

Sermon on the Mount Daily Office
Week of October 11

Morning

Intro

Welcome to the practice of the Daily Office. In this practice we are seeking to ground our lives more deeply in God's presence as we pause each morning, mid-day, and evening for silence, scripture, and prayer. In this season, we are going to ground ourselves in Jesus's teaching in the Sermon on the Mount. How might our lives be formed if we soak in this important teaching for three months? How might our relationships reflect Jesus' words? How will our work deepen? How might we be equipped to live in the Kingdom and cultivate pockets of the Kingdom in the world?

Will you join us on this journey?

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.

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

Scripture

This morning, let's sit in Jesus's teaching from Matthew 6:1-6.

"Be careful not to practice your righteousness in front of others to be seen by them. If you do, you will have no reward from your Father in heaven.

"So when you give to the needy, do not announce it with trumpets, as the hypocrites do in the synagogues and on the streets, to be honored by others. Truly I tell you, they have received their reward in full. But when you give to the needy, do not let your left hand know what your right hand is doing, so that your giving may be in secret. Then your Father, who sees what is done in secret, will reward you.

"And when you pray, do not be like the hypocrites, for they love to pray standing in the synagogues and on the street corners to be seen by others. Truly I tell you, they have received their reward in full. But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you.

We live in a world obsessed with attention. We post carefully curated images on social media. We fight for recognition at work and with our family. We look for opportunities to share our success and achievements—or those of our children—with as many people as possible. We even cultivate our image at church, working to show ourselves as people who know the scriptures, never struggle, and have a deep, intimate relationship with Jesus.

In this passage, Jesus invites us to value intimacy with the Lord over reputation and public affection.

Read this passage one more time. What stands out to you in the text this morning? What is the Holy Spirit shining a light on? What is Jesus inviting you to give your attention to today?

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Take a moment to consider what stood out to you in this passage. How do you sense the Holy Spirit inviting you to respond?

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

Mid-day

We pause now in mid-day. How have you lived in the teaching of Jesus today? How is it echoing through your day?

Silence

Let’s allow the hurry, anxiety, and distractions of the day to settle now 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

If we are honest with God, there will be times to offer prayers of lament. The Psalms show us the way; almost one third of them can be categorized as psalms of lament. Will you join me in praying a portion of Psalm 25?

Look toward me, and have pity on me,
for I am alone and afflicted.
Relieve the troubles of my heart,
and bring me out of my distress.
Put an end to my affliction and my suffering,
and take away all my sins.
Behold, my enemies are many,
and they hate me violently.
Preserve my life, and rescue me;
let me not be put to shame, for I take refuge in you.
Amen

**Evening
Silence**

Tonight, we pause to rest in the peace and strength of Christ as we continue living in the Sermon on the Mount.

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

Today we have considered Jesus’s invitation to value intimacy with him over reputation and public affection. Our desire to control our reputation, often comes from something missing within us. Henri Nouwen said our world tempts us to believe we are what we do, what we have, or what people say about us. We buy into these temptations—these lies—because we do not live fully grounded in the love of God.

In Romans 8, Paul says there is nothing that can separate us from the love of God. Tonight, let’s rest in the all-encompassing, unsurpassable love of our Creator as we soak in this passage of scripture.

And I am convinced that nothing can ever separate us from God’s love. Neither death nor life, neither angels nor demons, neither our fears for today nor our worries about tomorrow—not even the powers of hell can separate us from God’s love. No power in the sky above or in the earth below—indeed, nothing in all creation will ever be able to separate us from the love of God that is revealed in Christ Jesus our Lord.

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