

Liturgy of Hours - Daily Office

Sunday, January 18th – Saturday, January 24th

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 18th

Morning: Read Psalm 40:1-10

*¹ I waited patiently for the Lord;
he turned to me and heard my cry.*

*² He lifted me out of the slimy pit,
out of the mud and mire;
he set my feet on a rock
and gave me a firm place to stand.*

*³ He put a new song in my mouth,
a hymn of praise to our God.
Many will see and fear the Lord
and put their trust in him.*

*⁴ Blessed is the one
who trusts in the Lord,
who does not look to the proud,
to those who turn aside to false gods.*

*⁵ Many, Lord my God,
are the wonders you have done,
the things you planned for us.*

None can compare with you;
 were I to speak and tell of your deeds,
 they would be too many to declare.

⁶ Sacrifice and offering you did not desire—
 but my ears you have opened—
 burnt offerings and sin offerings you did not require.

⁷ Then I said, “Here I am, I have come—
 it is written about me in the scroll.

⁸ I desire to do your will, my God;
 your law is within my heart.”

⁹ I proclaim your saving acts in the great assembly;
 I do not seal my lips, Lord,
 as you know.

¹⁰ I do not hide your righteousness in my heart;
 I speak of your faithfulness and your saving help.
 I do not conceal your love and your faithfulness
 from the great assembly.

¹¹ Do not withhold your mercy from me, Lord;
 may your love and faithfulness always protect me.

Attend: Set your focus on the strength of God in your life.

Midday: Read: I Corinthians 1:1-9

¹ Paul, called to be an apostle of Christ Jesus by the will of God, and our brother Sosthenes,
² To the church of God in Corinth, to those sanctified in Christ Jesus and called to be his holy people, together
 with all those everywhere who call on the name of our Lord Jesus Christ—their Lord and ours:
³ Grace and peace to you from God our Father and the Lord Jesus Christ.

⁴ I always thank my God for you because of his grace given you in Christ Jesus. ⁵ For in him you have been
 enriched in every way—with all kinds of speech and with all knowledge— ⁶ God thus confirming our
 testimony about Christ among you. ⁷ Therefore you do not lack any spiritual gift as you eagerly wait for our Lord
 Jesus Christ to be revealed. ⁸ He will also keep you firm to the end, so that you will be blameless on the day of
 our Lord Jesus Christ. ⁹ God is faithful, who has called you into fellowship with his Son, Jesus Christ our Lord.

Breath prayer: **Inhale:** God, who is faithful **Exhale:** you are my strength in every way
 Observe at least 60 seconds of silence

Evening: Ponder: Where did God give you a firm place to stand today?

Prayer: Lord Jesus Christ, you have always given strength for the coming day, and though I am weak,
 today I believe. I trust you will keep me firm in your love and faithfulness; always protect me. Praise you
 for lifting my feet on to the Rock. Amen.

Monday, January 19th

Morning: Read Isaiah 63:1-3

⁶ I The Spirit of the Sovereign Lord is on me,
 because the Lord has anointed me
 to proclaim good news to the poor.

He has sent me to bind up the brokenhearted,
 to proclaim freedom for the captives

and release from darkness for the prisoners,
² to proclaim the year of the Lord's favor
and the day of vengeance of our God,
to comfort all who mourn,
³ and provide for those who grieve in Zion—
to bestow on them a crown of beauty
instead of ashes,
the oil of joy
instead of mourning,
and a garment of praise
instead of a spirit of despair.
They will be called oaks of righteousness,
a planting of the Lord
for the display of his splendor.

Attend: Be mindful of the people and places around you that need the freedom God can provide.

Midday: Read Acts 4:23-31

²³ On their release, Peter and John went back to their own people and reported all that the chief priests and the elders had said to them. ²⁴ When they heard this, they raised their voices together in prayer to God. "Sovereign Lord," they said, "you made the heavens and the earth and the sea, and everything in them. ²⁵ You spoke by the Holy Spirit through the mouth of your servant, our father David:

"Why do the nations rage
and the peoples plot in vain?

²⁶ The kings of the earth rise up
and the rulers band together
against the Lord
and against his anointed one.'

²⁷ Indeed Herod and Pontius Pilate met together with the Gentiles and the people of Israel in this city to conspire against your holy servant Jesus, whom you anointed. ²⁸ They did what your power and will had decided beforehand should happen. ²⁹ Now, Lord, consider their threats and enable your servants to speak your word with great boldness. ³⁰ Stretch out your hand to heal and perform signs and wonders through the name of your holy servant Jesus."

³¹ After they prayed, the place where they were meeting was shaken. And they were all filled with the Holy Spirit and spoke the word of God boldly.

Breath Prayer: **Inhale:** Sovereign Lord, I am anointed **Exhale:** to speak your word boldly

Observe at least 60 seconds of silence.

Evening: Ponder: Where is the Spirit asking you to pray or speak or work for the freedom Christ brings?

Prayer: "Almighty God, who hast created us in thine own image: Grant us grace fearlessly to contend against evil and to make no peace with oppression; and, that we may reverently use our freedom, help us to employ it in the maintenance of justice in our communities and among the nations, to the glory of thy holy Name; through Jesus Christ our Lord, who lives and reigns with thee and the Holy Spirit, one God, now and for ever. Amen." (Book of Common Prayer)

Tuesday, January 20th

Morning: Read I Kings 17:1-16

17 Now Elijah the Tishbite, from Tishbe in Gilead, said to Ahab, “As the Lord, the God of Israel, lives, whom I serve, there will be neither dew nor rain in the next few years except at my word.”

2 Then the word of the Lord came to Elijah: **3** “Leave here, turn eastward and hide in the Kerith Ravine, east of the Jordan. **4** You will drink from the brook, and I have directed the ravens to supply you with food there.”

5 So he did what the Lord had told him. He went to the Kerith Ravine, east of the Jordan, and stayed there. **6** The ravens brought him bread and meat in the morning and bread and meat in the evening, and he drank from the brook.

7 Some time later the brook dried up because there had been no rain in the land. **8** Then the word of the Lord came to him: **9** “Go at once to Zarephath in the region of Sidon and stay there. I have directed a widow there to supply you with food.” **10** So he went to Zarephath. When he came to the town gate, a widow was there gathering sticks. He called to her and asked, “Would you bring me a little water in a jar so I may have a drink?” **11** As she was going to get it, he called, “And bring me, please, a piece of bread.”

12 “As surely as the Lord your God lives,” she replied, “I don’t have any bread—only a handful of flour in a jar and a little olive oil in a jug. I am gathering a few sticks to take home and make a meal for myself and my son, that we may eat it—and die.”

13 Elijah said to her, “Don’t be afraid. Go home and do as you have said. But first make a small loaf of bread for me from what you have and bring it to me, and then make something for yourself and your son. **14** For this is what the Lord, the God of Israel, says: ‘The jar of flour will not be used up and the jug of oil will not run dry until the day the Lord sends rain on the land.’”

15 She went away and did as Elijah had told her. So there was food every day for Elijah and for the woman and her family. **16** For the jar of flour was not used up and the jug of oil did not run dry, in keeping with the word of the Lord spoken by Elijah.

Attend: Take note of all the ways you are provided for.

Midday: Read Matthew 6:25-34

25 “Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? **26** Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? **27** Can any one of you by worrying add a single hour to your life?

28 “And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. **29** Yet I tell you that not even Solomon in all his splendor was dressed like one of these. **30** If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you—you of little faith? **31** So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ **32** For the pagans run after all these things, and your heavenly Father knows that you need them. **33** But seek first his kingdom and his righteousness, and all these things will be given to you as well. **34** Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

Breath Prayer: **Inhale:** Heavenly Father, you know my needs **Exhale:** I trust each one of them to you
Observe at least 60 seconds of silence.

Evening: Ponder: Where did you spend time worrying about your needs today? How can you remind yourself of God’s provision in those moments tomorrow?

Prayer: O Christ who supplies my every need, I praise you for all provisions and for the means by which they are provided. In this season of life, I give you thanks. I remember and thank you today for these most precious gifts: for life and breath, for shelter, for meals, and for clothing. Give me grace to make wise investment of what you have given me, that by my thoughts and words and actions, I might love you well. Amen (adapted from Every Moment Holy)

Wednesday, January 21st

Morning: Read Psalm 8

- ¹ Lord, our Lord,
 how majestic is your name in all the earth!
You have set your glory
 in the heavens.
- ² *Through the praise of children and infants*
 you have established a stronghold against your enemies,
 to silence the foe and the avenger.
- ³ *When I consider your heavens,*
 the work of your fingers,
the moon and the stars,
 which you have set in place,
- ⁴ *what is mankind that you are mindful of them,*
 human beings that you care for them?
- ⁵ *You have made them a little lower than the angels*
 and crowned them with glory and honor.
- ⁶ *You made them rulers over the works of your hands;*
 you put everything under their feet:
- ⁷ *all flocks and herds,*
 and the animals of the wild,
- ⁸ *the birds in the sky,*
 and the fish in the sea,
 all that swim the paths of the seas.
- ⁹ Lord, our Lord,
 how majestic is your name in all the earth!
Attend: Observe beauty around you throughout your day.

Midday: Read Ecclesiastes 3:11

- ¹¹ *He has made everything beautiful in its time. He has also set eternity in the human heart; yet no one can fathom what God has done from beginning to end.*
Breath prayer: **Inhale:** Lord, our Lord **Exhale:** the work of your fingers is majestic
Observe at least 60 seconds of silence.

Evening: Ponder: Where were you surprised to find beauty today?

Prayer: Magnificent God, your works of creativity are unfathomable. Open my eyes to recognize the reflection of your glory in everything around me. Show me a glimpse of the eternity you set in my heart. I am overcome that amongst all this beauty, you are mindful of and care for me. Amen.

Thursday, January 22nd

Morning: Read Psalm 6

- ¹ Lord, do not rebuke me in your anger
 or discipline me in your wrath.
- ² *Have mercy on me, Lord, for I am faint;*
 heal me, Lord, for my bones are in agony.

³ My soul is in deep anguish.
How long, Lord, how long?
⁴ Turn, Lord, and deliver me;
save me because of your unfailing love.
⁵ Among the dead no one proclaims your name.
Who praises you from the grave?
⁶ I am worn out from my groaning.
All night long I flood my bed with weeping
and drench my couch with tears.
⁷ My eyes grow weak with sorrow;
they fail because of all my foes.
⁸ Away from me, all you who do evil,
for the Lord has heard my weeping.
⁹ The Lord has heard my cry for mercy;
the Lord accepts my prayer.
¹⁰ All my enemies will be overwhelmed with shame and anguish;
they will turn back and suddenly be put to shame.
Attend: Pay attention to where your soul is groaning.

Midday: Read Hebrews 4:14-16

¹⁴ Therefore, since we have a great high priest who has ascended into heaven, Jesus the Son of God, let us hold firmly to the faith we profess. ¹⁵ For we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet he did not sin. ¹⁶ Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.

Breath Prayer: **Inhale:** Have mercy O Lord **Exhale:** you empathize with me
Observe at least 60 seconds of silence.

Evening: Ponder: How has God attended to your pain? Are there hurting places you aren't approaching God with?

Prayer: Jesus, Son of God, my cry for mercy will be met in your empathy. I am so grateful I can bring my weeping, my weakness, and my anguish to you. I rejoice in the relief that I can approach your throne of grace with confidence in my time of need. 'In truth God has heard me: he has attended the voice of my prayer.' Thanks be to God. Amen.

Friday, January 23rd

Morning: Read Exodus 34:5-7_a

⁵ Then the Lord came down in the cloud and stood there with him and proclaimed his name, the Lord. ⁶ And he passed in front of Moses, proclaiming, "The Lord, the Lord, the compassionate and gracious God, slow to anger, abounding in love and faithfulness, ⁷ maintaining love to thousands, and forgiving wickedness, rebellion and sin.

Attend: Concentrate on how gracious God is to you.

Midday: Read Ephesians 2:1-10

² As for you, you were dead in your transgressions and sins, ² in which you used to live when you followed the ways of this world and of the ruler of the kingdom of the air, the spirit who is now at work in those who are disobedient. ³ All of us also lived among them at one time, gratifying the cravings of our flesh and following its

desires and thoughts. Like the rest, we were by nature deserving of wrath. ⁴ But because of his great love for us, God, who is rich in mercy, ⁵ made us alive with Christ even when we were dead in transgressions—it is by grace you have been saved. ⁶ And God raised us up with Christ and seated us with him in the heavenly realms in Christ Jesus, ⁷ in order that in the coming ages he might show the incomparable riches of his grace, expressed in his kindness to us in Christ Jesus. ⁸ For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God— ⁹ not by works, so that no one can boast. ¹⁰ For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.

Breath Prayer: **Inhale:** Compassionate, gracious God **Exhale:** you make me alive with Christ
Observe at least 60 seconds of silence.

Evening: Ponder: How did you recognize grace expressed as kindness in Christ Jesus today?

Prayer: God, Jesus, Holy Spirit, I praise you for your saving grace – this precious gift that I have not earned. Thank you for your kindness to me and your great love. I am no longer dead to follow my own desires and thoughts but now living to do good works with you.

Saturday, January 24th

Morning: Read Psalm 23

¹ The Lord is my shepherd, I lack nothing.

² He makes me lie down in green pastures,
he leads me beside quiet waters,

³ he refreshes my soul.

He guides me along the right paths
for his name's sake.

⁴ Even though I walk
through the darkest valley,

I will fear no evil,
for you are with me;
your rod and your staff,
they comfort me.

⁵ You prepare a table before me
in the presence of my enemies.

You anoint my head with oil;
my cup overflows.

⁶ Surely your goodness and love will follow me
all the days of my life,
and I will dwell in the house of the Lord
forever.

Attend: Observe where you are being guided and led in this time of life.

Midday: Read Acts 11:15-17

¹⁵ "As I began to speak, the Holy Spirit came on them as he had come on us at the beginning. ¹⁶ Then I remembered what the Lord had said: 'John baptized with water, but you will be baptized with the Holy Spirit.' ¹⁷ So if God gave them the same gift he gave us who believed in the Lord Jesus Christ, who was I to think that I could stand in God's way?"

Breath Prayer: **Inhale:** O Lord, you are my shepherd **Exhale:** in ALL seasons of life
Observe at least 60 seconds of silence.

Evening: Ponder: What do you recognize as the work of the Holy Spirit in your life right now? What would it look like to intentionally welcome that work this coming week?

Prayer: Spirit, my life is full of dark valleys and quiet streams, and you are working in every one. You are a gift to me and I believe that you have come to lead me with goodness and love. Some of the seasons I encounter are uncomfortable and include places and things I would not pursue on my own. Help me submit to following your guidance on the path – Holy Spirit, direct me. Amen.