

## Friday

### Morning

#### Intro

He is risen! He is risen indeed! Welcome to the practice of the daily office.

#### Silence

Easter is a reminder that God is in the business of finding what is lost, fixing what is broken, and bringing life from death. This is certainly a helpful reminder in this season of uncertainty. In this first week of Easter, let's ground ourselves in the presence of the risen Lord as we pause in the morning, midday, and evening for silence, scripture, and prayer.

Let's begin in silence.

Take a deep breath.

Remember, right now, you are in God's loving presence.

Psalm 139 says tells us there is no place we can go to escape God's loving presence.

Take another deep breath.

God is closer than the air we breathe.

Take two minutes of silence now to rest in the presence of the Lord.

#### Scripture

Now, I invite you to listen with me to the Word of God.

Now that same day two of them were going to a village called Emmaus, about seven miles from Jerusalem. They were talking with each other about everything that had happened. As they talked and discussed these things with each other, Jesus himself came up and walked along with them; but they were kept from recognizing him.

He asked them, "What are you discussing together as you walk along?"

They stood still, their faces downcast. One of them, named Cleopas, asked him, "Are you the only one visiting Jerusalem who does not know the things that have happened there in these days?"

"What things?" he asked.

"About Jesus of Nazareth," they replied. "He was a prophet, powerful in word and deed before God and all the people. The chief priests and our rulers handed him over to be sentenced to death, and they crucified him; but we had hoped that he was the one who was going to redeem Israel. And what is more, it is the third day since all this took place. In addition, some of our women amazed us. They went to the tomb early this morning but didn't find his body. They came and told us that they had seen a vision of angels, who said he was alive. Then some of our companions went to the tomb and found it just as the women had said, but they did not see Jesus."

He said to them, "How foolish you are, and how slow to believe all that the prophets have spoken! Did not the Messiah have to suffer these things and then enter his glory?" And beginning with Moses and all the Prophets, he explained to them what was said in all the Scriptures concerning himself.

As they approached the village to which they were going, Jesus continued on as if he were going farther. But they urged him strongly, "Stay with us, for it is nearly evening; the day is almost over." So he went in to stay with them.

When he was at the table with them, he took bread, gave thanks, broke it and began to give it to them. Then their eyes were opened and they recognized him, and he disappeared from their sight. They asked each other, "Were not our hearts burning within us while he talked with us on the road and opened the Scriptures to us?"

They got up and returned at once to Jerusalem.

Listen to this passage again. Is there a word or a phrase that stands out? Is the Holy Spirit drawing to your attention any particular part of this passage?

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Consider what God has for you in this passage. Listen to the Lord. Take a moment to reflect on what is God saying to you in this text today.

Now take a moment and respond to God in prayer.

Lord, breath on us today. May we know your presence and receive the peace of your Holy Spirit. Amen

## **Mid-day**

### **Silence**

We pause now in mid-day. Perhaps much has happened already today, or maybe the day has begun slowly. However, this day is unfolding. Let us begin our mid-day prayer in silence. Take a deep breath. Remembering what Paul says, "In God we live and move and have our being."

Take another deep breath.

Take two minutes of silence now to rest in the presence of the Lord.

### **Midday Prayer**

I invite you to pray this prayer written by Walter Brueggemann.

Christ is risen!

We give thanks for the gift of Easter  
that runs beyond our expectations,  
beyond our categories of reason,  
even more, beyond the sinking sense of our own lives.

We know about the powers of death,  
powers that persist among us,  
powers that drive us from you, and  
from our neighbor, and  
from our best selves.

We know about the powers of fear and greed and anxiety,  
and brutality and certitude.  
powers before which we are helpless.

And then you – you at dawn, unquenched,  
you in the darkness,  
you on Saturday,  
you who breaks the world to joy.

Yours is the kingdom...not the kingdom of death,  
Yours is the power...not the power of death,  
Yours is the glory...not the glory of death.  
And we give thanks  
for this newness beyond our achieving.  
Amen.

## **Evening**

### **Silence**

This evening we pause once again to recognize and rest in the loving presence of God. Take a deep breath.

In Matthew 28, Jesus promised, “surely I am with you always, to the very end of the age.”

Take another deep breath.

Take two minutes of silence now to rest in the presence of the Lord.

### **Resurrection Prayer**

Easter is a reminder that our God delights in redeeming what was lost, restoring what is broken, bringing life from death. Tonight, would you consider where you long for new life. What area of your life feels broken, in need of resurrection?

Perhaps it is some struggle.

Is there a need for healing someplace in your life?

Maybe there is a broken relationship.

Do you live with regret over something in your past, or are you anxious for the future?

Pause now and consider, where are you longing for new life?

Would you take a moment and share your desire with God? Talk and listen. Have a conversation with the Lord now.

God, thank you for your gift of new life. May we live in the joy of resurrection. May we know your presence, and may we rest in the peace of your Holy Spirit tonight. Amen.