

The Daily Office

Lent Faith Challenge | Week 24

Originating with the Jewish practice of praying at certain times of the day (cf. Ps 119:164 and Acts 3:1) the Daily Office is a pattern of pauses & prayers throughout the day to acknowledge God, seek his face, and worship him.

Monastic communities might practice the Daily Office 7-8x/day. We encourage you to do three: first thing in the morning, midday (lunch or after work/school), and before bed. The challenge is to do this every weekday until Palm Sunday.

Morning

Pray: Father, Son, and Holy Spirit, I start my day in your name. Guide me in your will.

Mon: I am righteous because of Jesus Christ. Therefore my prayers are tremendously powerful and extremely effective. “Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective.” (James 5:16)

Tues: I invite the Spirit of God into my mind. He fills and floods all my thoughts, desires, memories, emotions, dreams, passions, and my entire imagination. He is the One who teaches me how to pray. I trust Him. “In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans.” (Rom 8:26)

Wed: God has prepared in advance good works for me to do today. “For we are God’s handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.” (Eph. 2:10)

Thur: God’s divine power has given me everything I need for life and godliness. I am fully equipped for his work today. “His divine power has given us everything we need for a godly life through our knowledge of him who called us by his own glory and goodness.” (2 Peter 1:3)

Fri: I am anointed by God. It is not about the perfection of my words or actions but rather the anointing of the Holy Spirit’s power. He will reveal truth, renew hope and transform lives through me everywhere I go today. “Now it is God who makes both us and you stand firm in Christ. He anointed us...” (2 Cor 1:21)

Pray Luther’s Morning Prayer:

I thank You, my heavenly Father, through Jesus Christ, Your dear Son, that You have kept me this night from all harm and danger; and I pray that You would keep me this day also from sin and every evil, that all my doings and life may please You. For into Your hands I commend myself, my body and soul, and all things. Let Your holy angel be with me, that the evil foe may have no power over me. Amen.

Midday

Pray: Father, Son, and Holy Spirit, I live my day in your name. Sustain me in your will.

Covenant Renewal (Mon)

Work through “FOF Membership Philosophy” in the FOF Covenant Renewal.

Memorize Ps 51:1-3 (Tues – Fri)

Have mercy on me, O God, according to your unfailing love; according to your great compassion blot out my transgressions. ² Wash away all my iniquity and cleanse me from my sin. ³ For I know my transgressions, and my sin is always before me.

Evening

Pray: Father, Son, and Holy Spirit, I end my day in your name. Guard me in your will.

Read:

Mon: Isaiah 1
Tues: Ps 93
Wed: Ps 94
Thur: Ps 95
Fri: Ps 96

Extra read or memorization: Ps 119:65-72 (teth)

Pray Luther’s Evening Prayer:

I thank You, my heavenly Father, through Jesus Christ, Your dear Son, that You have graciously kept me this day; and I pray that You would forgive me all my sins where I have done wrong, and graciously keep me this night. For into Your hands I commend myself, my body and soul, and all things. Let Your holy angel be with me, that the evil foe may have no power over me. Amen.