

## 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 / May 16 to Saturday / June 10**

Distributed by:

**GRACE CHURCH SHOALS**

**Seventh Week of Easter**

## Daily Office Year Two

Sunday 5-16-10	Psm. 93, 150 Ex. 3:1-12	* Heb. 12:18-29	136, 117 Luke 10:17-24
Monday	Psm. 97, 145 Josh. 1:1-9	* Eph. 3:1-13	124, 115 Matt. 8:5-17
Tuesday	Psm. 98, 146 1 Sam. 16:1-13a	* Eph. 3:14-21	66, 116 Matt. 8:18-27
Wednesday	Psm. 99, 147:1-11 Isa. 4:2-6	* Eph. 4:1-16	9, 118 Matt. 8:28-34
Thursday	Psm. 47, 147:12-20 Zech. 4:1-14	* Eph. 4:17-32	68, 113 Matt. 9:1-8
Friday	Psm. 96, 148 Jer. 31:27-34	* Eph. 5:1-32	49, 138 Matt. 9:9-17
Saturday	Psm. 92, 149 Ex. 19:3-8a, 16-20	* Eph. 6:1-24	23, 114 Matt. 9:18-26

**Week of Pentecost**

Sunday <i>Pentecost 5/23</i>	Psm. 104, 150 Deut. 16:9-12	* Acts 4:18-21, 23-33	29, 33 Jn. 4:19-26
Monday	Psm. 62, 145 Ezek. 33:1-11	* 1 John 1:1-10	73, 9 Matt. 9:27-34
Tuesday	Psm. 12, 146 Ezek. 33:21-33	* 1 John 2:1-11	36, 7 Matt. 9:35-10:4
Wednesday	Psm. 96, 147:1-11 Ezek. 34:1-16	* 1 John 2:12-17	132, 134 Matt. 10:5-15
Thursday	Psm. 116, 147:12-20 Ezek. 37:21b-28	* 1 John 2:18-29	26, 130 Matt. 10:16-23
Friday	Psm. 84, 148 Ezek. 39:21-29	* 1 John 3:1-10	25, 40 Matt. 10:24-33
Saturday	Psm. 63, 149 Ezek. 47:1-12	* 1 John 3:11-18	125, 90 Matt. 10:34-42

**Week of Trinity**

## Daily Office Year Two

Sunday <i>Trinity 5/30</i>	Psm. 103, 150 Job 38:1-11; 42:1-5	* Rev. 19:4-16	117, 139 John 1:29-34
Monday	Psm. 5, 145 Prov. 3:11-20	* 1 John 3:11-18	82, 29 Matt. 11:1-6
Tuesday	Psm. 42, 146 Prov. 4:1-27	* 1 John 4:7-21	102, 133 Matt. 11:7-21
Wednesday	Psm. 89:1-18, 147:1-11 Prov. 6:1-19	* 1 John 5:1-12	1, 33 Matt. 11:16-24
Thursday	Psm. 97, 147:12-20 Prov. 7:1-27	* 1 John 5:13-21	16, 62 Matt. 11:25-30
Friday	Psm. 51, 148 Prov. 81-21	* 2 John 1-13	142, 65 Matt. 12:1-14
Saturday	Psm. 104, 149 Prov. 8:22-6	* 3 John 1-15	138, 98 Matt. 12:15-21

**Week 8 in Ordinary Time**

Sunday 6-6-10	Psm. 108, 150 Eccles. 6:1-12	* Acts 10:9-23	66, 23 Luke 12:32-40
Monday	Psm. 62, 145 Eccles. 7:1-14	* Gal. 4:12-20	73, 9 Matt. 15:21-28
Tuesday	Psm. 12, 146 Eccles. 8:14-9:10	* Gal. 4:21-31	36, 7 Matt. 15:29-39
Wednesday	Psm. 96, 147:1-11 Eccles. 9:11-18	* Gal. 5:1-15	132, 134 Matt. 16:1-12
Thursday	Psm. 116, 147:12-20 Eccles. 11:1-18	* Gal. 5:16-24	26, 130 Matt. 16:13-20
Friday	Psm. 84, 148 Eccles. 11:9-12:14	* Gal. 5:25-6:10	25, 40 Matt. 16:21-28
Saturday	Psm. 63, 149 Num. 3:1-13	* Gal. 6:11-18	125, 90 Matt. 17:1-13