

# DAILY OFFICE BASICS

DAILY OFFICE ANCHOR SOCIETY



# AGENDA

9 Morning Prayer

9:30 Daily Prayer Origins

10 Daily Office Basics

*Finding your place*

*Beginning the Office*

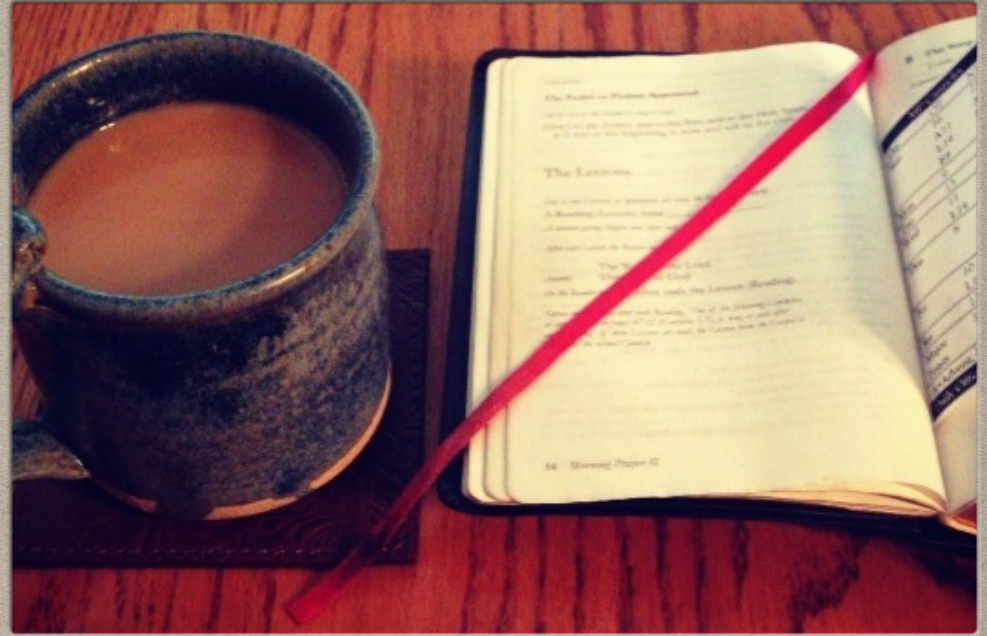
*To hear God's holy Word*

*Not only with our lips*

11:30 Resources

11:45 Noonday Prayer







# **DAILY PRAYER ORIGINS**



# DAILY OFFICE BASICS

## DAILY PRAYER ORIGINS

- *Didache* ~60 AD
- *Apostolic Tradition* of Hippolytus ~215 AD
- *Apostolic Constitutions* ~380 AD
- Cathedral offices
- Monastic prayer
- Prayer Book pattern





"Your fasts should not be with the hypocrites, for they fast on Mondays and Thursdays. You should fast on Wednesdays and Fridays.

And do not pray like the hypocrites, but rather as the Lord commanded in the gospel: Our Father in heaven, holy be your name. Your kingdom come. Your will be done, on earth as it is in heaven. Give us enough bread day-by-day. And forgive us our debts, as we also have forgiven our debtors. And do not bring us to the time of trial, but rescue us from the evil one.

Pray this three times each day."

*-Didache*



**"If you are in your own home, pray at the third hour [9 am] and praise God. If you are elsewhere at that moment, pray in your own heart. Because at this hour, Christ was seen nailed upon the tree."**

**-Hippolytus, *Apostolic Tradition* 41**



"Pray as well on the sixth hour [noon]. Because when Christ was nailed to the wood of the cross, daylight was suspended and a great darkness came upon the land."

-Hippolytus, *Apostolic Tradition* 41



**"Let there also be full prayer and praise at the ninth hour [3 pm] ... At that hour Christ was pierced in his side and shed forth both water and blood."**

**-Hippolytus, *Apostolic Tradition* 41**



"At about midnight rise and wash your hands with water and pray. And if you have a wife, both of you pray together. Be not slothful to pray ... At this hour all creation pauses for a brief moment to praise the Lord."

-Hippolytus, *Apostolic Tradition* 41



**"At cockcrow, our eyes looking towards that day  
in the hope of eternal light at the resurrection of  
the dead."**

**-Hippolytus, *Apostolic Tradition* 41**



# DAILY OFFICE BASICS

## DAILY PRAYER ORIGINS

- "Assemble yourselves every day, morning and evening, singing psalms and praying in the Lord's house, in the morning singing the 62nd psalm, and in the evening the 140th."
- *Apostolic Constitutions*  
~380 AD

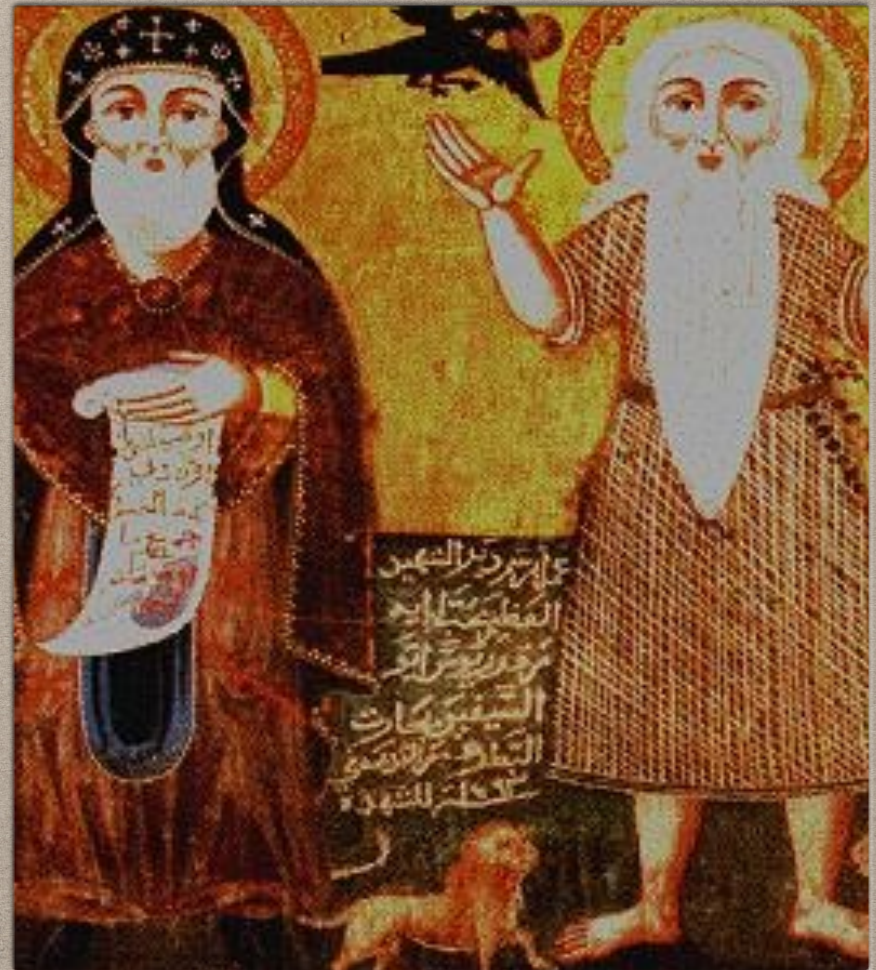




# DAILY OFFICE BASICS

## DAILY PRAYER ORIGINS

- Desert Fathers:  
Some monks prayed all 150 psalms every day
- St. Benedict's Rule:  
"Nothing harsh, nothing burdensome" – 150 psalms every week





# DAILY OFFICE BASICS

## DAILY PRAYER ORIGINS

- Matins
- Lauds
- Terce
- Sext
- None
- Vespers
- Compline
- Night Office (Vigils)

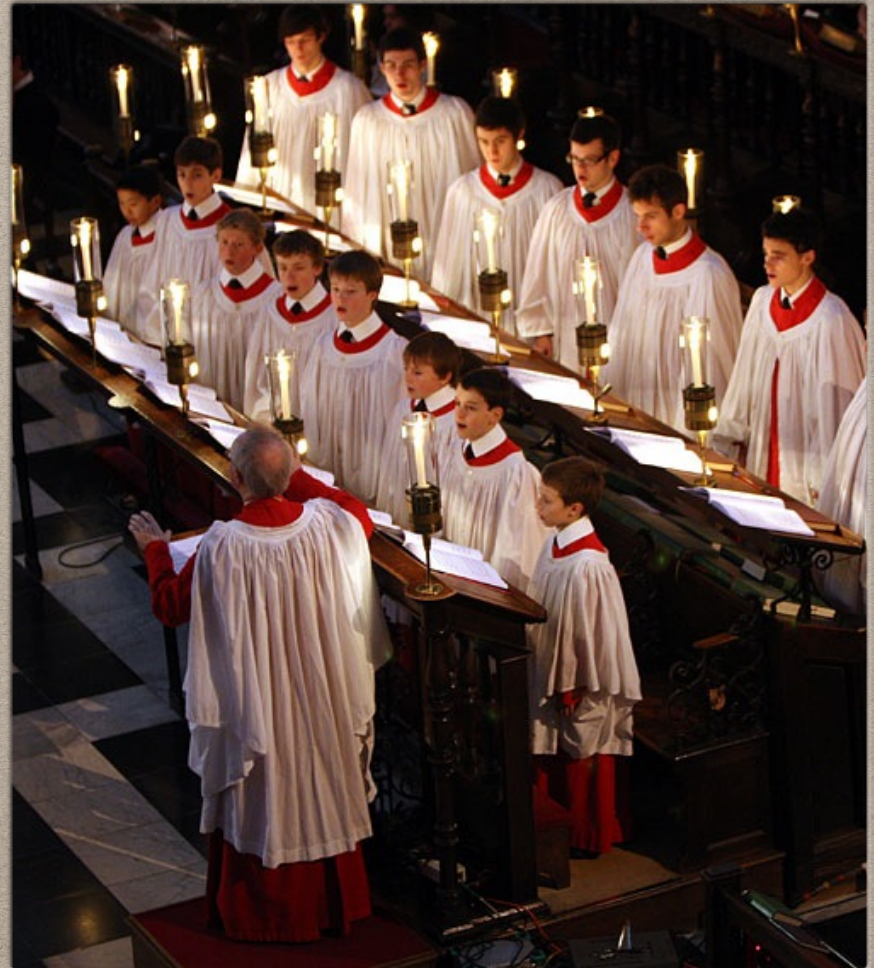




# DAILY OFFICE BASICS

## DAILY PRAYER ORIGINS

- Thomas Cranmer's *Book of Common Prayer* (1549)
- Morning Prayer
- Evening Prayer
- Psalms in a 30-day cycle
- Course reading of Scripture; the Office served a didactic purpose





# DAILY OFFICE BASICS

## DAILY PRAYER ORIGINS

- *Book of Common Prayer (1979)*
- Morning Prayer
  - *Noonday Prayer*
- Evening Prayer
  - *Compline*
- Daily Devotions for Individuals and Families
- Psalms in a 7-week cycle
- Course reading of Scripture





# **DAILY OFFICE BASICS**

FINDING YOUR PLACE



# DAILY OFFICE BASICS

## FINDING YOUR PLACE

- Daily Office Lectionary (BCP 934)
- Psalms (BCP 585-803)
- Old Testament
- New Testament
- Gospel
- Collect of the Day (BCP 211)
- Morning Prayer (BCP 75)
- Evening Prayer (BCP 115)
- Table of Canticles (BCP 144)





## Week of 5 Epiphany

Sunday

93, 96 ❖ 34

Gen 24:50-67      2 Tim. 2:14-21      Mark 10:13-22

Monday

80 ❖ 77, [79]

Gen 25:19-34      Heb. 13:1-16      John 7:37-52

Tuesday

78:1-39 ❖ 78:40-72

Gen. 26:1-6, 12-33      Heb. 13:17-25      John 7:53—8:11

~~Wednesday~~ **Saturday**

~~87, 90~~ ❖ ~~81, 82~~ **136**

~~Gen 27:1-29~~ **Gen 29:1-20** ~~Rom. 12:1-8~~ **Rom. 14:1-23** ~~John 8:12-20~~ **John 8:47-59**

Thursday

[83] or 146, 147 ❖ 85, 86

Gen 27:30-45      Rom. 12:9-21      John 8:21-32

Friday

88 ❖ 91, 92

Gen 27:46—28:4, 10-22      Rom. 13:1-14      John 8:33-47

Saturday

87, 90 ❖ 136

Gen 29:1-20      Rom. 14:1-23      John 8:47-59



# **DAILY OFFICE BASICS**

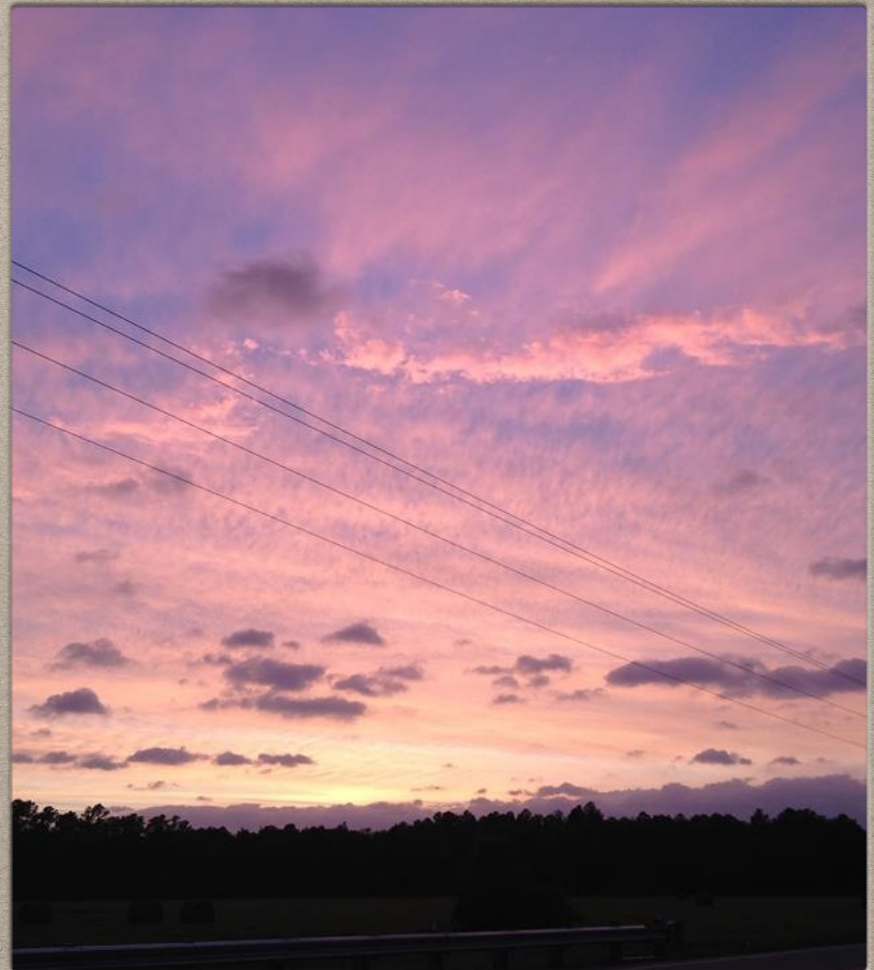
BEGINNING THE OFFICE



# DAILY OFFICE BASICS

## BEGINNING THE OFFICE

- Proper beginning:  
"Lord, open our lips."
- Optional:
  - Seasonal sentences
  - Confession of Sin
- Invitatory Psalm
- The Psalter

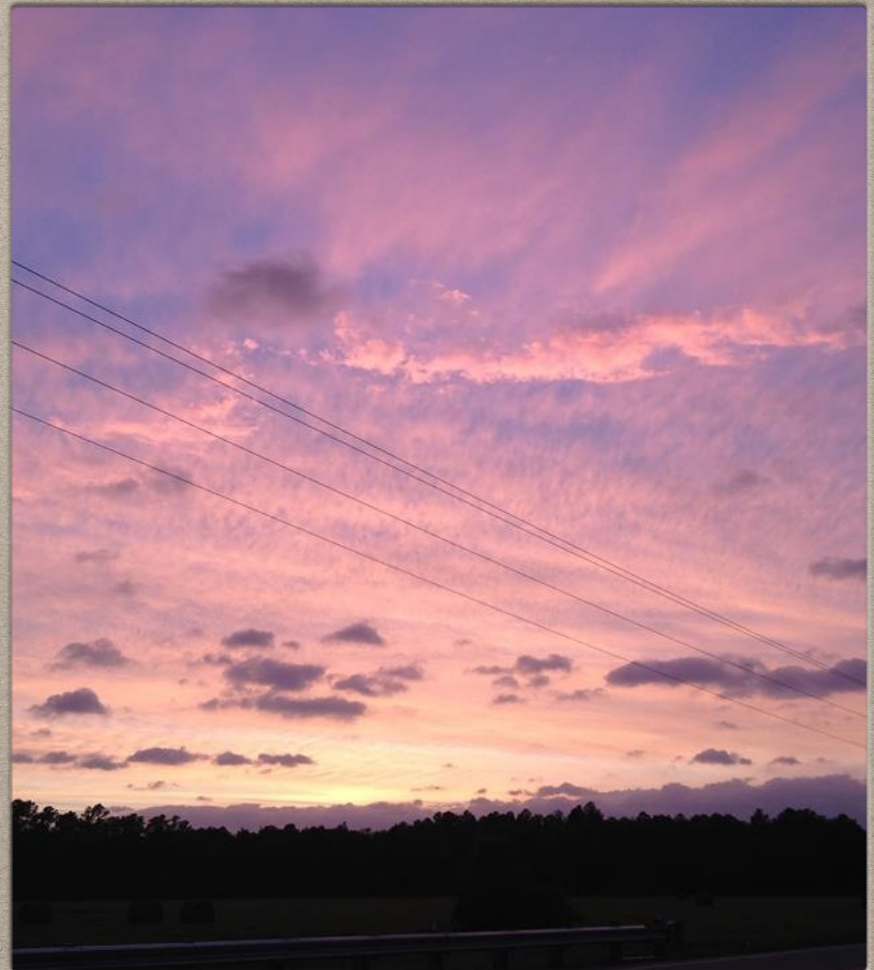




# DAILY OFFICE BASICS

## BEGINNING THE OFFICE

- Invitatory Psalm
- Venite
  - *Jubilate*
  - *Pascha nostrum*
- Seasonal antiphons





The earth is the Lord's for he made it: Come let us adore him.

Come, let us sing to the Lord; \*

let us shout for joy to the Rock of our salvation.

Let us come before his presence with thanksgiving \*

and raise a loud shout to him with psalms.

For the Lord is a great God, \*

and a great King above all gods.

In his hand are the caverns of the earth, \*

and the heights of the hills are his also.

The sea is his, for he made it, \*

and his hands have molded the dry land.

Come, let us bow down, and bend the knee, \*

and kneel before the Lord our Maker.

For he is our God,

and we are the people of his pasture and the sheep of his hand. \*

Oh, that today you would hearken to his voice!

The earth is the Lord's for he made it: Come let us adore him.



*Saturday*

87, 90



136

Gen 29:1-20

Rom. 14:1-23

John 8:47-59

Glory to the Father, and to the Son, and to the Holy Spirit:  
as it was in the beginning, is now, and will be for ever. Amen.



# **DAILY OFFICE BASICS**

TO HEAR GOD'S HOLY WORD



# DAILY OFFICE BASICS

## TO HEAR GOD'S HOLY WORD

- Daily Office Lectionary
- Lessons
- Canticles
- Apostles' Creed

*Especially suitable for use in the Morning Prayer Season*

I will sing to the Lord

Day	OT	NT
Sun	16 A11 L14 E8	21 A16 L16
Mon	9	19
Tue	13	18
Wed	11 L14	16
Thu	8	20 A19 L19
Fri	10 L14	18
Sat	12	19
Major Feasts	16	21

A=Advent, L=Lent, E=Easter

Daily Office Anchor Society

Glory to the Father, and to the Son, and to the Holy Spirit  
as it was in the beginning, is now, and will be for ever.



# DAILY OFFICE BASICS

## TO HEAR GOD'S HOLY WORD

- Lessons
  - Two in morning, one in evening
  - All three at one Office
  - Two at both (use OT from alternate year at Evening Prayer)
- Gospel
  - In the evening (Year One)
  - In the morning (Year Two)

*Especially suitable for use in the Morning and Evening Prayer*

I will sing to the Lord

Day	OT	NT
Sun	16 A11 L14 E8	21 A16 L16
Mon	9	19
Tue	13	18
Wed	11 L14	16
Thu	8	20 A19 L19
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*Saturday*

87,90



136

Gen 29:1-20

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# DAILY OFFICE BASICS

## TO HEAR GOD'S HOLY WORD

- Morning Prayer
  - Canticles 1-7 (Rite One)
  - Canticles 8-21 (Rite Two)
- Evening Prayer
  - *Magnificat*
  - *Nunc dimittis*
- Table of Canticles (BCP 144)

*Especially suitable for use in the Morning Prayer Season*

I will sing to the Lord, for he has exalted me into the sea.

MP Canticles		
Day	OT	NT
Sun	16 A11 L14 E8	21 A16 L16
Mon	9	19
Tue	13	18
Wed	11 L14	16
Thu	8	20 A19 L19
Fri	10 L14	18
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Daily Office Anchor Society

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# **DAILY OFFICE BASICS**

NOT ONLY WITH OUR LIPS



# DAILY OFFICE BASICS

## NOT ONLY WITH OUR LIPS

- The Lord's Prayer
- Suffrages
- Collects
- Prayers for Mission
- The Great Thanksgiving
- A Prayer of St. Chrysostom
- Dismissal and closing sentences





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Pray this three times each day."

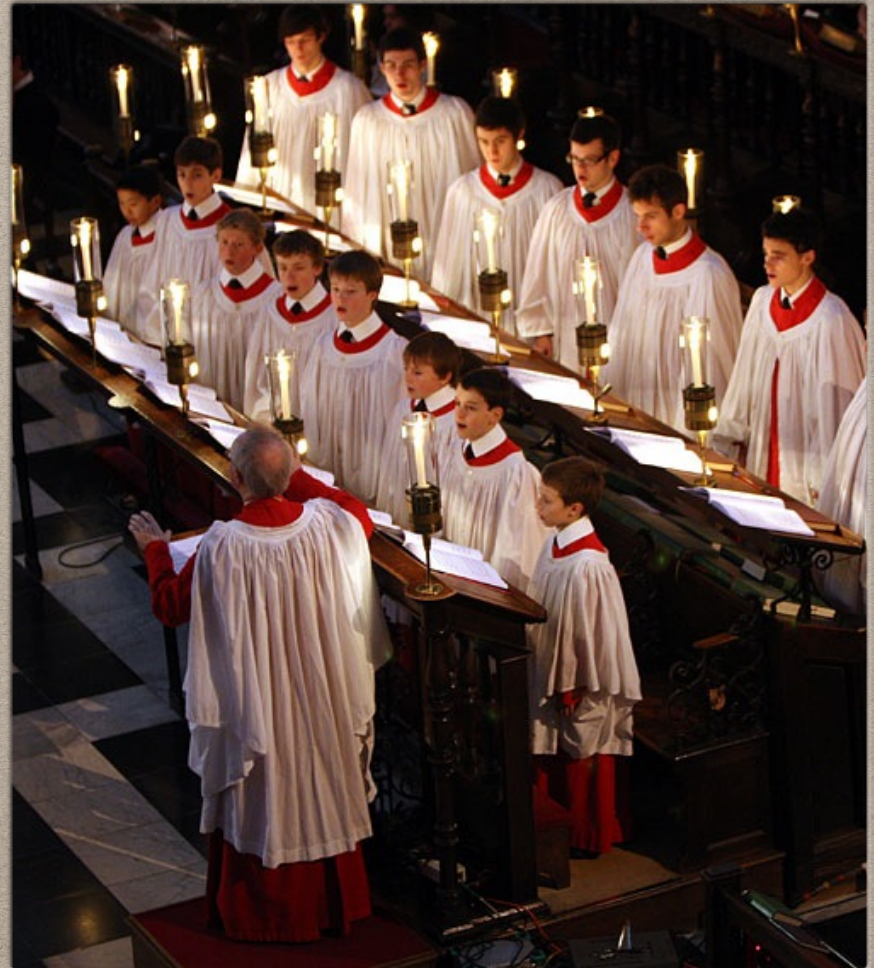
*-Didache*



# DAILY OFFICE BASICS

NOT ONLY WITH OUR LIPS

- Collect of the Day
- Collect of the Day of the Week
- Prayer for Mission

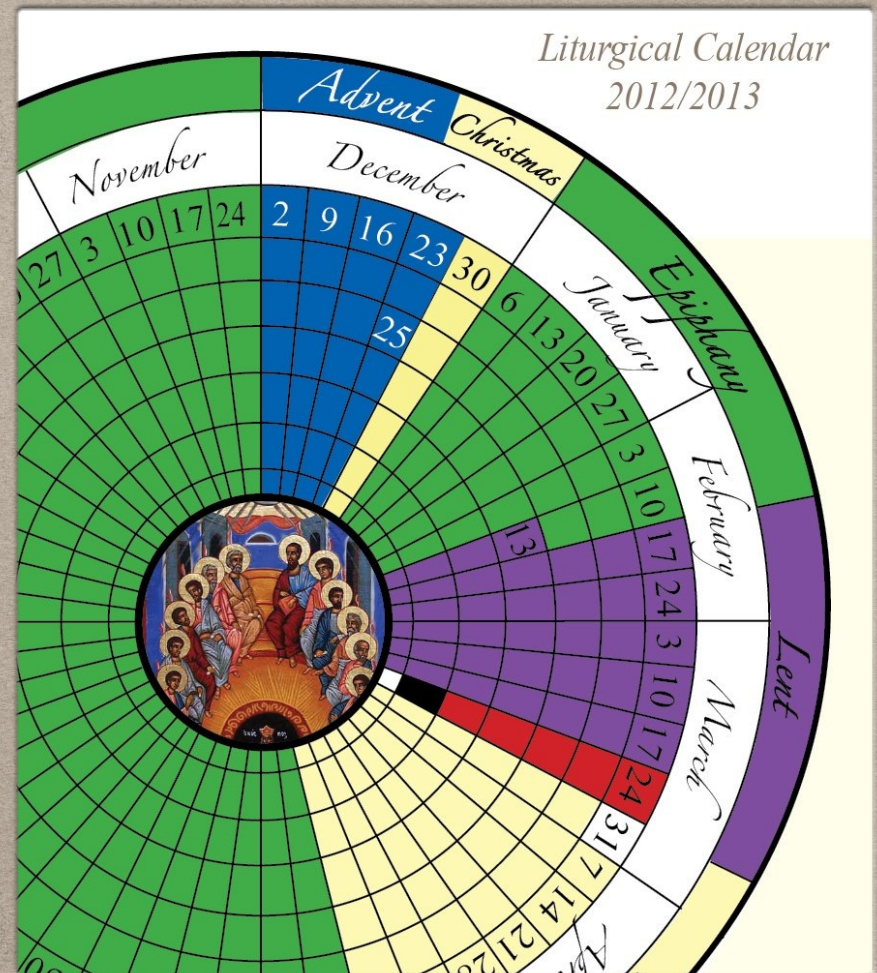




# DAILY OFFICE BASICS

NOT ONLY WITH OUR LIPS

- Collect of the Day
- Previous Sunday
- Proper Feast

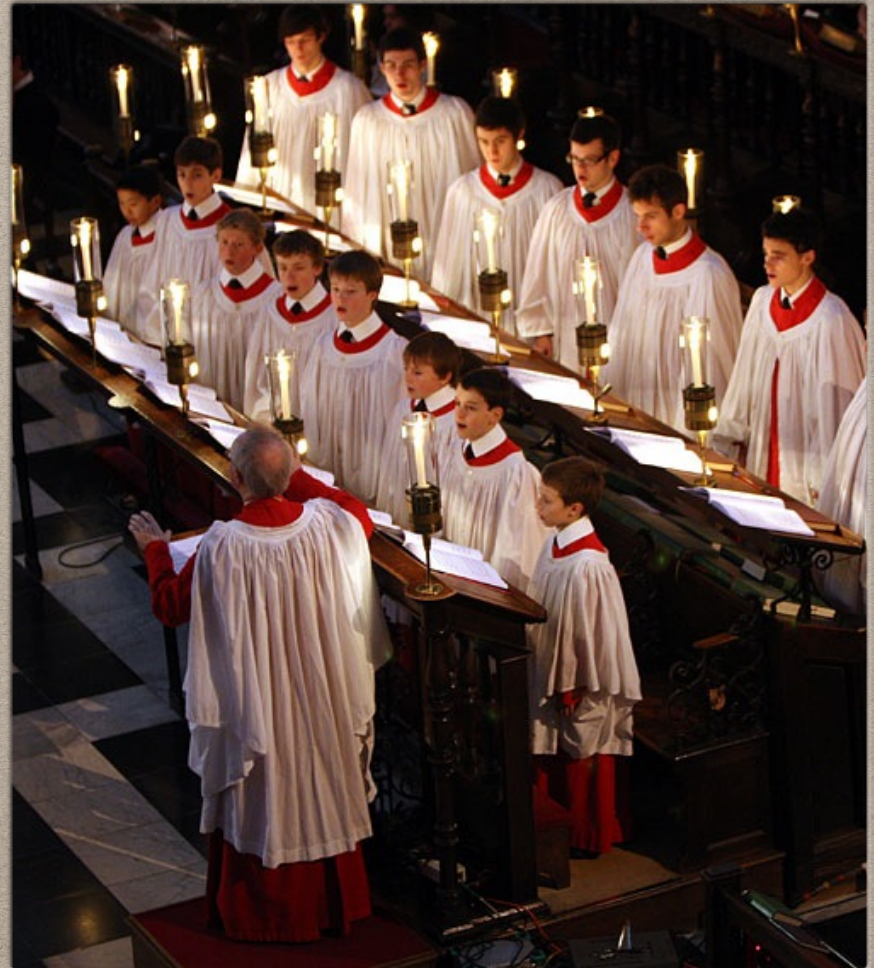




# DAILY OFFICE BASICS

## NOT ONLY WITH OUR LIPS

- Collect of the Day of the Week
  - Sunday
  - Friday
  - Saturday
  - Renewal of Life (Monday)
  - Peace (Tuesday)
  - Grace (Wednesday)
  - Guidance (Thursday)





# DAILY OFFICE BASICS

## NOT ONLY WITH OUR LIPS

- Optional:
  - The Great Thanksgiving
  - A Prayer of St. Chrysostom
  - Dismissal and closing sentences





# RESOURCES



# BASIC BOOKS

- *Book of Common Prayer (BCP)*
- The Bible
- BCP/NRSV Combination Volume
- *Holy Women, Holy Men: Celebrating the Saints*
- *Contemporary Office Book*
- *Daily Office Book*



# ONE-VOLUME OFFICE BOOKS

- *40 Days: The Daily Office for Lent*
- *The Great 50 Days: The Daily Office from Easter to Pentecost*
- Phyllis Tickle, *The Divine Hours* (several volumes)



# ADDITIONAL BOOKS

- *Celebrating the Saints: Daily Spiritual Readings for the Christian Year*
- Frank T. Griswold, *Praying Our Days: A Guide and Companion*
- Jeffrey D. Lee, *Opening the Prayer Book*
- J. Robert Wright, *Readings for the Daily Office from the Early Church*



# LINKS

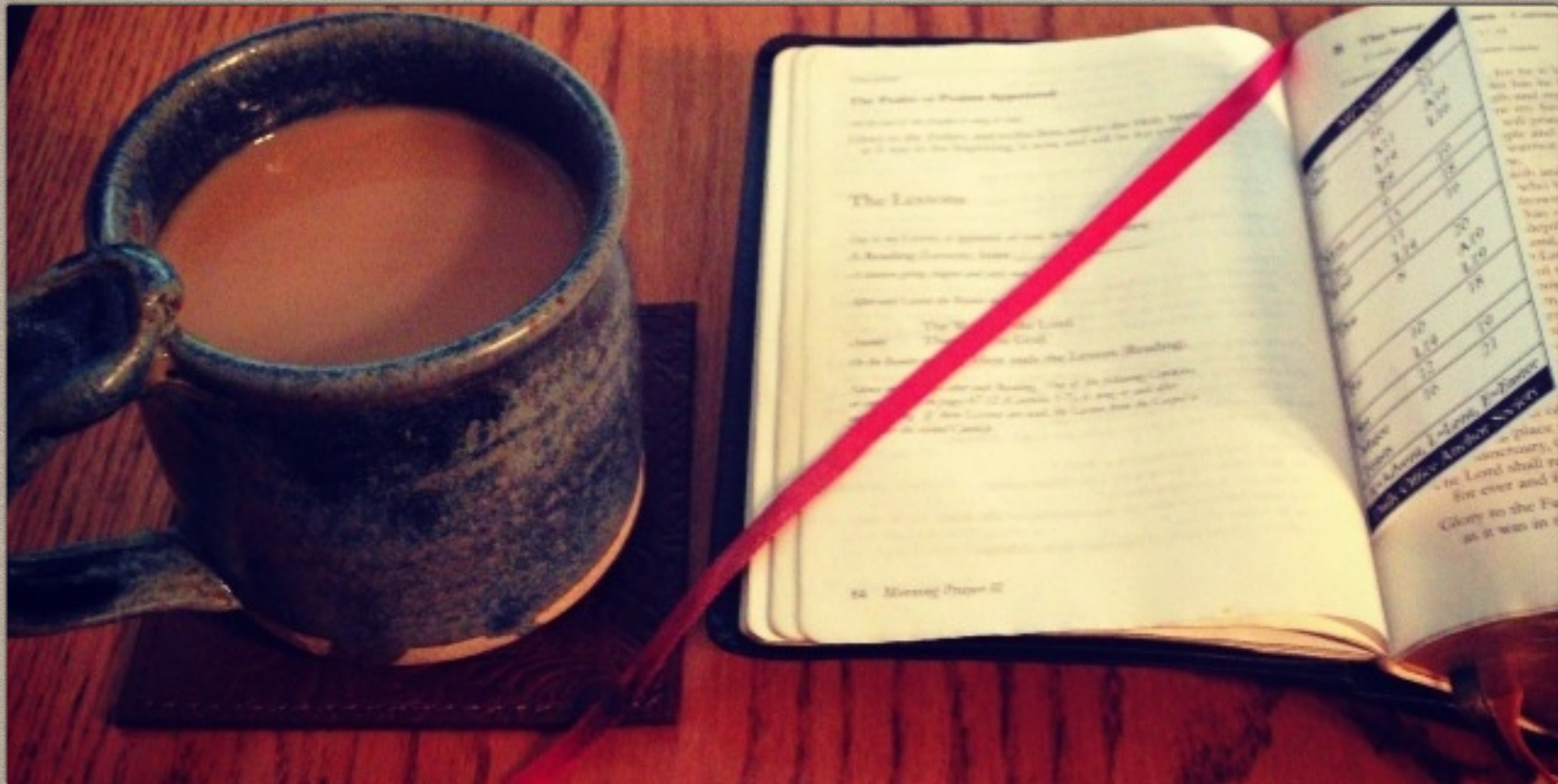
- Daily Office Anchor Society  
<http://dailyofficeanchorsociety.com>
- Forward Movement | Daily Prayer  
[http://prayer.forwardmovement.org/  
daily\\_prayer\\_anytime.php](http://prayer.forwardmovement.org/daily_prayer_anytime.php)
- Mission St. Clare  
<http://www.missionstclare.com/english/index.html>
- The Daily Office West | Diocese of Indianapolis  
<http://dailyoffice.org>



# HANDOUTS

- Bookmarks
- Canticles Bookmarks
- Praying the Offices
- Daily Devotions for Individuals and Families





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DAILY OFFICE ANCHOR SOCIETY