

The Daily Office

Lent Faith Challenge | Week 26

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 have the mind of Christ. I think His thoughts. I experience His emotions. I know and desires what He wants. "Who has known the mind of the Lord so as to instruct him?" But we have the mind of Christ." (1 Cor 2:16)

Tues: I have the mind of Christ, a new clean heart, and the presence of God within me. Therefore I refuse to be defeated, overwhelmed, discouraged, depressed, or disappointed today. "Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid." (John 14:27)

Wed: I pray without ceasing. I depend upon the Father for everything. I am aware of abiding with Jesus every moment. "I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing." (John 15:5)

Thur: I have a sound mind. God is in my thoughts. He gives me ideas. My body, mind, and soul are at peace in every situation because my mind is fixed on God. "For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline." (2 Tim 1:7)

Fri: By faith, I enter the rest of God. The peace and rest of God is my mode of operation and I live life from that position today. "Fix your thoughts on Jesus, whom we acknowledge as our apostle and high priest. He was faithful to the one who appointed him..." (Heb 3:1-2)

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 "Reaffirm" in the FOF Covenant Renewal.

Memorize Ps 51:7-9 (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. ⁴ 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. ⁵ Surely I was sinful at birth, sinful from the time my mother conceived me. ⁶ Surely you desire truth in the inner parts; you teach me wisdom in the inmost place. ⁷ **Cleanse me with hyssop, and I will be clean; wash me, and I will be whiter than snow. ⁸ Let me hear joy and gladness; let the bones you have crushed rejoice. ⁹ Hide your face from my sins and blot out all my iniquity.**

Evening

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

Read:

Mon: Jeremiah 20
Tues: Ps 101
Wed: Ps 102
Thur: Ps 103
Fri: Ps 104

Extra read or memorization: Ps 119:81-88 (kaph)

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.