

OPTIONAL ADDITIONS TO THE DAILY OFFICE OF PRAYER

It's important to state that we really mean this as additions to this daily office. They should only be added as they contribute to you developing a praying life. If these are explored out of a sense of duty and obligation (or a sense that "I'm really doing extra prayer to show I'm committed") it might be a good indication that they are better left undone. These should be added as you find a great longing and joy in prayer.

- **PRAYER FOR OTHERS AND YOURSELF.**

This is where you might bring your requests before God (Philippians 4:6-7). These may be for a health or financial situation or other matters that are burdening your spirit.

- **DEVOTIONAL READING.** There may be a book that is assisting to enhance and support your spirituality (novel, theology, devotional, etc.). Take some time to read as part of your praying.

- **JOURNAL.** It might be helpful for you to reflect and consider the thoughts and emotions that have been evoked in you in prayer.

- **ENCOURAGE.** Perhaps someone came to mind during prayer. Send them a text or write a note of encouragement to them. This is not for you to offer direction or advice but simply a word of strength.

PRAYERS YOU CAN USE

"My Lord God, I have no idea where I am going. I do not see the road ahead of me. I cannot know for certain where it will end. Nor do I really know myself, and the fact that I think I am following Your will does not mean that I am actually doing so. But I believe that the desire to please You does in fact please You. And I hope I have that desire in all that I am doing. I hope that I will never do anything apart from that desire. And I know that, if I do this, You will lead me by the right road, though I may know nothing about it. Therefore I will trust You always though I may seem to be lost and in the shadow of death. I will not fear, for You are ever with me, and You will never leave me to face my perils alone. Amen."

-From Thomas Merton

PRAYERS FOR THE CHURCH

- Pray for the new church board that will begin it's service this month. Pray that they will be filled by and submissive to the Holy Spirit's leadership.
- The church is in the process of identifying and hiring a part-time administrative assistant. Pray that God would provide the person we need.
- We have a few 'youth' in our church that we are wanting to figure out how to minister to. Pray the Lord will lead us in that discernment.

PowerHouse Church of the Nazarene

A Simple Guide to a Daily Office of Prayer

April 2024

Guidelines:

- **STOP & CENTER.** An "office" of prayer is a time to stop, slow down, and center on Jesus. The goal is to be with Jesus, he in you and you in him (John 15:4). The goal is to develop a continual and familiar life with God daily.
- **SILENCE.** To help stop and center yourself begin and end your office with silence (30-60 seconds). Between each prayer or reading take a slow breath in and out before moving on. Close your eyes and attend to God's presence while you practice silence and slow breaths.
- **START MODESTLY.** This simple guide to prayer is intended for people just beginning in practicing a 'daily office.' It is intended to take 5-10 minutes daily. The hope here is not to spend a long duration of time each day but to practice a regular, daily practice of prayer.

OUR DAILY OFFICE

MARCH 2024

SILENCE & CENTERING (30-60 SECONDS)

Be still before the Lord and wait patiently for Him

–Psalm 37:7

ADDRESS

True and Living God
Who is Father, Son and Holy Spirit
Have mercy and hear our prayer.

FIRST PRAYERS

Let the words of my mouth
And the meditation of my heart
Be always pleasing and acceptable in your sight,
My Strength and my Redeemer.

PSALM OF THE DAY

SCRIPTURE READING OF THE DAY

YOU CAN FOLLOW THE CHURCH'S DAILY READING PLAN HERE OR YOUR OWN.

LORD'S PRAYER

Our Father who art in heaven,
Hallowed be thy name
Thy kingdom, thy 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 and the power
And the glory forever, Amen.

PRAYING WITH PAUL

SELECT ONE OF THE PASSAGES FROM PAUL'S LETTERS AND USE THEM AS A GUIDE TO DIRECT YOUR PRAYERS.

1. Read Ephesians 2:1-9.

May I seek the new life you have for me this day for I am no longer who I once was.

2. Colossians 1:15-20.

May I live under the Lordship of Jesus. May he be the authority of my life today.

3. Philippians 3:1-16.

Let me continue to strive toward faithfulness as I seek Christ Jesus in all things. I will not fix my attention on where I've come from but to where I am going.

4. Philippians 4:4-9.

Lead me to bring into my mind only those things which are pleasing to you this day.

5. Galatians 2:15-20.

May I allow Christ in me to be made available to all I encounter this day.

6. Romans 12:1-10

Do not allow my heart and mind to be shaped by anything but Jesus. May his grace show itself in how I love today.

7. 1 Thessalonians 1:1-4.

May the confidence I have in being chosen and loved by God be my strength this day.

8. 2 Corinthians 5:16-21.

May my life represent Christ well this day; may I live into the truth that I have been made new in Christ Jesus.

PRAYER OF ST. FRANCIS

Lord, make me an instrument of your peace,
Where there is hatred, let me sow 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.
Amen.

CONFESSIONS OF THE MYSTERY

Christ has died.
Christ is risen.
Christ will come again.

SILENCE & CENTERING (30-60 SECONDS)

Be still and know that he is God
–Psalm 46:10