

Philippians Daily Office
Week of August 30

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? We have been living for the last few weeks in the book of Philippians. Each week, we have soaked in a passage and reflected on it throughout the day. How are we being formed by Jesus to be like Jesus as our lives are steeped in the Word of God?

Silence

Let's begin in silence. Silence helps us to settle the internal and external noise and distractions that so often stand in the way of our ability to hear the Lord.

Take a deep breath.

Remember, right now, that God is personally present with you. Psalm 139 says there is no where we can go to escape God's loving presence, and it says that you are so precious to God, that the Lord's thoughts about you outnumber the grains of sand.

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 this passage from the fourth chapter of Philippians.

I rejoiced greatly in the Lord that at last you renewed your concern for me. Indeed, you were concerned, but you had no opportunity to show it. I am not saying this because I am in need, for I have learned to be content whatever the circumstances. I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do all this through him who gives me strength.

Read this passage again. Are there any words or phrases that stand out? What part of this passage is the Holy Spirit shining a light on today? Is there a word or phrase you feel drawn to this morning?

I rejoiced greatly in the Lord that at last you renewed your concern for me. Indeed, you were concerned, but you had no opportunity to show it. I am not saying this because I am in need, for I have learned to be content whatever the circumstances. I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do all this through him who gives me strength.

What word or phrase stands out to you this morning?

Consider now what the Spirit 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.

I rejoiced greatly in the Lord that at last you renewed your concern for me. Indeed, you were concerned, but you had no opportunity to show it. I am not saying this because I am in need, for I have learned to be content whatever the circumstances. I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do all this through him who gives me strength.

Amen.

Mid-day

We pause now in mid-day. How have you heard from the Lord today? In what ways have you noticed Jesus with you in the ordinary moments of your day? What has he been saying to you?

Silence

Let's allow the hurry, anxiety, and distractions of the day to settle as we let go and entrust it all to the one who is with us and loves us more than we can possibly understand.

Take a deep breath. Remember 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

Now will you join me in this prayer from Howard Thurman

Lord, open unto me

Open unto me – light for my darkness.

Open unto me – courage for my fear.

Open unto me – hope for my despair.

Open unto me – peace for my turmoil.

Open unto me – joy for my sorrow.

Open unto me strength for my weakness.

Open unto me – wisdom for my confusion

Open unto me – forgiveness for my sins.

Open unto me – love for my hates.

Open unto me – thy Self for my self.

Lord, Lord, open unto me!

Amen.

Evening

Silence

Tonight, we pause to rest in the peace and strength of Christ and to present our requests to him.

Let us first pause in silence, so we might be grounded in the loving presence of God.

Take a deep breath.

Remember Jesus promised to be with us always.

Take another deep breath.

Paul writes, "God demonstrates his own love for us in this: While we were still sinners, Christ died for us."

Take two minutes of silence to rest in the presence of the Lord. In this space, rest in this truth. Jesus did not die to *make* you loveable. He died *because* he loves you.

Prayer

I invite you now to intercede for the people in your life.

Take a moment now to present your requests for those in your family. Who is God bringing to mind tonight? Will you pray for them now? If you do not know what to ask, pray that they might know the peace of Christ.

Lord, hear our prayers.

Now would you consider your friends. Who comes to mind? Will you pray for them now? Once again, if you do not know what to ask, will you pray, that they too might know the peace of Christ.

Lord, hear our prayers.

Finally, would you consider someone who you consider to be an enemy? This may be someone you know or someone you don't. It may be a political enemy or someone with whom you disagree. Perhaps the Holy Spirit is bringing to mind someone who has disrespected you or hurt you in some way. Will you now pray for whoever came to mind, asking that even they would know the fullness of God's love and the blessing of God's presence in their life?

Lord, hear our prayers.

Jesus, we leave each of these people in your care. Every last one is deeply broken, but each one is even more deeply loved by you. May they know your presence tonight. Draw them close to you. In the name of the Father and the Son and the Holy Spirit. Amen.