

## **Morning**

### **Intro**

Welcome to the Practice of the Daily Office. In this season of disruption and uncertainty, 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, mid-day, and evening for silence, scripture, and prayer?

### **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 of silence to rest in the presence of the Lord.

### **Scripture**

Now I invite you to wade into to the Word of God. In a time of uncertainty, it is helpful to remember that God is sovereign. The Lord is in control. Jesus is King of this *present* Kingdom of God.

Begin by familiarizing yourself with this passage from the Gospel of Matthew. This moment takes place as Jesus is beginning his ministry.

Now when he heard that John had been arrested, he withdrew into Galilee. And leaving Nazareth he went and lived in Capernaum by the sea, in the territory of Zebulun and Naphtali, so that what was spoken by the prophet Isaiah might be fulfilled:

“The land of Zebulun and the land of Naphtali,  
the way of the sea, beyond the Jordan, Galilee of the Gentiles—  
the people dwelling in darkness  
have seen a great light,  
and for those dwelling in the region and shadow of death,  
on them a light has dawned.”

From that time Jesus began to preach, saying, “Repent, for the kingdom of heaven is at hand.”

Read the passage again. What are you curious about? What questions come to mind in this text. What would you like to ask Jesus?

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As you read to the passage a second time, did any questions come to mind? I invite you now to spend time with the Lord. Ask Jesus your question and listen for his response. What does Jesus have to say to you today? If no question came to mind, perhaps you would consider this one. “Jesus, what does it mean that the kingdom is at hand? What does it mean for the kingdom to be present in my life?”

Take a moment now for a conversation with Jesus.

Would you continue to sit with this question today? Spend time reflecting on it. Pay attention to what the Lord brings to mind. You might even invite someone into your question. Share with them what you are hearing. Ask them what they think.

### **Prayer**

I invite you to pray with me now,

Jesus, we are grateful for your work and ministry today. May your kingdom come, your will be done, on earth as it is in heaven. 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.

These next moments of silence are yours to rest in the presence of the Lord.

### **Prayer for the Kingdom**

Would you now pray this prayer for the Kingdom of God from Fran Pratt.

God of peace and love,

Bring to us a new awareness of your kingdom at work in the world.

Grant that we may see and understand the small and unassuming things, which take patience and attention to notice:

A seed.

Yeast in bread

Treasure buried in a field

A net cast into water

A baby lying in a manger.

We acknowledge that we mostly miss the signs when they are not flashy or earth-shaking,  
But that your kingdom is all around us.

We acknowledge that Christ came to exhibit neither wealth nor political power,  
But self-sacrificing love.

We acknowledge that the progress of the good work we do may be imperceptible to us,  
And that our success is in our obedience to you.

We welcome your kingdom, in the world and in our hearts.

We seek your kingdom, trusting that we will find it.

We anticipate your kingdom,

Working toward peace

Providing for the poor

Healing the sick

Loving our enemies.

We trust in your love to provide for us in our seeking.

Whether your spirit comes to us as a wind or a whisper,

May we know your presence and be useful in your kingdom work.

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 to rest in the presence of the Lord.

### **Noticing God**

Tonight, I invite you to reflect on your day. Dallas Willard taught that the kingdom of God is the range of God’s effective will. In other words, the kingdom is anyplace where what God wants to be done is done. As you review your day, when did you notice yourself cooperating with God’s will today? Take a moment to reflect on this question.

As you continue reviewing your day, when did you struggle to cooperate with God’s will or even to recognize God at work? Take another moment to reflect on this question.

Now choose one moment from your day and speak to Jesus about it. It may be a moment you cooperated with God or one where you struggled. Pick one, and have a conversation with Jesus now. Talk to him. And listen.

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