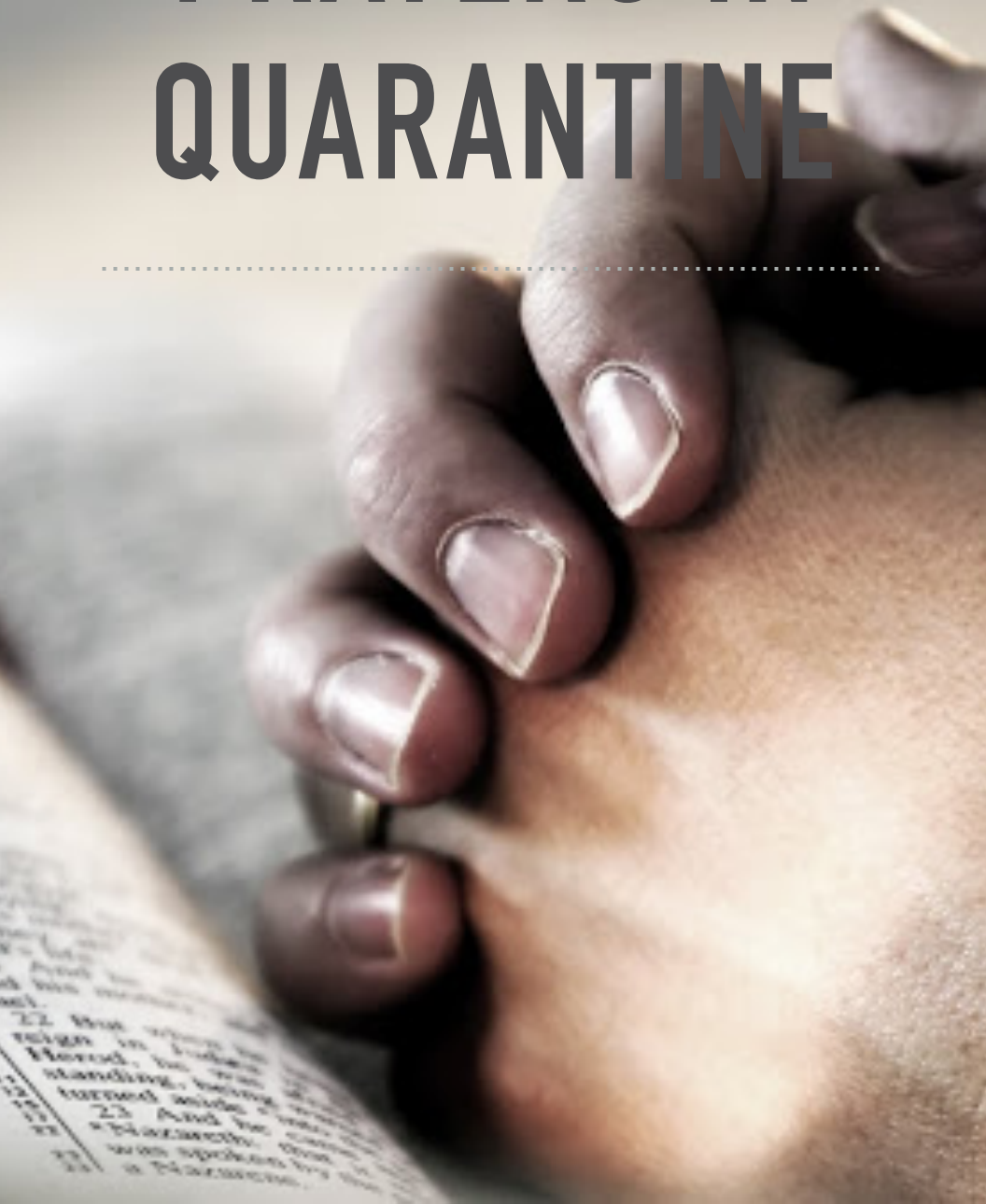


A Daily Office

PRAYERS IN QUARANTINE



1

Pray: Gracious Father, since you have been pleased to give me the grace to come through the night to the present day, now grant that I may employ it entirely in your service, so that all my works may be to the glory of your name and the edification of my neighbors. As you have been pleased to make your sun shine upon the earth to give us bodily light, grant the light of your Spirit to illumine my understanding and my heart. And because it means nothing to begin well if one does not persevere, I ask that you would continue to increase your grace in me until you have led me into full communion with your Son, Jesus Christ our Lord, who is the true Sun of our souls, shining day and night, eternally and without end. Hear me, merciful Father, by our Lord Jesus Christ, Amen.

Read and pray Psalm 95

Read 2 Bible Readings. Meditate and Pray through select verses that stand out to you.

Journal and Pray.

Prayer Before Beginning Work or Study

Gracious Father, grant me aid by your Holy Spirit to now work fruitfully in my vocation, which is from you, all in order to love you and the people around me rather than for my own gain and glory. Give me wisdom, judgment and prudence, and freedom from my besetting sins. Bring me under the rule of true humility. Let me accept with patience whatever amount of fruitfulness or difficulty in

my work that you give me this day. And in all I do, help me to rest always in my Lord Jesus Christ and in his grace alone for my salvation and life Hear me, merciful Father, by our Lord Jesus Christ, Amen.

2

Read and Pray Psalm 103 and 2 PM Psalms
Paraphrase of the Lord's Prayer

Self Examination:

Pray Whitfield's Prayer *"God, give me a deep humility, a well-guided zeal, a burning love, and a simple eye, and then let men or devils do their worst!"*

Deep Humility: Have I looked down on anyone? Have I been too stung by criticism? Have I felt snubbed or ignored? Consider the free grace of Jesus until: I sense a) a decreasing disdain since I am a sinner too and b) decreasing pain over the criticism valuing God's love over human approval.

A Well Guided Zeal: Have I avoided people or tasks? Been anxious or worried? Failed to be prudent? Been rash or impulsive?

Consider the free grace of Jesus until there is: a) no cowardly avoidance of hard things since Jesus faced evil for me and b) No anxious or rash behavior since Jesus has proved God's care for me.

A burning love: Have I spoken of others in love? Have I been cold or irritable to others? Have I slandered in my mind? Consider the free grace of Jesus until there is no a) coldness or unkindness b) impatience c) indifference because I have a sense of how Jesus has loved me.

A Single Eye: Am I laboring for God's glory and the good of others or for my own fears, need for approval, love of comfort and ease, need for control, hunger for acclaim and power, or fear of others? Am I beginning to give in to lust, envy, or gluttony? Am I doing the urgent and not the important because of this?

Consider the free grace of Jesus until my soul is satisfied in it and can turn away from other loves and cares, knowing that Jesus lived His whole life for my forgiveness and justification.

Prayer after the Midday Meal

O Lord God, I give you thanks for all the benefits and gives you constantly shower on me. Thank you for sustaining my physical life through food and shelter; for giving me new life through the gospel; and for the certainty of the best and perfect life, which is yet to come. In light of all these blessings, I now ask that you would not allow my affections to be tangled in inordinate desires for the things of this life, but let me always set my heart on things above, where Christ, who is my life, is seated at your right hand. Hear me, merciful Father, by our Lord Jesus Christ. Amen.

3

Read and pray Psalms: (see ESV Psalm a Day reading plan)

Confess and repent for sins of the day

Pray for people you met with needs during the day

Prayer Before Sleep:

O Lord God, now grant me the grace not only to rest my body this night, but to have my spiritual repose, in soul and conscience, in your grace and love, that I may let go of all earthly cares so I might be comforted and eased in all ways. And because no day passes that I do not sin in so many ways, please bury all my offenses in your mercy, that I might not lose your presence. Forgive me, merciful Father, for Christ's sake. And as I lay down in sleep to safely awake again only by your grace, keep me in a joyful, lively remembrance that whatever happens, I will someday know my final rising—the resurrection—because Jesus Christ lay down in death for me, and rose for my justification. In His name I pray, Amen.