

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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“Core Virtues” Developing Christ-like Qualities Through the Fruit of the Spirit

 This daily meditation and prayer guide explores our **ten core virtues based upon the fruit of the Spirit** 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,” **meditate** on the Scriptures, 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** the suggested prayer...or pray your own prayer...as you set your own pace for developing the **spiritual maturity** of a fully devoted **apprentice** of Jesus Christ through faith-filled **introspection**.

Monday

1st Office—Love

I sacrificially and unconditionally love and forgive others.

*This is love: not that we loved God, but that he loved us and sent his Son as an atoning sacrifice for our sins. Dear friends, since God so loved us, we also ought to love one another. No one has ever seen God; but if we love one another, God lives in us and his love is made complete in us. **1 John 4:10-12 (NIV)***

A Prayer: Loving Father, thank you for loving me so graciously...so completely. You have shown me the depth of your love for me through Jesus’ death on my behalf. Fill me to overflowing with your love so that I may love others in the way that you have loved me. Live in me and complete the circle of your love by loving through me. Amen.

2nd Office—Joy

I have inner contentment and purpose in spite of my circumstances.

*I have told you this so that my joy may be in you and that your joy may be complete. **John 15:11 (NIV)***

Prayer: Lord Jesus, you have told me that if I obey your commands I will remain in your love and in your joy. I admit that in the circumstances of my life I disobey, I don’t remain in you, and I lose out on your joy. Forgive me and fill me with your love and joy. Teach me contentment and accomplish your purpose in my life in the midst of all the circumstances of my life I pray. Amen.

Tuesday

1st Office—Peace

I am free from anxiety because things are right between God, me, and others.

*Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.” **Philippians 4:6-7 (NIV)***

A Prayer: God of all peace, envelope my heart and mind with the peace of your indwelling Spirit especially in my moments of anxiety. Increase my faith as I turn to you in prayer presenting my anxieties and cares to you as requests. I desire to be at peace with you, myself, and others. Strengthen me in my inner being—mind and heart—through Jesus Christ my Lord. Amen.

2nd Office—Patience

I take a long time to get agitated and endure patiently under the unavoidable pressures of life.

*A patient man has great understanding, but a quick-tempered man displays folly. **Proverbs 14:29 (NIV)***

A Prayer: Sovereign God, help me in my moment of need! The pressures of life weigh heavy upon me and push me toward impatience, frustration, and anger. Grow in me patient endurance so that I may become more like Jesus Christ. I can’t do this apart from your Spirit, so I turn to you in faith and ask for the power of your presence. Thank you for your patience with me. Amen.

Wednesday

1st Office—Kindness/Goodness

I choose to do the right things in my relationships with others.

Make sure that nobody pays back wrong for wrong, but always try to be kind to each other and to everyone else. 1 Thessalonians 5:15 (NIV)

A Prayer: Gracious Lord, you have demonstrated your kindness to me through your mercy and grace. You have place on Jesus what I deserve and given me the goodness of a right relationship with you. I want to be like you in kindness and goodness. Through your Spirit make me kind when I'm tempted to pay back wrong for wrong. May your goodness be alive in me. Amen.

2nd Office—Faithfulness

I have established a good name with God and with others based on my long-term loyalty to those relationships.

Let love and faithfulness never leave you; bind them around your neck, write them on the tablet of your heart. Then you will win favor and a good name in the sight of God and man. Proverbs 3:3-4 (NIV)

A Prayer: Faithful Father, you have promised that you will never leave nor abandon me. In fact, your love is renewed every morning. Great is your faithfulness. I want to be loyal to you and to others in love. Grow me to be responsible, dependable, and trustworthy in my relationship with you and others through the power of your Spirit. Amen.

Thursday

1st Office—Gentleness

I am thoughtful, considerate, and calm in dealing with others.

Let your gentleness be evident to all. The Lord is near. Philippians 4:5 (NIV)

A Prayer: Almighty God, you are all power...and yet...you are tender and considerate of me particularly in my need. I surrender to your power asking that you would make me mindful of others and considerate of them in their need. Forgive my self-centeredness that leads to harshness in my dealings with others. As you are gentle with me, make me gentle with others. May I be an example of your life, I pray. Amen.

2nd Office—Self-Control

I have the power through Christ to control myself.

For the grace of God that brings salvation has appeared to all men. It teaches us to say "No" to ungodliness and worldly passions, and to live self-controlled, upright and godly lives in this present age, while we wait for the blessed hope--the glorious appearing of our great God and Savior, Jesus Christ, ... Ephesians 2:19 (NIV)

A Prayer: Indwelling Spirit, through the energy of the life of Christ within me I ask that you would fix my mind and heart on living your truth each and every day. Strengthen my faith through obedience as I say "no" to all selfishness and ungodliness and "yes" to all Christ-likeness. May I live by faith—in utter dependence upon the power of Jesus Christ—and make the blessed hope that is mine a reality each and every day. Amen.

Friday

1st Office—Hope

I can cope with the hardships of life and with death because of the hope I have in Jesus Christ.

Praise be to the God and Father of our Lord Jesus Christ! In his great mercy he has given us new birth into a living hope through the resurrection of Jesus Christ from the dead, and into an inheritance that can never perish, spoil or fade... 1 Peter 1:3-4 (NIV)

A Prayer: Praise to you, O Lord my God and Father of my Lord Jesus Christ. I thank you for the mercy you have shown me through the death and resurrection of Jesus Christ and am eternally grateful for giving me a new life filled with hope. You have filled me with your Spirit and raised me to a new life. May my life reflect the truth of what is to come—life together with you forever! I cling to the hope that is mine...no matter what life or death presents...to the praise of your glorious name. Amen.

2nd Office—Humility

I choose to esteem others above myself.

Do nothing out of selfish ambition or vain conceit, but in humility consider others better than yourselves. Each of you should look not only to your own interests, but also to the interests of others. Philippians 2:3-4 (NIV)

A Prayer: Lord Jesus Christ, your example of emptying yourself and becoming a servant inspires me to be humble like you. Thank you that you didn't cling to being God, but willingly became a human being for my sake. Make me like you—humble, unselfish, considerate of others. Fill me with your humility so that I, too, might look out for the interest of others through the power of your Spirit. Amen.

Thoughts, Prayers, and Applications