



Welcome to the practice of the daily office. In this season of disruption, we invite you to join us in a rhythm of prayer. How might our days be grounded more deeply in God's presence if we pause each morning, midday, and evening for silence, scripture, and prayer?

## Morning

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

### **Silence**

This Easter morning, let's begin in silence.

Take a deep breath.

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

Take another deep breath. God is closer than the air we breathe.

As we enter into silence this morning, will you imagine you are walking to Jesus's tomb? Maybe you are bringing spices as you walk with Mary and the other women, or perhaps you are with Peter and John going to the tomb after hearing Mary's report.

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

### **Scripture**

I invite you to enter the Word of God. Allow yourself to fully participate by imagining yourself within the narrative. Place yourself in the scene with Jesus: watching him, listening to him, and responding to what is happening. Allow yourself to find your story in the midst of God's story today.

But very early on Sunday morning the women went to the tomb, taking the spices they had prepared. They found that the stone had been rolled away from the entrance. So they went in, but they didn't find the body of the Lord Jesus. As they stood there puzzled, two men suddenly appeared to them, clothed in dazzling robes.

The women were terrified and bowed with their faces to the ground. Then the men asked, "Why are you looking among the dead for someone who is alive? He

isn't here! He is risen from the dead! Remember what he told you back in Galilee, that the Son of Man must be betrayed into the hands of sinful men and be crucified, and that he would rise again on the third day."

Then they remembered that he had said this. So they rushed back from the tomb to tell his eleven disciples—and everyone else—what had happened. It was Mary Magdalene, Joanna, Mary the mother of James, and several other women who told the apostles what had happened. But the story sounded like nonsense to the men, so they didn't believe it. However, Peter jumped up and ran to the tomb to look. Stooping, he peered in and saw the empty linen wrappings; then he went home again, wondering what had happened.

Take a moment now to reflect on these questions.

As you watch this scene play out before you, what do you notice? What stands out in the teaching of Jesus?

What did you think when you heard the tomb was empty?

What did you feel when you saw for yourself the tomb was empty?

Spend some time now talking to Jesus. If it is helpful, remain in the scene. Share with him what stood out or what emotions you felt. Talk to Jesus and listen for his response. Have a conversation with him now.

Glory be to the Father, and to the Son, and to the Holy Spirit. Amen.

## Midday

### Silence

As you pause at midday, consider how you have begun this day. Has much happened already today, or has this day begun slowly? However your day is unfolding, begin your 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 in silence now to rest in the presence of the Lord.

### Midday Prayer

I invite you to join me now in this prayer written by Fran Pratt

God, You have loved us with an everlasting love;  
You have continually been faithful  
You are our strength.  
You are our salvation.  
This is the story of Jesus of Nazareth:  
He was anointed with the Holy Spirit and with power.  
He went about doing good and healing all who were oppressed.  
He was put to death on a cross and his body laid in a tomb.

"Tear this temple down," he said,  
"In three days I will rebuild it!"

And so it is:  
On the third day,  
As the disciples Mary and Mary Magdalene have seen:  
Christ's tomb is empty!  
An angel has rolled away the stone:  
He is not there.  
He is risen!  
He is risen, indeed!

We celebrate the story of Jesus Christ:  
Birth, work, death, resurrection.  
And we have been raised with Christ,  
Who is our life.  
Amen

## Evening

### **Silence**

This evening, 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 in silence now to rest in the presence of the Lord.

### **Prayer for Resurrection**

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?

Where are you longing for new life?

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

Would you pray this prayer with me?

Lord, this week, we entered into your story. We walked with you the road to the cross, offering our whole selves, everything we have, and all that we are to you. We followed you in the sorrow of Friday and the confusion of Saturday, and today we receive your gift of resurrection life. Open us to receive the life that you give, a life of love and joy, a life of peace and trust in your goodness. Amen.