

The Daily Office

Lent Faith Challenge | Week 27

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 all the energy I need for this day. By faith, I tap into God's supernatural energy that so powerfully works within me, just like Paul did. "To this end I strenuously contend with all the energy Christ so powerfully works in me." (Col 1:29)

Tues: I speak out truth, life, love, peace, encouragement, and healing to everyone I come in contact with. Jesus fills my mouth with His words. "If anyone speaks, they should do so as one who speaks the very words of God. If anyone serves, they should do so with the strength God provides, so that in all things God may be praised through Jesus Christ. To him be the glory and the power for ever and ever." (1 Pet 4:11)

Wed: God works in me mightily, filling my passions and desires, prompting and moving me towards His detailed and perfect will for today. "For it is God who works in you to will and to act in order to fulfill his good purpose." (Phil 2:13)

Thur: God's wisdom comes to me in a moment and I quickly apply His wisdom and words to the situation I am in. "The Holy Spirit will teach you at that time what you should say." (Luke 12:12)

Fri: Not only do I keep in step with the Holy Spirit but my body, heart, mind, soul, and spirit are filled to the brim with the His power and presence. "So I say, walk by the Spirit, and you will not gratify the desires of the flesh." (Gal 5:16)

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 "Restart" in the FOF Covenant Renewal.

Memorize Ps 51:10-12 (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. ¹⁰ **Create in me a pure heart, O God, and renew a steadfast spirit within me.** ¹¹ **Do not cast me from your presence or take your Holy Spirit from me.** ¹² **Restore to me the joy of your salvation and grant me a willing spirit, to sustain me.**

Evening

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

Read:

Mon: Isaiah 55
Tues: Ps 105
Wed: Ps 106
Thur: Ps 107
Fri: Ps 108

Extra read or memorization: Ps 119:89-96 (lamedh)

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.