

Deeper Life Daily Office*

"Seek first the kingdom of God, and everything else will fall into place" (Matthew 6.33)

CENTERING

Spend some time centering yourself in God's presence. Acknowledge God's reality in your life. Reflect on the activities of the day, your responsibilities, relationships, and decisions, and place them in God's presence.

DESIRE GOD

Meditate on your upcoming day and allow God to show you what your day would be like if you allow God to actually be the sole content of your life.

EXAMINATION

Probe yourself—both your being and your doing—before God. Pay attention to where care for self is more important than love for God. Take each item and offer it to God saying, "I love you more than this and I offer myself to you be abstaining from this indulgence."

ABANDONMENT

Give yourself to God in all the things that you are doing today. Pray and ask that God would be the sole content of your day.

WORD OF GOD

Spend some time reading scripture, allowing it to be a transforming power in your life. You may want to work through a lectionary or scripture reading program.

- 1. Read slowly.*
- 2. Listen to God's voice.*
- 3. Reflect on how the Word might dwell in you.*
- 4. Meditate on how living this truth will look in your life.*
- 5. Commit yourself to God.*

SILENCE

Spend some time in silence with God. Psalm 46.10 challenges us to be silent and know that God is in fact God.

* Adapted from Mulholland Jr., M. Robert. *The Deeper Journey*. InterVarsity Press: Downers Grove, 2006. This guide can be used for daily devotionals, prayer retreats, and Sabbath rests.