

# The Daily Office

Lent Faith Challenge | Week 25

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 trust God with my family. They belong to God. They are more His than they are mine. God loves them more than I do.** "See that you do not despise one of these little ones. For I tell you that their angels in heaven always see the face of my Father in heaven." (Matt 18:10)

**Tues: God has set up massive angels to guard, protect, and minister His Word to each one of my family members. I and my family are underneath divine protection. I will not be afraid.** "Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty. I will say of the LORD, 'He is my refuge and my fortress, my God, in whom I trust.'" (Ps 91:1-2)

**Wed: The God of all hope, who is the source of hope, fills me completely with His divine hope today.** "May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit." (Rom 15:13)

**Thur: God fills me with joy and peace because I trust in Him. I have so much hope that I freely give it away because I am overflowing with the God's confident hope today!** "May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit." (Rom 15:13)

**Fri: The resurrection power of God lives in me. The light within me is more powerful the darkness around me. I bring the light of Jesus with me wherever I go and the darkness cannot overtake it!** "The light shines in the darkness, and the darkness has not overcome it." (John 1:5)

### 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 "Reconnect" in the FOF Covenant Renewal.

### Memorize Ps 51:4-6 (Tues – Fri)

Against you, you only, have I sinned and done what is evil in your sight, so that you are proved right when you speak and justified when you judge. Surely I was sinful at birth, sinful from the time my mother conceived me. Surely you desire truth in the inner parts; you teach me wisdom in the inmost place.

## Evening

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

### Read:

Mon: Luke 5  
Tues: Ps 97  
Wed: Ps 98  
Thur: Ps 99  
Fri: Ps 100

*Extra read or memorization: Ps 119:73-80 (yodh)*

### 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.