



**Kings Church Bangor**



## Daily Office: A Guide

We have developed this short booklet to guide us in prayer, based around the ancient concept of the 'Daily Office'.

The Daily Office is a regular cycle of daily prayers to help us draw our minds and hearts back to God three times a day. Therefore we have provided a pattern of prayer for each morning, lunchtime and evening. These can be used alongside your own personal devotional time if you have one, or as a way for you to begin that journey!

Most of us probably aren't too used to using 'set' prayers like this, and Jesus does of course warn us about prayer becoming repetitive and full of meaningless phrases that we merely repeat over and over again. However, praying this way can often focus our mind and hearts in a way a more spontaneous approach can't. But remember this is only a guide – the best approach is a mixture of both.

As you come to each time of prayer, take a moment to still yourself before God and open your heart to meet with Him.

For more ideas about different ways to pray, check out the appendix at the back.

# Morning

O Lord, let my soul rise to meet you  
As the day rises to meet the sun.  
Glory to the Father, and to the Son, and to the Holy Spirit,  
As it was in the beginning, is now, and will be forever.

Come, let us bow down and worship:  
let us kneel before the Lord our Maker.  
For we are the people of His pasture,  
the flock under His care.

## Silence

Lord Jesus Christ, Son of God, have mercy on me, a sinner.

Lord God, almighty and everlasting Father, you have brought us in safety to this new day: preserve us with your mighty power, that we may not fall into sin, nor be overcome with adversity; and in all we do, direct us to the fulfilling of your purpose, through Jesus Christ our Lord. Amen.

Daily reading, reflection and journaling time

Our Father, who art in heaven,  
hallowed by the Name,  
thy kingdom come,  
they will be done,  
on earth as it is in heaven.  
Give us this day our daily bread.  
And forgive us our trespasses,  
as we forgive those who trespass against us.  
And lead us not into temptation,  
but deliver us from evil.  
For thine is the kingdom,  
the power and the glory  
forever and ever. Amen.

## Prayer for others

Christ, as a light illumine and guide me.  
Christ, as a shield overshadow me.

Christ under me; Christ over me;  
Christ beside me on my left and my right.  
This day be within and without me,  
Lowly and meek, yet all powerful.  
Be in the heart of each to whom I speak;  
In the mouth of each who speaks unto me.  
This day be within and without me,  
Lowly and meek, yet all powerful.  
Christ as a light; Christ as a shield;  
Christ beside me on my left and my right.

May the peace of the Lord Christ go with you,  
Wherever He may send you.  
May He guide you through the wilderness, protect you through the  
storm.  
May He bring you home rejoicing at the wonders He has shown you.  
May He bring you home rejoicing once again into our doors.

**Amen**

## Midday

This lunchtime, as we rest momentarily from our work we pray:  
Lord, make me an instrument of your peace.  
Where there is hatred, let me bring love;  
Where there is injury, pardon;  
Where there is doubt, faith;  
Where there is despair, hope;  
Where there is darkness, light;  
Where there is sadness, joy.  
O Divine Master, grant that I may not  
So much seek to be consoled as to console,  
To be understood as to understand,  
To be loved as to love.  
For it is in giving that we receive,  
It is in pardoning that we are pardoned,  
And it is in dying that we are born to eternal life.

### **Silent prayer**

Glory to the Father, and to the Son, and to the Holy Spirit,  
As it was in the beginning, is now, and will be forever.

**Amen**

## Evening

Father, we come to you as the evening begins.

To thank you for the progress of this day; Thank you Father.

For all we have seen of you in this day, because this is the day that you have made and we do rejoice and are truly glad of it; Thank you Jesus.

For all the human contact, face to face, over the phone or by electronic means;

Thank you Father. For encouragement, for new insights, for seeing more of you in creation; Thank you Holy Spirit.

Most merciful God, we confess that we have sinned against you in thought, word, and deed, by what we have done, and by what we have left undone. We have not loved you with our whole heart; we have not loved our neighbours as ourselves. We are truly sorry and we humbly repent. For the sake of your Son Jesus Christ, have mercy on us and forgive us; that we may delight in your will, and walk in your ways, to the glory of your Name.

O High King of Heaven, Have mercy on our land.

Revive Your Church. Send the Holy Spirit for the sake of the lost,

The least, and the broken. May your Kingdom come to our nation.

In Jesus' mighty name

We open ourselves up to you this night

To give us dreams, to give us visions, to refresh us, to strengthen us.

**Amen**

# APPENDIX

## 1. Lectio Divina

(The following is from the book 'Quiet' by AJ Sherrill.)

In the sixth century, St. Benedict developed a meditative approach to Scripture reading called lectio divina (Latin for "divine reading"). This method prioritizes what God is speaking to us just as much as what God spoke to our ancestors. In other words, lectio divina invites the Holy Spirit into the reading as it moves the reader and four distinct directions: Read, meditate, pray, contemplate.

So as not to get bogged down with new terminology, follow this simple pathway in your scripture reading today:

1. Create an inviting/inspiring space. Perhaps this means lighting a candle, tidying a room, creating a playlist to underscore, and sitting in your favorite chair.
  2. Select a passage to read from Scripture.
  3. Have paper/journal and a pen handy.
  4. Give yourself to these four directions (20 minutes total, 5 minutes for each).
    - READ - Slowly read the selected text 3 times.
    - REFLECT - Select a word or phrase off the page that sticks out.
    - WRITE - Spend time writing about why you selected that word or phrase.
    - REST - suspend all thought and sit quietly with God. Trust that God heard your worry, anxiety and/or longings, and is acting on your behalf (Romans 8:28).
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## 2. Prayer of Examen

The Prayer of Examen is a daily spiritual exercise typically credited to St. Ignatius of Loyola [1491-1556], who encouraged fellow followers to engage in the practice for developing a deeper level of spiritual sensitivity and for recognizing and receiving the assistance of the Holy Spirit. At the heart of the practice is increasingly becoming aware of God's presence and the Holy Spirit's movement throughout your day.

### Practicing the Prayer of Examen

This Prayer of Examen is primarily an exercise in remembering. One is invited, through four portions [presence, gratitude, review, and response], to concentrate on experiences and encounters from the past 24 hours. The beauty of the practice is its simplicity; it is more a guide than a prescription.

If some portion feels especially important on a given day, feel the freedom to spend all or most of your time in that portion. The purpose is to increase awareness and sensitivity, not to finish or accomplish a task.

**Suggested Practice Guide:**

- A comfortable and relatively quiet location is likely most conducive for reflecting
  - The experience doesn't need to be a certain length—as little as ten minutes could be sufficient, and you could spend more time on certain portions compared to others
  - It might be helpful to journal your thoughts and recollections or to write out what you notice during your times of prayer
  - Consider sharing your experiences: allow encouragement and insight from others to influence you and cheer you on, and when appropriate give the same, together striving to be an ever-faithful “community of solitudes”.
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**3. Centering Prayer**

**(Adapted from The Method of Centering Prayer Leaflet by Contemplative Outreach Ltd.)**

Centering Prayer is a method designed to facilitate the development of Contemplative Prayer by preparing our faculties to receive this gift. It is an attempt to present the teaching of earlier times in an updated form. Centering Prayer is not meant to replace other kinds of prayer; rather it casts a new light and depth of meaning on them. It is at the same time a relationship with God and a discipline to foster that relationship. This method of prayer is a movement beyond conversation with Christ to communion with Him.

**Suggested Practice Guide:**

1. Choose a sacred word as the symbol of your intention to consent to God's presence and action within e.g. holy, Jesus, Father etc.
2. Sitting comfortably but uprightly and with eyes closed settle briefly, and silently introduce the sacred word as the symbol of your consent to God's presence and action within.
3. When you become aware of thoughts\*, return ever-so-gently to the sacred word.
4. At the end of the prayer period (minimum 20 mins recommended), remain in silence with eyes closed for a couple of minutes.

\*Thoughts include body sensations, feelings, images, and reflections.