

Keep a Daily Office Time: How to use this reading/prayer guide

The *Daily Office* lectionary of Scripture readings is arranged in a two-year cycle. **Year One** begins on the First Sunday of Advent (the beginning of the Church's "New Year") before odd-numbered years (2003, 2005, etc.). **Year Two** begins on the First Sunday of Advent before even-numbered years (2002, 2004, etc.). In this booklet the Daily Office of Scripture readings is either a Year One or a Year Two selection.

Each day has a reading of Psalms for morning and evening, an Old Testament reading, a New Testament reading, and a Gospel reading. An asterisk separates the Psalms to be read either in the morning or evening.

The Bible readings are based upon the *New Common Lectionary* that is used by many Christians throughout the world. Consider the millions of sisters and brothers with whom you are reading and meditating on Scripture, worshipping God and offering prayer.

Steps: Use [or adapt] the following steps to keep a Daily Office Time of prayer and Bible reading.

A Simple Guide for Daily Prayer

Greet the LORD: *Here I am Lord; I come into your presence...*

Scripture Readings: (see the list of readings for the day)

Ask for Illumination: Before reading pray: *"My understanding of your Word comes from You, O God. Open my ears, my mind, and my heart to hear what you have to say to me. Help me upon hearing to understand, and upon understanding, to act; in Jesus' name. Amen."*

Now read and pray without hurry or rush:

Read the **Psalms** lessons: **pray** as the psalms suggest...

Read the **Old Testament** lessons: **pray** as the OT lesson suggests...

Read the **New Testament** lessons: **pray** as the NT lesson prompts...

Read the **Gospel** lessons: **pray** as the Gospel lesson nudges you...

And when you pray...remember prayer isn't just about asking, asking, asking.

Remember **ADORATION, CONFESSION, THANKSGIVING, AND SUPPLICATION:**

Prayer to ADORE God Sing or repeat to yourself a Hymn of praise to God; use the morning Psalm(s) as an aid to adoration and praise.

Prayers of CONFESSION Attitudes, words, deeds done or *not* done.

Prayers of THANKSGIVING In everything, give thanks!

Prayers of SUPPLICATION Ask away; all requests, needs, wants and intercessions for others.

THE DAILY WORD

Scripture Readings with a Guide to Prayer



Sunday / January 24 to Saturday / February 20

Distributed by:

GRACE CHURCH SHOALS

Week of the Third Sunday in Ordinary Time Daily Office Year Two

Sunday 1-24-10	Psm. 67, 150 Gen. 13:2-18	* Gal. 2:1-10	46, 93 Mark 7:31-37
Monday	Psm. 57, 145 Gen. 14:(1-7)8-24	* Heb. 8:1-13	85, 47 John 4:43-54
Tuesday	Psm. 54, 146 Gen. 15:1-11, 17-21	* Heb. 9:1-14	28, 99 John 5:1-18
Wednesday	Psm. 65, 147:1-11 Gen. 16:1-14	* Heb. 9:15-28	125, 91 John 5:19-29
Thursday	Psm. 143, 147:12-20 Genesis 16:15-17:14	* Heb 10:1-10	81, 116 John 5:30-47
Friday	Psm. 88, 148 Gen. 17:15-27	* Heb. 10:11-2	6, 20 John 6:1-15
Saturday	Psm. 122, 149 Gen. 18:1-16	* Heb. 10:26-39	100, 63 John 6:16-27

Week of the Fourth Sunday in Ordinary Time

Sunday 1-31-10	Psm. 108, 150 Gen. 18:16-33	* Gal. 5:13-25	66, 23 Mark 8:22-30
Monday	Psm. 62, 145 Gen. 19:1-17(18-23)	* Heb. 11:1-12	73, 8 John 6:27-40
Tuesday	Psm. 12, 146 Gen. 21:1-21	* Heb. 11:13-22	36, 7 John 6:41-51
Wednesday	Psm. 96, 147:1-11 Gen. 22:1-18	* Heb. 11:23-31	132, 134 John 6:52-59
Thursday	Psm. 116, 147:12-20 Gen. 23:1-20	* Heb. 11:32-12:2	26, 130 John 6:60-71
Friday	Psm. 84, 148 Gen. 24:1-27	* Heb. 12:3-11	25, 40 John 7:1-13
Saturday	Psm. 63, 149 Gen. 24:28-38, 49-50	* Heb. 12:12-29	125, 90 John 7:14:36

Week of the Fifth Sunday in Ordinary Time Daily Office Year Two

2-07-10	Psm. 103, 150 Gen. 24:50-67	* 2 Tim. 2:14-21	117, 139 Mark 10:13-22
Monday	Psm. 5, 145 Gen. 25:19-34	* Heb. 13:1-16	82, 29 John 7:37-52
Tuesday	Psm. 42, 146 Gen. 26:1-6, 12-33	* Heb. 13:17-25	102, 133 John 7:53-8:11
Wednesday	Psm. 89:1-18, 147:1-11 Gen. 27:1-29	* Rom. 12:1-8	1, 33 John 8:12-20
Thursday	Psm. 97, 147:12-20 Gen. 27:30-45	* Rom. 12:9-21	16, 62 John 8: 21-32
Friday	Psm. 51, 148 Gen. 27:46-28:4, 10-22	* Rom. 13:1-14	142, 65 John 8:33-47
Saturday	Psm. 104, 149 Gen. 29:1-20	* Rom. 14:1-23	138, 98 John 8:47-59

Week of the Transfiguration

Sunday <i>Transfiguration</i>	Psm. 103, 150 Mal. 4:1-6	* 2 Cor. 3:7-18	117, 139 Luke 9:18-27
Monday	Psm. 5, 145 Prov. 27:1-6, 10-12	* Phil. 2:1-13	82, 29 Jn. 18:15-18, 25-27
Tuesday	Psm. 42, 146 Prov. 30:1-4, 24-33	* Phil. 3:1-11	102, 133 Jn. 18:28-38
Wednesday <i>Ash Wednesday</i>	Psm. 5, 147:1-11 Amos 5:6-15	* Heb. 12:1-14	27, 51 Lk. 18:9-14
Thursday	Psm. 27, 147:12-20 Hab. 3:1-10(11-15)16-18	* Phil. 3:12-21	126, 102 Jn. 17:1-8
Friday	Psm. 22, 148 Ezek. 18:1-4, 25-32	* Phil. 4:1-9	105, 130 Jn. 17:9-19
Saturday	Psm. 43, 149 Ezek. 39:21-29	* Phil. 4:10-20	31, 143 Jn. 17:20-26