

## Liturgy of Hours - Daily Office

Sunday, January 4<sup>th</sup> – Saturday, January 10<sup>th</sup>

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 4<sup>th</sup>

Morning: Read Ephesians 1:3-13

<sup>3</sup>Blessed be the God and Father of our Lord Jesus Christ, who has blessed us in Christ with every spiritual blessing in the heavenly places, <sup>4</sup>just as he chose us in Christ before the foundation of the world to be holy and blameless before him in love. <sup>5</sup>He destined us for adoption as his children through Jesus Christ, according to the good pleasure of his will, <sup>6</sup>to the praise of his glorious grace that he freely bestowed on us in the Beloved. <sup>7</sup>In him we have redemption through his blood, the forgiveness of our trespasses, according to the riches of his grace <sup>8</sup>that he lavished on us. With all wisdom and insight <sup>9</sup>he has made known to us the mystery of his will, according to his good pleasure that he set forth in Christ, <sup>10</sup>as a plan for the fullness of time, to gather up all things in him, things in heaven and things on earth. <sup>11</sup>In Christ we have also obtained an inheritance, having been destined according to the purpose of him who accomplishes all things according to his counsel and will, <sup>12</sup>so that we, who were the first to set our hope on Christ, might live for the praise of his glory. <sup>13</sup>In him you also, when you had heard the word of truth, the gospel of your salvation, and had believed in him, were marked with the seal of the promised Holy Spirit

Attend: Notice how your day is impacted by inviting the presence of God intentionally.

Midday: Read: Psalm 46

<sup>1</sup> God is our refuge and strength,  
an ever-present help in trouble.

<sup>2</sup> Therefore we will not fear, though the earth give way  
 and the mountains fall into the heart of the sea,  
<sup>3</sup> though its waters roar and foam  
 and the mountains quake with their surging.  
<sup>4</sup> There is a river whose streams make glad the city of God,  
 the holy place where the Most High dwells.  
<sup>5</sup> God is within her, she will not fall;  
 God will help her at break of day.  
<sup>6</sup> Nations are in uproar, kingdoms fall;  
 he lifts his voice, the earth melts.  
<sup>7</sup> The Lord Almighty is with us;  
 the God of Jacob is our fortress.  
<sup>8</sup> Come and see what the Lord has done,  
 the desolations he has brought on the earth.  
<sup>9</sup> He makes wars cease  
 to the ends of the earth.  
 He breaks the bow and shatters the spear;  
 he burns the shields with fire.  
<sup>10</sup> He says, "Be still, and know that I am God;  
 I will be exalted among the nations,  
 I will be exalted in the earth."  
<sup>11</sup> The Lord Almighty is with us;  
 the God of Jacob is our fortress.  
 Breath prayer: **Inhale:** You are here, Lord **Exhale:** I am not alone  
 Observe at least 60 seconds of silence

Evening: Ponder: Where did you feel God with you today? Where do you need to sense his presence tomorrow? Pray and commit those moments to Him.

Prayer: I commit this season of fresh moments to you. Help me to discover you even in the minute and ordinary. May I be completely at rest in your care of all things and eager to join you in all places and spaces of my life. Amen.

## **Monday, January 5<sup>th</sup>**

Morning: Read Psalm 105:1-4

<sup>1</sup> Give praise to the Lord, proclaim his name;  
 make known among the nations what he has done.  
<sup>2</sup> Sing to him, sing praise to him;  
 tell of all his wonderful acts.  
<sup>3</sup> Glory in his holy name;  
 let the hearts of those who seek the Lord rejoice.  
<sup>4</sup> Look to the Lord and his strength;  
 seek his face always.  
 Attend: Remember today what God has done for you, big and small.

Midday: Read: Colossians 3:15-17

<sup>15</sup> Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful. <sup>16</sup> Let the message of Christ dwell among you richly as you teach and admonish one another with all wisdom through psalms, hymns, and songs from the Spirit, singing to God with gratitude in your hearts. <sup>17</sup> And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him.

Breath Prayer: **Inhale:** I give you thanks **Exhale:** for all that you have done  
Observe at least 60 seconds of silence.

Evening: Ponder: What role does regular remembrance take in your life?

Prayer: God, you are the provider of all good things, help me to remain thankful. Keep me mindful of your great generosity – let me remember and continue to seek your face.

## **Tuesday, January 6<sup>th</sup> (Epiphany)**

Morning: Read Isaiah 60:1-6

**60** “Arise, shine, for your light has come,  
and the glory of the Lord rises upon you.

<sup>2</sup> See, darkness covers the earth  
and thick darkness is over the peoples,  
but the Lord rises upon you  
and his glory appears over you.

<sup>3</sup> Nations will come to your light,  
and kings to the brightness of your dawn.

<sup>4</sup> “Lift up your eyes and look about you:  
All assemble and come to you;  
your sons come from afar,  
and your daughters are carried on the hip.

<sup>5</sup> Then you will look and be radiant,  
your heart will throb and swell with joy;  
the wealth on the seas will be brought to you,  
to you the riches of the nations will come.

<sup>6</sup> Herds of camels will cover your land,  
young camels of Midian and Ephah.

And all from Sheba will come,  
bearing gold and incense  
and proclaiming the praise of the Lord.

Attend: Notice how the light of Christ glimmers even in the darkness of our world or your circumstances today.

Midday: Read John 8:12

<sup>12</sup> When Jesus spoke again to the people, he said, “I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life.”

Breath Prayer: **Inhale:** Jesus, you are my light **Exhale:** Open my eyes to you  
Observe at least 60 seconds of silence.

Evening: Ponder: Where did you get stuck focusing on the darkness today? How can you choose to look to the Light tomorrow?

Prayer: “Our God, who has never been daunted by the unlikely, the impossible.

What a sight for the Magi, too,  
A baby resting on hay, his cries mingled with braying and bleating.  
I like to think they heard in those everyday sounds a holy chorus,  
Saw in that noisy tableau a Creator serenaded by His creation,  
All of it embodied, enfleshed—  
All of it good.  
And when we've left our gifts for this implausible King,  
May we, like the Magi, go home by another way—  
Having encountered the holy,  
May we protect it, guard it,  
Trail its light behind us wherever we go.  
A sacred arc transposed from heaven to earth,  
May we ourselves become the star,  
Leading the way to Emmanuel.  
Amen." (Adapted from Cameron Bellm)

### **Wednesday, January 7<sup>th</sup>**

Morning: Read 1 Peter 1: 13-25

*<sup>13</sup> Therefore, with minds that are alert and fully sober, set your hope on the grace to be brought to you when Jesus Christ is revealed at his coming. <sup>14</sup> As obedient children, do not conform to the evil desires you had when you lived in ignorance. <sup>15</sup> But just as he who called you is holy, so be holy in all you do; <sup>16</sup> for it is written: "Be holy, because I am holy."*

*<sup>17</sup> Since you call on a Father who judges each person's work impartially, live out your time as foreigners here in reverent fear. <sup>18</sup> For you know that it was not with perishable things such as silver or gold that you were redeemed from the empty way of life handed down to you from your ancestors, <sup>19</sup> but with the precious blood of Christ, a lamb without blemish or defect. <sup>20</sup> He was chosen before the creation of the world, but was revealed in these last times for your sake. <sup>21</sup> Through him you believe in God, who raised him from the dead and glorified him, and so your faith and hope are in God.*

*<sup>22</sup> Now that you have purified yourselves by obeying the truth so that you have sincere love for each other, love one another deeply, from the heart. <sup>23</sup> For you have been born again, not of perishable seed, but of imperishable, through the living and enduring word of God. <sup>24</sup> For,*

*"All people are like grass,  
and all their glory is like the flowers of the field;  
the grass withers and the flowers fall,*

*<sup>25</sup> but the word of the Lord endures forever."*

*And this is the word that was preached to you.*

Attend: Today, be aware of the ways the Kingdom is breaking through.

Midday: Read Matthew 6:9-13

*<sup>9</sup> "This, then, is how you should pray:*

*"Our Father in heaven,  
hallowed be your name,*

*<sup>10</sup> your kingdom come,  
your will be done,*

*on earth as it is in heaven.*

*<sup>11</sup> Give us today our daily bread.*

*<sup>12</sup> And forgive us our debts,*

*as we also have forgiven our debtors.*

*<sup>13</sup> And lead us not into temptation,  
but deliver us from the evil one.'*

Breath prayer: **Inhale:** *Our Father in heaven* **Exhale:** *Holy is your name*  
Observe at least 60 seconds of silence.

Evening: Ponder: Who did you love deeply today?

Prayer: Father, let us be holy as you were holy. Coming near to those that are vulnerable and alone. Provide just what we need and help us to share it. Forgive us when we don't feel or show love and let us see how to forgive others when they don't show love to us. Lord, grow sincere hearts within us, striving to bring your Kingdom near. Amen.

### **Thursday, January 8<sup>th</sup>**

Morning: Read 1 Samuel 3:1-9

*<sup>3</sup> The boy Samuel ministered before the Lord under Eli. In those days the word of the Lord was rare; there were not many visions.*

*<sup>2</sup> One night Eli, whose eyes were becoming so weak that he could barely see, was lying down in his usual place. <sup>3</sup> The lamp of God had not yet gone out, and Samuel was lying down in the house of the Lord, where the ark of God was. <sup>4</sup> Then the Lord called Samuel.*

*Samuel answered, "Here I am." <sup>5</sup> And he ran to Eli and said, "Here I am; you called me."*

*But Eli said, "I did not call; go back and lie down." So he went and lay down.*

*<sup>6</sup> Again the Lord called, "Samuel!" And Samuel got up and went to Eli and said, "Here I am; you called me." "My son," Eli said, "I did not call; go back and lie down."*

*<sup>7</sup> Now Samuel did not yet know the Lord: The word of the Lord had not yet been revealed to him.*

*<sup>8</sup> A third time the Lord called, "Samuel!" And Samuel got up and went to Eli and said, "Here I am; you called me."*

*Then Eli realized that the Lord was calling the boy. <sup>9</sup> So Eli told Samuel, "Go and lie down, and if he calls you, say, 'Speak, Lord, for your servant is listening.'" So Samuel went and lay down in his place.*

Attend: Remain open to listening today; invite the Lord to speak.

Midday: Read John 14:26

*<sup>26</sup> But the Advocate, the Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you.*

Breath Prayer: **Inhale:** *Speak, Lord* **Exhale:** *Your servant is listening*

Observe at least 60 seconds of silence.

Evening: Ponder: How did you make space to hear from God today? Where do you need to carve out solitude and silence to hear from Him tomorrow?

Prayer: Spirit, I invite you to transform me. Let me lean in and cultivate quiet so that I can more easily discern your voice. Give me the wisdom and courage to act on your words. Thank you for the Advocate and the ability to hear from you. Amen.

### **Friday, January 9<sup>th</sup>**

Morning: Read Matthew 14:22-33

*<sup>22</sup> Immediately Jesus made the disciples get into the boat and go on ahead of him to the other side, while he dismissed the crowd. <sup>23</sup> After he had dismissed them, he went up on a mountainside by himself to pray. Later*

that night, he was there alone, <sup>24</sup> and the boat was already a considerable distance from land, buffeted by the waves because the wind was against it.

<sup>25</sup> Shortly before dawn Jesus went out to them, walking on the lake. <sup>26</sup> When the disciples saw him walking on the lake, they were terrified. "It's a ghost," they said, and cried out in fear.

<sup>27</sup> But Jesus immediately said to them: "Take courage! It is I. Don't be afraid."

<sup>28</sup> "Lord, if it's you," Peter replied, "tell me to come to you on the water."

<sup>29</sup> "Come," he said.

Then Peter got down out of the boat, walked on the water and came toward Jesus. <sup>30</sup> But when he saw the wind, he was afraid and, beginning to sink, cried out, "Lord, save me!"

<sup>31</sup> Immediately Jesus reached out his hand and caught him. "You of little faith," he said, "why did you doubt?"

<sup>32</sup> And when they climbed into the boat, the wind died down. <sup>33</sup> Then those who were in the boat worshiped him, saying, "Truly you are the Son of God."

Attend: Pay attention to when you feel like you are sinking today and choose to be rescued.

**Midday:** Read Psalm 71:1-8

<sup>1</sup> In you, Lord, I have taken refuge;  
let me never be put to shame.

<sup>2</sup> In your righteousness, rescue me and deliver me;  
turn your ear to me and save me.

<sup>3</sup> Be my rock of refuge,  
to which I can always go;  
give the command to save me,  
for you are my rock and my fortress.

<sup>4</sup> Deliver me, my God, from the hand of the wicked,  
from the grasp of those who are evil and cruel.

<sup>5</sup> For you have been my hope, Sovereign Lord,  
my confidence since my youth.

<sup>6</sup> From birth I have relied on you;  
you brought me forth from my mother's womb.  
I will ever praise you.

<sup>7</sup> I have become a sign to many;  
you are my strong refuge.

<sup>8</sup> My mouth is filled with your praise,  
declaring your splendor all day long.

Breath Prayer: **Inhale:** You are my hope Sovereign Lord **Exhale:** my rock of refuge

Observe at least 60 seconds of silence.

**Evening:** Ponder: Where did you allow yourself to trust God today?

Prayer: "Lord Jesus, stay with me, for evening is at hand and the day is past; be my companion in the way, kindle my heart, and awaken hope, that I may know you as you are revealed in Scripture and the breaking of bread. Grant this for the sake of your love. Amen." (Book of Common Prayer)

**Saturday, January 10<sup>th</sup>**

**Morning:** Read 2 Corinthians 3:7-18

<sup>7</sup> Now if the ministry that brought death, which was engraved in letters on stone, came with glory, so that the Israelites could not look steadily at the face of Moses because of its glory, transitory though it was, <sup>8</sup> will not the ministry of the Spirit be even more glorious? <sup>9</sup> If the ministry that brought condemnation was glorious, how much

more glorious is the ministry that brings righteousness! <sup>10</sup> For what was glorious has no glory now in comparison with the surpassing glory. <sup>11</sup> And if what was transitory came with glory, how much greater is the glory of that which lasts!

<sup>12</sup> Therefore, since we have such a hope, we are very bold. <sup>13</sup> We are not like Moses, who would put a veil over his face to prevent the Israelites from seeing the end of what was passing away. <sup>14</sup> But their minds were made dull, for to this day the same veil remains when the old covenant is read. It has not been removed, because only in Christ is it taken away. <sup>15</sup> Even to this day when Moses is read, a veil covers their hearts. <sup>16</sup> But whenever anyone turns to the Lord, the veil is taken away. <sup>17</sup> Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom. <sup>18</sup> And we all, who with unveiled faces contemplate the Lord's glory, are being transformed into his image with ever-increasing glory, which comes from the Lord, who is the Spirit.

Attend: Be aware of how God's ever-increasing glory is available to you in every moment of your day.

Midday: Read Jeremiah 6:16

<sup>16</sup> This is what the Lord says:

*"Stand at the crossroads and look;*

*ask for the ancient paths,*

*ask where the good way is, and walk in it,*

*and you will find rest for your souls.*

*But you said, 'We will not walk in it.'*

Breath Prayer: **Inhale:** O God show me the ancient good ways **Exhale:** I want to find rest for my soul

Observe at least 60 seconds of silence.

Evening: Ponder: How were you present with God in your real life today? Can you change the rhythm of your day tomorrow to invite God's presence even more?

Prayer: Spirit God, who is present in my life unfailingly, I am so grateful for access to your ever-increasing glory. What a gift! Help me to invite you into my comings and goings, my work and my play – in all the moments. Slow me down; let me take full advantage of this incredible hope. Amen.