



Welcome to the practice of the daily office. In this season of disruption, we invite you to join us in a rhythm of prayer. How might our days be grounded more deeply in God's presence if we pause each morning, midday, and evening for silence, scripture, and prayer?

Morning

Today is Holy Saturday. It was a confusing day for the disciples. The one they followed, the one they expected to bring freedom, the one they loved dearly is dead. Imagine what the disciples must have been thinking today? What would they have been feeling?

This day is a one of silence, rest, and even watchful expectation. To help us embrace this day in the journey, our three prayers today will be comprised entirely of silence.

Take a deep breath.

Remember that even when we see chaos, God is in control. God is good. God loves you, and God is with you.

Take two minutes in silence now to rest in the presence of the Lord.

Glory be to the Father, and to the son, and to the Holy Spirit. Amen.

Midday

We pause now in midday on this Holy Saturday. Let's continue with our rhythm of silence.

Take a deep breath.

Remember that even when we are confused, disoriented, and at the end of our rope, God is in control. God is good. God loves you, and God is with you.

Take two minutes in silence now to rest in the presence of the Lord.

Glory be to the Father, and to the son, and to the Holy Spirit. Amen.

Evening

We pause tonight on this Holy Saturday to continue with our rhythm of silence.

Take a deep breath.

Remember that even when all seems lost, God is in control. God is good. God loves you, and God is with you.

Take two minutes in silence now to rest in the presence of the Lord.

Glory be to the Father, and to the son, and to the Holy Spirit. Amen.