

Kingdom of Justice Daily Office
Week of July 20th

Morning

Intro

Welcome to the practice of the Daily Office. How might our days be grounded more deeply in God's presence if we pause each morning, mid-day, and evening for silence, scripture, and prayer? This time of year, we talk a lot about freedom, but it is important that we understand freedom in Christ is very different from political freedom.

Political freedom is liberty from oppression. It is freedom from outside constraints on a person's autonomy and ability to act in one's own best interests. Political freedom is good; it is important. However, freedom in Christ is not dependent on one's political circumstances. Boston University professor, Marina McCoy, writes, freedom in Christ "is the capacity to let go of what doesn't help me to love God or love others—while staying engaged with what does."

In this series, we are reflecting on scripture's teaching about freedom in Christ and engaging prayers to help us live in freedom with the Lord.

Silence

Let's begin in silence.

Take a deep breath.

Remember, right now, you are in God's loving presence. However you are beginning this day, whatever emotions you are feeling, the Lord is with you. Psalm 139 says there is no where we can go to escape God's loving presence.

Take another deep breath. God is closer than the air we breathe.

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

Scripture

Now I invite you to read the word of God from Paul's second letter to the Corinthians. Remember freedom in Christ is being free from the entanglements that keep us from dedicating our whole selves to following Jesus. It is the freedom to let go of what keeps us from Loving God and neighbor and holding on to what does. As you read, pay attention to what stands out. What might the Lord be saying to you personally in this text today?

For the Lord is the Spirit, and wherever the Spirit of the Lord is, there is freedom. So all of us who have had that veil removed can see and reflect the glory of the Lord. And the Lord—who is the Spirit—makes us more and more like him as we are changed into his glorious image.

Read this passage again. Is there a word or a phrase that stands out? What part of the text is the Holy Spirit shining a light on for you today?

For the Lord is the Spirit, and wherever the Spirit of the Lord is, there is freedom. So all of us who have had that veil removed can see and reflect the glory of the Lord. And the Lord—who is the Spirit—makes us more and more like him as we are changed into his glorious image.

Take a moment now and consider what the Lord is calling to your attention. What is God saying to you today? Take a moment, and have a conversation with the Lord.

Read the passage one final time. Let go of any desire to get anything out of this passage. Simply allow yourself to soak in this word from the Lord.

For the Lord is the Spirit, and wherever the Spirit of the Lord is, there is freedom. So all of us who have had that veil removed can see and reflect the glory of the Lord. And the Lord—who is the Spirit—makes us more and more like him as we are changed into his glorious image.

Amen.

Mid-day
Silence

We pause now in mid-day. How has your day been unfolding? Where have you noticed yourself living in freedom? Where have you found yourself entangled, held back from loving God and your neighbor by some attachment? Let us begin our mid-day prayer in silence. Take a deep breath. Remembering what Paul says, “In God we live and move and have our being.”

Take another deep breath.

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

Prayer for the Kingdom

Would you now join me in this prayer written by John Wesley?

I am no longer my own, but thine.
Put me to what thou wilt, rank me with whom thou wilt.
Put me to doing, put me to suffering.
Let me be employed for thee or laid aside for thee,
exalted for thee or brought low for thee.
Let me be full, let me be empty.
Let me have all things, let me have nothing.
I freely and heartily yield all things to thy pleasure and disposal.
And now, O glorious and blessed God, Father, Son and Holy Spirit, thou art mine, and I am thine.
So be it.
And the covenant which I have made on earth,
let it be ratified in heaven.
Amen.

Evening
Silence

Tonight, we pause one more time to consider the gift of the Lord’s freedom in the loving presence of God.

Take a deep breath. In Matthew 28, Jesus promised, “surely I am with you always, to the very end of the age.”

Take another deep breath.

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

Prayer

Tonight, I invite you to reflect on your day. Remember Marina McCoy, who writes, freedom in Christ “is the capacity to let go of what doesn’t help me to love God or love others—while staying engaged with what does.”

When today did you find yourself living in the freedom of Christ? How were you able to let go of ambition and accomplishment for the sake of loving God and others? When did you surrender possessions and experiences? How did you set your reputation aside? Were you free to follow Jesus wherever he wanted to take you? Pause now to consider these questions.

As you continue reviewing your day, when did you find yourself captive? How did ambition and accomplishment stand in the way of loving God and others? When did you struggle to let go of possessions and experiences? How did your concern for reputation hold you back? Were you unable to follow Jesus wherever he wanted to take you? Take a moment to reflect.

Now choose one moment from your day and speak to Jesus about it. It may be a moment of freedom or one of unfreedom. Pick one, and have a conversation with Jesus now. Talk to him. And listen.

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