

The Daily Office

Lent Faith Challenge | Week 28

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 filled up and flooded with God. I am drunk with the Holy Spirit today. I try to always do and speak out what pleases Him. "Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit." (Eph 5:18)

Tues: I know and feel God's unconditional love for lost people. I love them dearly. God is using me, my prayers, my resources, and my influence to greatly draw them to him! "My command is this: Love each other as I have loved you." (John 15:12)

Wed: The darkness that has existed for generations in this world is already crumbling! God has an amazing plan, hope, and future for the people of this world! "For as the soil makes the sprout come up and a garden causes seeds to grow, so the Sovereign LORD will make righteousness and praise spring up before all nations." (Isa 61:11)

Thur: God is changing the way people think. Lies are exposed, truth is revealed, and people's mindsets are being transformed and aligned with the truth of the Word of God! "Do not conform to the pattern of this world, but be transformed by the renewing of your mind." (Rom 12:2)

Fri: Our God is a God who makes a way in the wilderness and streams in the desert. He is doing a new thing. He is making a way for the Gospel. "The glory of the LORD will be revealed, and all mankind together will see it. For the mouth of the LORD has spoken." (Isa 40:5)

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 "Re-give" in the FOF Covenant Renewal.

Memorize Ps 51:13-15 (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. ¹³ **Then I will teach transgressors your ways, and sinners will turn back to you.** ¹⁴ **Save me from bloodguilt, O God, the God who saves me, and my tongue will sing of your righteousness.** ¹⁵ **O Lord, open my lips, and my mouth will declare your praise.**

Evening

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

Read:

Mon: Daniel 9
Tues: Ps 109
Wed: Ps 110
Thur: Ps 111
Fri: Ps 112

Extra read or memorization: Ps 119:97-104 (mem)

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.