



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

Silence

Let's begin in silence.

Take a deep breath.

Remember, right now, you are in God's loving presence. However you are beginning this day, whatever emotions you are feeling, the Lord is with you. Psalm 139 says there is no where we can go to escape God's loving presence.

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

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

Scripture

This week, we are invited to journey with Jesus through the final moments of his life. As we look back on the life of Christ, the invitation is not only to remember what he has done for us, but to walk with him as we re-live his journey to the crucifixion and resurrection.

I invite you to enter the Word of God. As you read this week, 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 during this holy week.

They went to the olive grove called Gethsemane, and Jesus said, "Sit here while I go and pray." He took Peter, James, and John with him, and he became deeply troubled and distressed. He told them, "My soul is crushed with grief to the point of death. Stay here and keep watch with me."

He went on a little farther and fell to the ground. He prayed that, if it were possible, the awful hour awaiting him might pass him by. "Abba, Father," he

cried out, “everything is possible for you. Please take this cup of suffering away from me. Yet I want your will to be done, not mine.”

Then he returned and found the disciples asleep. He said to Peter, “Simon, are you asleep? Couldn’t you watch with me even one hour? Keep watch and pray, so that you will not give in to temptation. For the spirit is willing, but the body is weak.”

Then Jesus left them again and prayed the same prayer as before. When he returned to them again, he found them sleeping, for they couldn’t keep their eyes open. And they didn’t know what to say.

When he returned to them the third time, he said, “Go ahead and sleep. Have your rest. But no—the time has come. The Son of Man is betrayed into the hands of sinners. Up, let’s be going. Look, my betrayer is here!”

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 questions do you have when Jesus asks you to sit and wait for him? How do you respond when he says his soul is crushed to the point of death?

How do you feel when Jesus wonders why you fell asleep? Why do you think you couldn’t keep watch?

Spend some time now talking to Jesus. If it is helpful, remain in the scene. Share with him what stood out, what questions you had, 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 Pamela Hawkins from her book *The Awkward Season: Prayers for Lent*.

Into your hands, O Christ,
my life and my loves.
Into your hands, O Lord,
my enemies and friends.
Into your hands, O Lamb,
the bread and the cup
for the broken and blessed,
for the wanting and willing.
From your hands to my hands,
entrust now in prayer.
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 of Surrender

Tonight, I invite you to offer a simple prayer of surrender. Jesus said, “Whoever wants to be my disciple must deny themselves and take up their cross and follow me. For whoever wants to save their life will lose it, but whoever loses their life for me and for the gospel will save it.”

Are you willing to deny yourself in order to follow Jesus? What are you holding back? What are you being invited to surrender to Jesus today?

Begin with your hands on your lap, palms facing up.

As you consider this day, what do you need to surrender? Is there something occupying your thoughts? Is there a struggle, or some difficult interaction you had today? What would be helpful for you to offer to the loving care of God? Pause for a moment, and imagine you are holding this in your open hands.

Now turn your hands over, palms facing down, as a symbol of your desire to let go. Pray a simple prayer of surrender, trusting God to care for you and this burden. You may find it difficult to surrender. In complete honesty, you might even notice you don't want to let go. That is okay. Let your hands represent a desire to be willing to surrender. Offer your prayer now.

Finally, return your hands to a palms up position to show your desire to receive from God. What is God offering to you in this space? Listen to the Holy Spirit. Is God offering peace or a greater measure of trust? Perhaps the Lord is simply offering his presence and great love for you now. Pause now and listen to the Lord now in this receiving posture.

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