

## The Daily Office:

**Our Father in Heaven:** Reflect & rest a moment on our relationship to God.

**Hallowed be thy name:** Worship - Tell him who he is & what he's done. Sing.

**Confess the Apostle's Creed.**

*I believe in God the Father Almighty, maker of heaven and earth;  
And in Jesus Christ, his only Son, our Lord, who was conceived by the  
Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was  
crucified, died, and was buried; he descended to the dead. On the third  
day he rose again; he ascended into heaven, is seated at the right hand  
of the Father, and will come again to judge the living and the dead.  
I believe in the Holy Spirit, the holy catholic church, the communion of  
saints, the forgiveness of sins, the resurrection of the body and the life  
everlasting. Amen.*

**Your Kingdom come, Your will be done**

Intercede - Ask God to move in us, and in the world.

**Readings: Psalm — Old Testament —New Testament**

**Give us this day our daily bread :** Ask for aid for your needs.

**Forgive us our trespasses, as we forgive those who trespass against us.**

Ask God to search our heart, to reveal our offence.

The General Confession is a great launching point:

*Almighty and most merciful Father, we have erred and strayed from your  
ways like lost sheep. We have followed too much the devices and desires  
of our own hearts. We have offended against your holy laws. We have  
left undone those things which we ought to have done, and we have done  
those things which we ought not to have done; and apart from your  
grace, there is no health in us. O Lord, have mercy upon us. Spare all  
those who confess their faults. Restore all those who are penitent,  
according to your promises declared to all people in Christ Jesus our  
Lord. And grant, O most merciful Father, for his sake, that we may now  
live a godly, righteous, and sober life, to the glory of your holy Name.  
Amen.*

**Lead us, not into temptation, but deliver us from Evil.**

Seek God's direction for the day.

**For thine is the Kingdom, the power and the Glory forever & ever  
Amen.**

## What is the Daily Office?

The Daily Office is an ancient Christian practice that standardized prayer for all believers. It has gone through many iterations over the hundreds of years. This is a contemporary attempt to capture the heart of the office - that we all pray together, even if we pray separated from each other, we are engaging with the same scriptures, as a community.

We can follow an expanded *Lord's Prayer*, with the readings from the reverse taking us through the whole Bible, each year, instead of the incredibly rich (and somewhat complicated) pattern of prayers the *Book of Common Prayer* holds. Actually, this plan will take us through the book of Psalms several times, with 2 psalms a day. This plan will almost take us through the whole New Testament twice - Revelation being the only NT book we read once a year.

This Daily Office also includes confessing the Apostle's Creed, which is a summary of truths about God and our faith, akin to a cheat sheet, to keep us unified in the essentials of our belief as Christians. Be encouraged by these unchangeable facts of our reality. It also includes The General Confession, a great prayer of owning our shortcomings. I find as I confess and pray this scripted prayer, God brings to heart and mind the specific personal things of my life, and He and I can deal with them. May it be a launch pad of prayer for you as well

Many have found it helpful to journal the scriptures with the **SOAP** guide. **Scripture:** Read the daily passages. **Observation:** Write a bit about what stood out, was noteworthy or unexpected. **Application:** write how you can apply some or one of your observations to your life. **Prayer:** write a prayer in response to the reading, observation and application or the things which are most on your mind today. You can also prayer the *Lord's Prayer* or the *General Confession*. What is God saying to you?

Lastly, I was greatly encouraged with this thought - the Daily Office is not homework that must be completed, but a conversation starter that can last us our lifetime - if you fall off pace, just get back in the saddle and carry on. We don't play catch up, we strive to learn to walk with Christ without stumbling. I find the structure and regularity of the Daily Office readies my heart and mind to engage with God more throughout the day.

yours in Christ,

Pastor Brock

<b>MAY</b>		<b><u>MORNING PRAYER</u></b>			
	<b>Psalm</b>	<b>Old Testament</b>		<b>New Testament</b>	
1	78.40-end	Lev	27	Matt	15.1-31
2	80	Num	1	Matt	15.32-16.12
3	82	Num	2	Matt	16.13-end
4	84	Num	1-2	Matt	17
5	85-86	Num	1-3	Matt	18.1-14
6	88	Num	5	Matt	18.15-end
7	90	Num	6	Matt	19
8	92-93	Num	7.1-41	Matt	20
9. a	8	Ezek	1	Eph	1:15-end
10	95	Num	7.42-end	Matt	21.1-22
11	97	Num	1-7	Matt	21.23-end
12	99	Num	9	Matt	22.1-22
13	102	Num	10	Matt	22.23-end
14	104	Num	11	Matt	23.1-36
15	106	Num	12-13	Matt	23.37-24.14
16	108	Num	14	Matt	24.15-end
17	110-111	Num	15	Matt	25.1-30
18	114-115	Num	16	Matt	25.31-end
19. b	133	Ezek	47.1-12	John	7.37-39
20	118	Num	17	Matt	26.1-35
21	119.17-40	Num	18	Matt	26.36-56
22	119.65-88	Num	19	Matt	26.57-end
23	119.105-128	Num	20	Matt	27.1-26
24	119.153-end	Num	21	Matt	27.27-56
25	122-123	Num	22	Matt	27.57-ch. 28
26	126-127	Num	23	Heb	1
27	48	Joel	2.21-end	Rom	8
28	130-131	Num	24	Heb	2
29	133-134	Num	25.1-26.22	Heb	3
30	136	Num	26.23-end	Heb	4.1-13
31	138	Num	27	Heb	4.14-5.10

a. Ascension b. Pentecost

<b>MAY</b>		<b><u>EVENING PRAYER</u></b>			
	<b>Psalm</b>	<b>Old Testament</b>		<b>New Testament</b>	
1	79	Isaiah	33	Acts	17.16-end
2	81	Isaiah	34-35	Acts	18
3	83	Isaiah	36.1-37.13	Acts	19.1-20
4	85	Isaiah	37.14-end	Acts	19.21-end
5	87	Isaiah	38-39	Acts	20.1-16
6	89	Isaiah	40	Acts	20.17-end
7	91	Isaiah	2-9	Acts	21.1-16
8	94	Isaiah	2-10	Acts	21.17-36
9. a	24	2 Kings	2.1-15	Hebrews	4.14-5.10
10	96	Isaiah	43	Acts	21.37-22.29
11	98	Isaiah	44	Acts	22.30-23.11
12	100-101	Isaiah	45	Acts	23.12-end
13	103	Isaiah	46	Acts	24
14	105	Isaiah	47	Acts	25
15	107	Isaiah	48	Acts	26
16	109	Isaiah	49	Acts	27.1-12
17	112-113	Isaiah	50	Acts	27.13-end
18	116-117	Isaiah	51	Acts	28.1-16
19. b	145	Acts	10.34-end	Gal	5.16-end
20	119.1-16	Isaiah	52-53	Acts	28.17-end
21	119.41-64	Isaiah	54	James	1
22	119.89-104	Isaiah	55-56	James	2
23	119.129-152	Isaiah	57	James	3
24	120-121	Isaiah	58	James	4
25	124-125	Isaiah	59	James	5
26	128-129	Isaiah	60	1 Pet	1
27	33	Ezek	36.22-28	1 Jn	4.1-14
28	132	Isaiah	61	1 Pet	2
29	135	Isaiah	62	1 Pet	3
30	137	Isaiah	63.1-14	1 Pet	4
31	139	Isaiah	63.15-ch. 6	1 Pet	5

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