

Day 2

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.

That day when evening came, he said to his disciples, "Let us go over to the other side. "Leaving the crowd behind, they took him along, just as he was, in the boat. There were also other boats with him. A furious squall came up, and the waves broke over the boat, so that it was nearly swamped. Jesus was in the stern, sleeping on a cushion. The disciples woke him and said to him, "Teacher, don't you care if we drown?"

He got up, rebuked the wind and said to the waves, "Quiet! Be still!" Then the wind died down and it was completely calm.

He said to his disciples, "Why are you so afraid? Do you still have no faith?"

They were terrified and asked each other, "Who is this? Even the wind and the waves obey him!"

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, the stories of our lives are full of storms real and metaphorical. Thank you for being with us when the waves beat down on us and threaten to drag us under. Lord, please bring us peace and stillness in the storm. 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 are yours to rest in the presence of the Lord.

Prayer in the Pain

Would you now pray this prayer from Douglas Kaine McKelvey.

Comfort us, O Lord,
in the wake of what has overtaken us.
Shield us, O Lord, from the hurts
we cannot bear.
Shelter us, O Lord,
in the fortress of your love.

Shepherd us, O Lord, as we wake each
new morning, faced with the burdens of a
hard pilgrimage we would not have chosen.
But as this is now our path, let us walk it in
faith, and let us walk it bravely, knowing
that you go always before us.

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.

Prayer of Being Still

Tonight, I invite you to hold these words from Psalm 46 before you. Reflect on them. Drink them in. Jeremiah 15:16 says, "When your words came, I ate them. They were my joy and my heart's delight." Allow these words to rest in your soul tonight.

Read each line slowly and reflectively. After each reading, allow 20-30 seconds of silence to be still in the presence of the Lord.

Be still, and know that I am God.

Be still, and know that I am God.

Be still, and know that I am God.

Be still, and know.

Be still, and know.

Be still.

Be still.

Be.

Be still.

Be still, and know.

Be still, and know that I am God.

Be still, and know that I am God.

Be still, and know that I am God.

Amen.