

Kingdom of Justice Daily Office
Week of July 6th

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 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 listen to the word of God from the book of Luke. Remember freedom in Christ is being free from the entanglements that keep us from dedicating our whole selves to following Jesus. As you listen, pay attention to what stands out. What might the Lord be saying to you personally in this text today?

The scroll of Isaiah the prophet was handed to Jesus. He unrolled the scroll and found the place where this was written:

"The Spirit of the Lord is upon me,
for he has anointed me to bring Good News to the poor.
He has sent me to proclaim that captives will be released,
that the blind will see,
that the oppressed will be set free,
and that the time of the Lord's favor has come."

He rolled up the scroll, handed it back to the attendant, and sat down. All eyes in the synagogue looked at him intently. Then he began to speak to them. "The Scripture you've just heard has been fulfilled this very day!"

Listen to 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?

The scroll of Isaiah the prophet was handed to Jesus. He unrolled the scroll and found the place where this was written:

“The Spirit of the Lord is upon me,
for he has anointed me to bring Good News to the poor.
He has sent me to proclaim that captives will be released,
that the blind will see,
that the oppressed will be set free,
and that the time of the Lord’s favor has come.”

He rolled up the scroll, handed it back to the attendant, and sat down. All eyes in the synagogue looked at him intently. Then he began to speak to them. “The Scripture you’ve just heard has been fulfilled this very day!”

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.

Listen to 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.

The scroll of Isaiah the prophet was handed to Jesus. He unrolled the scroll and found the place where this was written:

“The Spirit of the Lord is upon me,
for he has anointed me to bring Good News to the poor.
He has sent me to proclaim that captives will be released,
that the blind will see,
that the oppressed will be set free,
and that the time of the Lord’s favor has come.”

He rolled up the scroll, handed it back to the attendant, and sat down. All eyes in the synagogue looked at him intently. Then he began to speak to them. “The Scripture you’ve just heard has been fulfilled this very day!”

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

Would you now join me in this prayer written by Teresa of Avila?

Lord, grant that I may always allow myself to be guided by You,
always follow Your plans,
and perfectly accomplish Your Holy Will.
Grant that in all things, great and small,
today and all the days of my life,

I may do whatever You require of me.
Help me respond to the slightest prompting of Your Grace,
so that I may be Your trustworthy instrument for Your honour.
May Your Will be done in time and in eternity by me,
in me, and through me.
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 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? Take a moment now to reflect on 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 now to reflect on these questions.

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.