



DAILY OFFICE PRAYER GUIDE

Adapted from Pastor Peter Scazero

The Daily Office Prayer is a time to Stop, Slow Down, Be Still, and Pause to be with Jesus. Our goal is to create a continual and easy familiarity with God's presence within each day.

Start modestly, beginning with one prayer, before trying to do all of them regularly. Otherwise, you risk getting discouraged and giving up entirely. Start slowly.

Notice the silence at the beginning and conclusion of each session. Consider being silent for 30-45 seconds between the readings and prayers. When silent, seek to sit still and straight. Breathe slowly, naturally, and deeply. Close your eyes, remaining present, open, and awake. Don't hurry! When you are alone, if God leads you to pause at a certain phrase or verse stay with that. Less can be more.

If you are doing this with others, agree on a leader to facilitate the pace. You may also want to take turns reading and praying.

Be sure to read the text aloud (even if you are alone) slowly, prayerfully, and thoughtfully.

MORNING PRAYER



Silence and Stillness (2-5 mins)

Be still before the Lord and wait patiently for him.

- Psalm 37:7

Opening Prayer

Though an army besiege me, my heart will not fear; though war break out against me, even then will I be confident. One thing I ask of the Lord, this is what I seek: that I may dwell in the house of the Lord all the days of my life, to gaze upon the beauty of the Lord and to seek him in his temple. For in the day of trouble, he will keep me safe in his dwelling.

- Psalm 27:3-5

God, help me this day to love you with all my heart and with all my soul, and with all my mind and with all my strength, for this is the first and greatest commandment, and then to love my neighbor as myself.

- Based on Matthew 22:37-39

New Testament Reading & Prayer

Loving God, grant me the Spirit of wisdom and revelation that I may know you better. May the eyes of my heart be enlightened in order that I may know the hope to which you have called me. May I glimpse, by the Holy Spirit, the riches of your glorious inheritance in the saints, and your incomparably great power for us who believe.

May I experience that power today – the working of your mighty strength, which you exerted in Christ when you raised him from the dead and seated him at your right hand.

- Based on Ephesians 1:17-20

Old Testament Reading & Prayer (10 Commandments)

1. *You shall have no other gods before me.*

Lord, I detach myself from all things outside of you that compete for my ultimate affection for you.

2. You shall not make for yourself an idol.

Help me not to shape you according to my own fears and ideas but to trust and follow you as you have revealed yourself in Scripture.

3. You shall not misuse the name of the Lord.

Enable me to represent you well in every conversation and interaction today.

4. Remember the Sabbath by keeping it holy.

Prepare me, today, to rest from all my works at the end of the day and to set apart a day every week to put aside all earthly anxieties so that I can delight in you.

5. Honor your father and your mother.

Help me to honor my parents appropriately. May I remember that the same way I treat them, I will be treated someday.

6. You shall not murder.

May my words and interactions with others today bring life and not death, edify and not tear down.

7. You shall not commit adultery.

Free me to live purely, rightly, and respectfully toward myself and others.

8. You shall not steal.

Help me not to be greedy or to focus solely on my own needs but to share joyfully with others.

9. You shall not give false witness.

Lord, help me to walk in the truth, to speak the truth, and to avoid false assumptions about other people and situations – not only in my own mind but in my conversation with others.

10. You shall not covet.

Help me be content with all that you have given me this day. May I love you above all else because your love is better than life.

- 10 Commandments: Exodus 20:1-17

Prayer for Yourself and Others

Optional Bible Reading

Conclude with Silence (2-3 mins)

MIDDAY PRAYER



Silence and Stillness (2-5 mins)

Be still and know that I am God.

- Psalm 46:10

Opening Prayer

Teach us to number our days, that we may gain a heart of wisdom. For a thousand years in your sight are like a day that has just gone by or like a watch in the night. May the favor of the Lord our God rest upon us; establish the work of our hands, O Lord, establish the work of our hands.

- Psalm 90:12-17

We wait in hope for the Lord; he is our help and our shield. In him our hearts rejoice, for we trust in his holy name. May your unfailing love rest upon us, Oh Lord, even as we put our hope in you.

- Psalm 33:20-22

"Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as it is in heaven. Give us today our daily bread. And forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation but deliver us from the evil one. For yours is the kingdom, and the power, and the glory, forever. Amen."

- Matthew 6:9-13

Concluding Prayer

Lord, you say that "in repentance and rest is your salvation, in quietness and trust is your strength." Teach me to rest and trust in you throughout the remainder of this day. "Teach me your way, O Lord, and I will walk in your truth. Give me an undivided heart that I may fear your name...for great is your love toward me."

- Based on Isaiah 30:15; Psalm 86:11-13

Conclude with Silence (2-3 mins)

EVENING PRAYER



Silence and Stillness (2-5 mins)

When you are on your bed, search your heart and be silent.

- Psalm 4:4

Opening Prayer

May my prayer be set before you like incense; may the lifting of my hands be like the evening sacrifice.

- Psalm 141:2

It is good to praise the Lord and make music to your name, O Most High, to proclaim your love in the morning and your faithfulness at night.

- Psalm 92:1-2

I wait for the Lord, my soul waits, and in his word, I put my hope. My soul waits for the Lord more than watchmen wait for the morning. O Israel, put your hope in the Lord, for with the Lord is unfailing love.

- Psalm 130:5-7

New Testament Reading & Prayer (Beatitudes)

Blessed are the poor in spirit, for theirs is the kingdom of heaven. - Matthew 5:3

Holy God, have mercy on me, a sinner. I confess my brokenness, emptiness, and need for you.

Blessed are those who mourn, for they will be comforted. - Matthew 5:4

Lord, help me to come to awareness of my vulnerability, humanity, and limits—and that of others. I acknowledge to you the sorrows and disappointments of this day.

Blessed are the meek, for they will inherit the earth. - Matthew 5:5

Lord, forgive me for my pride and the defenses I put up today. Help me grow in my ability to be approachable, kind, merciful, and appropriately assertive.

Blessed are those who hunger and thirst for righteousness, for they will be filled.

- Matthew 5:6

Help me love you and your ways above all else. Purge my soul of all polluted affections, habits, and rebellions.

Blessed are the merciful, for they will be shown mercy. - Matthew 5:7

Enable me to forgive and give mercy to others in a way that is as generous and consistent as you forgive me, Lord.

Blessed are the pure in heart, for they will see God. - Matthew 5:8

God, I ask for an uncluttered, undivided heart for you and your ways. I want to see your face—that there would be no veil and no hindrance between you and me.

Blessed are the peacemakers, for they will be called children of God. - Matthew 5:9

Lord, for the strife I've seen today, give me wisdom and guidance to be a true peacemaker. Show me where I need to disrupt false peace and how I can bring real reconciliation.

Blessed are those who are persecuted because of righteousness, for theirs is the kingdom of heaven. - Matthew 5:10-12

Concerning those who are marginalized and defenseless, Lord, you care about each one. Fill me with courage to work for righteousness and justice, even if it's not popular or convenient.

Old Testament Reading & Prayer

Have mercy on me, O God, according to your unfailing love; according to your great compassion, blot out my transgressions. Create in me a pure heart, O God, and renew a steadfast spirit within me. Restore to me the joy of your salvation and grant me a willing spirit, to sustain me.

- Psalm 51:1,10,12

Almighty God, I have sinned against you, through my own fault, in thought, and word, and deed, in what I have done and what I have left undone. For the sake of your Son, our Lord Jesus Christ, forgive me all my offenses; and grant that I may serve you in newness of life, to the glory of your name! Amen.

- Book of Common Prayer

Prayer for Yourself and Others

Optional Bible Reading

Final Prayer

Almighty God, grant me—and those I love—a peaceful night as we entrust ourselves to you. In the name of Jesus, I pray, Amen.

Conclude with Silence (2-3 mins)