and overthrow, to build and to plant.”*

¹¹ *The word of the Lord came to me: “What do you see, Jeremiah?”*

“I see the branch of an almond tree,” I replied.

¹² *The Lord said to me, “You have seen correctly, for I am watching to see that my word is fulfilled.”*

Attend: Notice how you have been created and formed as you go about your day.

Midday: Read Psalm 139:13-18

¹³ *For you created my inmost being;*

you knit me together in my mother’s womb.

¹⁴ *I praise you because I am fearfully and wonderfully made;*

*your works are wonderful,
I know that full well.*

¹⁵ *My frame was not hidden from you*

*when I was made in the secret place,
when I was woven together in the depths of the earth.*

¹⁶ *Your eyes saw my unformed body;*

*all the days ordained for me were written in your book
before one of them came to be.*

¹⁷ *How precious to me are your thoughts, God!*

How vast is the sum of them!

¹⁸ *Were I to count them,*

*they would outnumber the grains of sand—
when I awake, I am still with you.*

Breath Prayer: **Inhale:** *Maker God, who formed and knows me* **Exhale:** *I am wonderfully made*

Observe at least 60 seconds of silence.

Evening: Ponder: What wonderfulness did you recognize about the way you are made? How might God be forming you still?

Prayer: O Lord, you who have known me before time. We have a history from my inmost being out. Help me to recognize my worth in you. You not only formed me but have given your words and purpose to me. How precious to me are your thoughts - I trust you with my whole self. Amen

Wednesday, January 14th

Morning: Read Matthew 12:15-21

¹⁵ Aware of this, Jesus withdrew from that place. A large crowd followed him, and he healed all who were ill. ¹⁶ He warned them not to tell others about him. ¹⁷ This was to fulfill what was spoken through the prophet

Isaiah: ¹⁸ "Here is my servant whom I have chosen,

the one I love, in whom I delight;

I will put my Spirit on him,

and he will proclaim justice to the nations.

¹⁹ He will not quarrel or cry out;

no one will hear his voice in the streets.

²⁰ A bruised reed he will not break,

and a smoldering wick he will not snuff out,

till he has brought justice through to victory.

²¹ In his name the nations will put their hope."

Attend: Pay attention to how you see God's victory at work today.

Midday: Read Isaiah 51:9-16

⁹ Awake, awake, arm of the Lord,

clothe yourself with strength!

Awake, as in days gone by,

as in generations of old.

Was it not you who cut Rahab to pieces,

who pierced that monster through?

¹⁰ Was it not you who dried up the sea,

the waters of the great deep,

who made a road in the depths of the sea

so that the redeemed might cross over?

¹¹ Those the Lord has rescued will return.

They will enter Zion with singing;

everlasting joy will crown their heads.

Gladness and joy will overtake them,

and sorrow and sighing will flee away.

¹² "I, even I, am he who comforts you.

Who are you that you fear mere mortals,

human beings who are but grass,

¹³ that you forget the Lord your Maker,

who stretches out the heavens

and who lays the foundations of the earth,

that you live in constant terror every day

because of the wrath of the oppressor,

who is bent on destruction?

For where is the wrath of the oppressor?

¹⁴ The cowering prisoners will soon be set free;
they will not die in their dungeon,
nor will they lack bread.

¹⁵ For I am the Lord your God,
who stirs up the sea so that its waves roar—
the Lord Almighty is his name.

¹⁶ I have put my words in your mouth
and covered you with the shadow of my hand—

I who set the heavens in place,
who laid the foundations of the earth,
and who say to Zion, ‘You are my people.’”

Breath prayer: **Inhale:** Victorious rescuing God **Exhale:** you set me free
Observe at least 60 seconds of silence.

Evening: Ponder: Was there a moment that you felt covered in the shadow of God’s hand today?

Prayer: Lord, give me courage to face my challenges with confidence, knowing that victory comes from you. Let gladness and joy overtake me as I recall the roads you have made through the depths of the sea of my life. Don’t let me forget to put my hope in your name. I praise you for the victories you have already won and for those yet to come. Amen.

Thursday, January 15th

Morning: Read Mark 12:28-34

²⁸ One of the teachers of the law came and heard them debating. Noticing that Jesus had given them a good answer, he asked him, “Of all the commandments, which is the most important?”

²⁹ “The most important one,” answered Jesus, “is this: ‘Hear, O Israel: The Lord our God, the Lord is one. ³⁰ Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.’ ³¹ The second is this: ‘Love your neighbor as yourself.’ There is no commandment greater than these.”

³² “Well said, teacher,” the man replied. “You are right in saying that God is one and there is no other but him. ³³ To love him with all your heart, with all your understanding and with all your strength, and to love your neighbor as yourself is more important than all burnt offerings and sacrifices.”

³⁴ When Jesus saw that he had answered wisely, he said to him, “You are not far from the kingdom of God.”

Attend: Keep these commands on your heart throughout your day.

Midday: Read Deuteronomy 6:1-9

⁶ These are the commands, decrees and laws the Lord your God directed me to teach you to observe in the land that you are crossing the Jordan to possess, ² so that you, your children and their children after them may fear the Lord your God as long as you live by keeping all his decrees and commands that I give you, and so that you may enjoy long life. ³ Hear, Israel, and be careful to obey so that it may go well with you and that you may increase greatly in a land flowing with milk and honey, just as the Lord, the God of your ancestors, promised you.

⁴ Hear, O Israel: The Lord our God, the Lord is one. ⁵ Love the Lord your God with all your heart and with all your soul and with all your strength. ⁶ These commandments that I give you today are to be on your hearts. ⁷ Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up. ⁸ Tie them as symbols on your hands and bind them on your foreheads. ⁹ Write them on the doorframes of your houses and on your gates.

Breath Prayer: **Inhale:** I love you with my heart and soul **Exhale:** I love you with my mind and strength

Observe at least 60 seconds of silence.

Evening: Ponder: How did you prioritize these most important commands today? Where did you struggle? Recommit to begin again tomorrow.

Prayer: Lord my God, you are one. My desire is to love you with every part of myself and to love my actual neighbors well. Some days this comes easier than others, so help me keep these commands on my heart. I invite you to show me how to love you – to draw my heart and mind and soul and strength to the One. And out of this, to powerfully love all. Amen.

Friday, January 16th

Morning: Read Matthew 11:28-30

²⁸ “Come to me, all you who are weary and burdened, and I will give you rest. ²⁹ Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. ³⁰ For my yoke is easy and my burden is light.”

Attend: Observe when you are weary and when your burdens are lightened.

Midday: Read Exodus 33:13-17

¹³ If you are pleased with me, teach me your ways so I may know you and continue to find favor with you. Remember that this nation is your people.”

¹⁴ The Lord replied, “My Presence will go with you, and I will give you rest.”

¹⁵ Then Moses said to him, “If your Presence does not go with us, do not send us up from here. ¹⁶ How will anyone know that you are pleased with me and with your people unless you go with us? What else will distinguish me and your people from all the other people on the face of the earth?”

¹⁷ And the Lord said to Moses, “I will do the very thing you have asked, because I am pleased with you and I know you by name.”

Breath Prayer: **Inhale:** Your presence is with me **Exhale:** and gives rest to my soul

Observe at least 60 seconds of silence.

Evening: Ponder: Today where were you able to find pockets of rest? What would taking a light yoke on look like tomorrow?

Prayer: You Jesus who knows me by name and everything about me. I have some burdens and weariness. I want to learn from your word and stop carrying everything on my own - relying on you and choosing to stay in your presence. Thank you for your offer of rest, teach me your ways. Amen.

Saturday, January 17th

Morning: Read Acts 2:42-47

⁴² They devoted themselves to the apostles’ teaching and to fellowship, to the breaking of bread and to prayer. ⁴³ Everyone was filled with awe at the many wonders and signs performed by the apostles. ⁴⁴ All the believers were together and had everything in common. ⁴⁵ They sold property and possessions to give to anyone who had need. ⁴⁶ Every day they continued to meet together in the temple courts. They broke bread in their homes and ate together with glad and sincere hearts, ⁴⁷ praising God and enjoying the favor of all the people. And the Lord added to their number daily those who were being saved.

Attend: Think about the believers in your circle and the ways you are together.

Midday: Read Ecclesiastes 4:8-12

⁸ There was a man all alone;

he had neither son nor brother.

There was no end to his toil,

yet his eyes were not content with his wealth.
“For whom am I toiling,” he asked,
“and why am I depriving myself of enjoyment?”
This too is meaningless—
a miserable business!
⁹ Two are better than one,
because they have a good return for their labor:
¹⁰ If either of them falls down,
one can help the other up.
But pity anyone who falls
and has no one to help them up.
¹¹ Also, if two lie down together, they will keep warm.
But how can one keep warm alone?
¹² Though one may be overpowered,
two can defend themselves.

A cord of three strands is not quickly broken.

Breath Prayer: **Inhale:** Holy Spirit lead me **Exhale:** to engage with those you put in my life
Observe at least 60 seconds of silence.

Evening: Ponder: Who are you engaged and intentional with in your spiritual life? Have you made plans with someone to discuss a few grace-filled questions yet?

Prayer: O Lord, you who surrounded yourself with friends who never imagined that they would have anything in common with each other, help me to see in my own relationships your provision of grace. Remind me I don't need just the right friends but transform me to engage well with those you have put in my path. Let me be the kind of friend that doesn't stay above the surface but is willing to ask - and answer - the deep questions. Please develop soul-friend relationships in my life. Amen.