

THE RHYTHM OF THE DAILY OFFICE

Part 2: Daniel and the Daily Office Daniel 6:10-12

Now when Daniel learned that the decree had been published, he went home to his upstairs room where the windows opened toward Jerusalem. Three times a day he got down on his knees and prayed, giving thanks to his God, just as he had done before. Then these men went as a group and found Daniel praying and asking God for help. So they went to the king and spoke to him about his royal decree: "Did you not publish a decree that during the next thirty days anyone who prays to any god or man except to you, O king, would be thrown into the lions' den?" The king answered, "The decree stands—in accordance with the laws of the Medes and Persians, which cannot be repealed." Daniel 6:10-12

Daily Office Definition

- daily pauses throughout the day
- to be constantly attentive to God and our dependence on him

2 Parts

1. Babylon (then and now)

2. Daniel's Plan of Life

Seven Elements of a Plan of Life

1. Silence and Solitude with God through:

- Personal Prayer
- Scripture Reading and Meditation
- Reading of edifying Christian books

2. Sabbath Rest (Stop, Delight, Rest, Contemplate)

3. Daily Office

4. Work and Family with Dedication, Praise and Thanksgiving

5. Conversion of Lifestyle

- a. Simplicity b. Stability c. Service

6. Play and Recreation that is Pure, Re-creates and Breathes Life in You.

7. Community (Companions)

PRAYER

"Authentic prayer is not turning to God to get something. It means turning to God to be **with** Someone."

"Prayer is... more listening and responding, not primarily telling."

"Prayer is not perfect until you no longer realize you are in fact praying." St. Anthony.