

The Daily Office—“Pray without ceasing.”

Though the “daily office” is most often associated with the monastic practices of the middle ages, it has its origins in the Jewish practice of reciting prayers at set times during the day (Psalm 119:64) and the apostolic practice of prayers in the Temple (Acts 3:1).

Many contemporary Christians are re-discovering the practice...this “holy habit”...as an anti-dote to the busyness of every day living and as a practical means of “praying without ceasing.”

The hustle and bustle of our everyday living tempts us to neglect the fact that God is with us at each and every moment of the day. Yes, we may take time to begin our day with a Quiet Time of prayer and Scripture reading...which is great...but often we neglect to keep our hearts and minds fixed on God.

“Praying without ceasing” is the practice of living in God’s presence and breaking into spontaneous conversation with God. The Daily Office is one practical way to live in God’s presence, to meditate on his word, and to enter into times of prayer.

Discover the strength of the Daily Office—not through rote ritual, but through entering into this time willingly, expectantly, and hopefully. Let your mind, heart, spirit, and soul be captured by the Holy Spirit and transform you to be all that God intends in character and conduct.

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“Renovare (Renew)” Spiritual Formation

Being an Apprentice of Jesus Christ

➤➤➤ This daily meditation and prayer guide explores the **six streams of Christian living** taken from *Renovare* using the ancient **practice** of “*the Daily Office*,” a time to slow down, pause, and focus on God’s presence.

➤➤➤ This **practice** offers you a structure for renewing your **mind**, changing your **perspective**, and deepening your **convictions** on your journey of becoming a **fully-developing disciple** of Jesus.

➤➤➤ Twice a day **enter** into your “office,” read the **covenant**, **meditate** on Scripture, and **listen** to the Spirit allowing his truths to soak into the depths of your being and to change your **character** and your **conduct**.

➤➤➤ **Pray** a covenant-focused prayer, and commit to living that covenant through out the day as you develop the **spiritual maturity** of a fully devoted **apprentice** of Jesus Christ through faith-filled **introspection**.

Monday—The Contemplative Stream

The Prayer Filled Life

Morning Covenant

By God’s grace, I will set aside time regularly for prayer, meditation, and spiritual reading and will seek to practice the presence of God.

Scripture reading, meditation, and prayer with a “prayer-filled life” application for the day.



Evening Reflection

In what ways has God made his presence known to you throughout the day? What experiences of prayer, meditation and spiritual reading has God given you? What difficulties or frustrations have you encountered? What joys and delights?

Note celebrations, challenges, and concerns.; turn them into a prayer of thanksgiving, confession, and commitment.

Tuesday—The Holiness Stream

The Virtuous Life

Morning Covenant

By God’s grace, I will strive mightily against sin and will do deeds of love and mercy.

Scripture reading, meditation, and prayer with a “virtuous life” application for the day.

Evening Reflection

What temptations have you faced today? How did you respond? Which disciplines has God used to lead you further into holiness of heart and life?

Note celebrations, challenges, and concerns.; turn them into a prayer of thanksgiving, confession, and commitment.



Wednesday—The Charismatic Stream

The Spirit-Empowered Life

Morning Covenant

By God's grace, I will welcome the Holy Spirit, exercising the gifts and nurturing the fruit while living in the joy and power of the Spirit.

Scripture reading, meditation, and prayer with a "spirit-empowered life" application for the day.



Evening Reflection

Have you sensed any influence or work of the Holy Spirit today? What spiritual gifts has He enabled you to exercise? What was the outcome? What fruit of the Spirit would you like to see increase in your life? Which disciplines might be useful in the effort?

Note celebrations, challenges, and concerns.; turn them into a prayer of thanksgiving, confession, and commitment.

Thursday—The Social Justice Stream

The Compassionate Life

Morning Covenant

By God's grace, I will endeavor to serve others everywhere I can and will work for justice in all human relationships and social structures.

Scripture reading, meditation, and prayer with a "compassionate life" application for the day.



Evening Reflection

What opportunities has God given you to serve others today? How did you respond? Have you encountered any injustice to, or oppression of, others? Have you been able to work for justice or shalom?

Note celebrations, challenges, and concerns.; turn them into a prayer of thanksgiving, confession, and commitment.

Friday—The Evangelical Stream

The Word-Centered Life

Morning Covenant

By God's grace, I will share my faith with others as God leads and will study the Scriptures regularly.

Scripture reading, meditation, and prayer with a "word-centered life" application for the day.



Evening Reflection

Has God provided an opportunity for you to share your faith today? How did you respond? In what ways have you encountered Christ in your reading of the Scriptures? How has the Bible shaped the way you think and live?

Note celebrations, challenges, and concerns.; turn them into a prayer of thanksgiving, confession, and commitment.

Saturday—The Incarnational Stream

The Sacramental Life

Morning Covenant

By God's grace, I will joyfully seek to show forth the presence of God in all that I am, in all that I do, in all that I say.

Scripture reading, meditation, and prayer with a "sacramental life" application for the day.



Evening Reflection

In what ways have you been able to manifest the presence of God through your daily work this week? How has God fed and strengthened you through the ministry of word and sacrament?

Note celebrations, challenges, and concerns.; turn them into a prayer of thanksgiving, confession, and commitment.