

A large iceberg floats in a deep blue ocean under a clear blue sky. The visible tip of the iceberg is small and jagged, while the submerged portion is much larger and more complex in shape, illustrating the concept of hidden depths. The text is overlaid on a semi-transparent white rectangular box in the center of the image.

EMOTIONALLY HEALTHY SPIRITUALITY



Discover the Daily Office & Sabbath



A Rope in a Blizzard!



Reasons why we might rush through life:-

Habit

Avoidance

Self Importance

We're busy

Competition / control

We're shallow / lazy

Pressure

False Perception

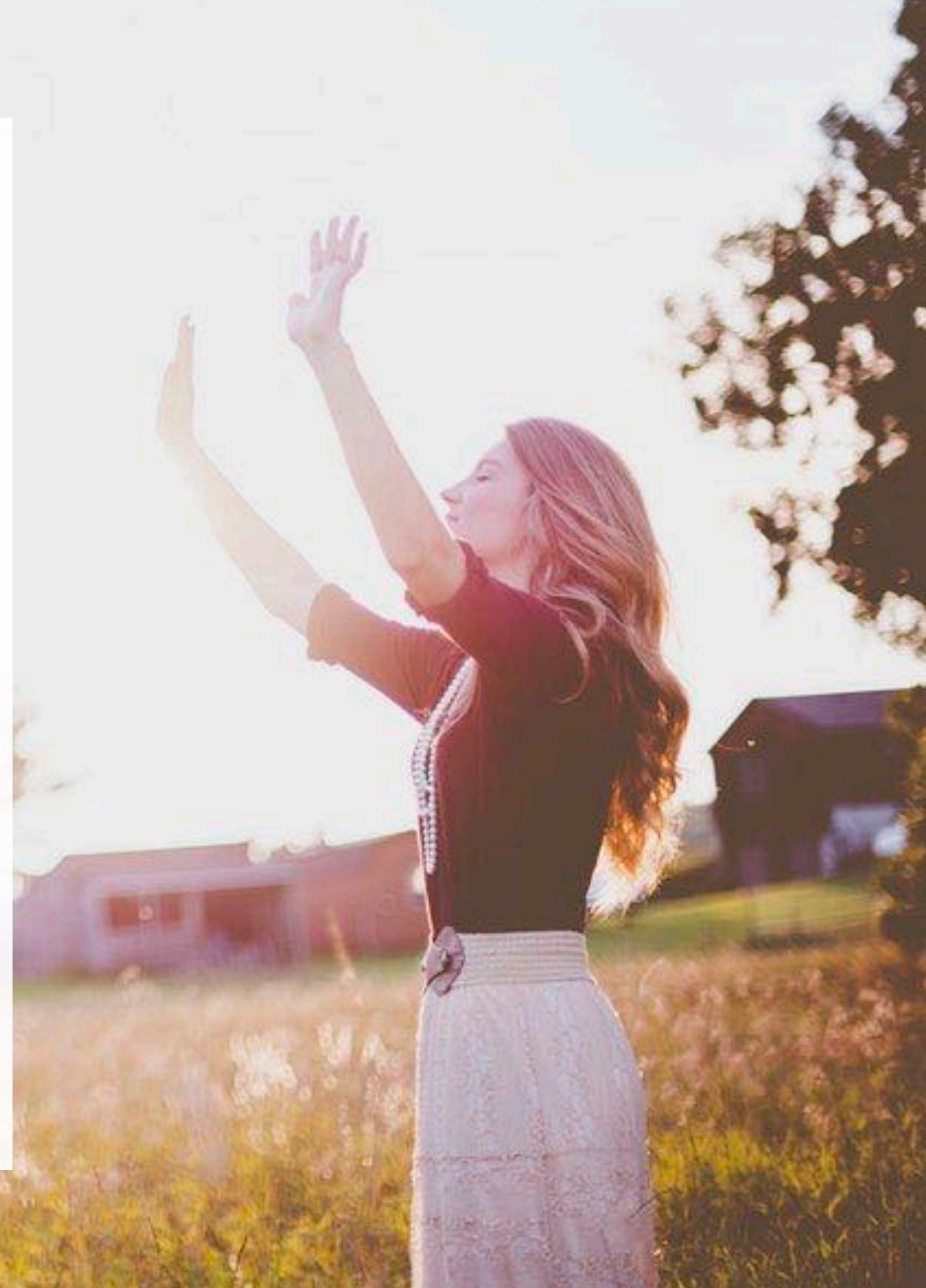
From: Huffington Post: Sura, meditation coach)

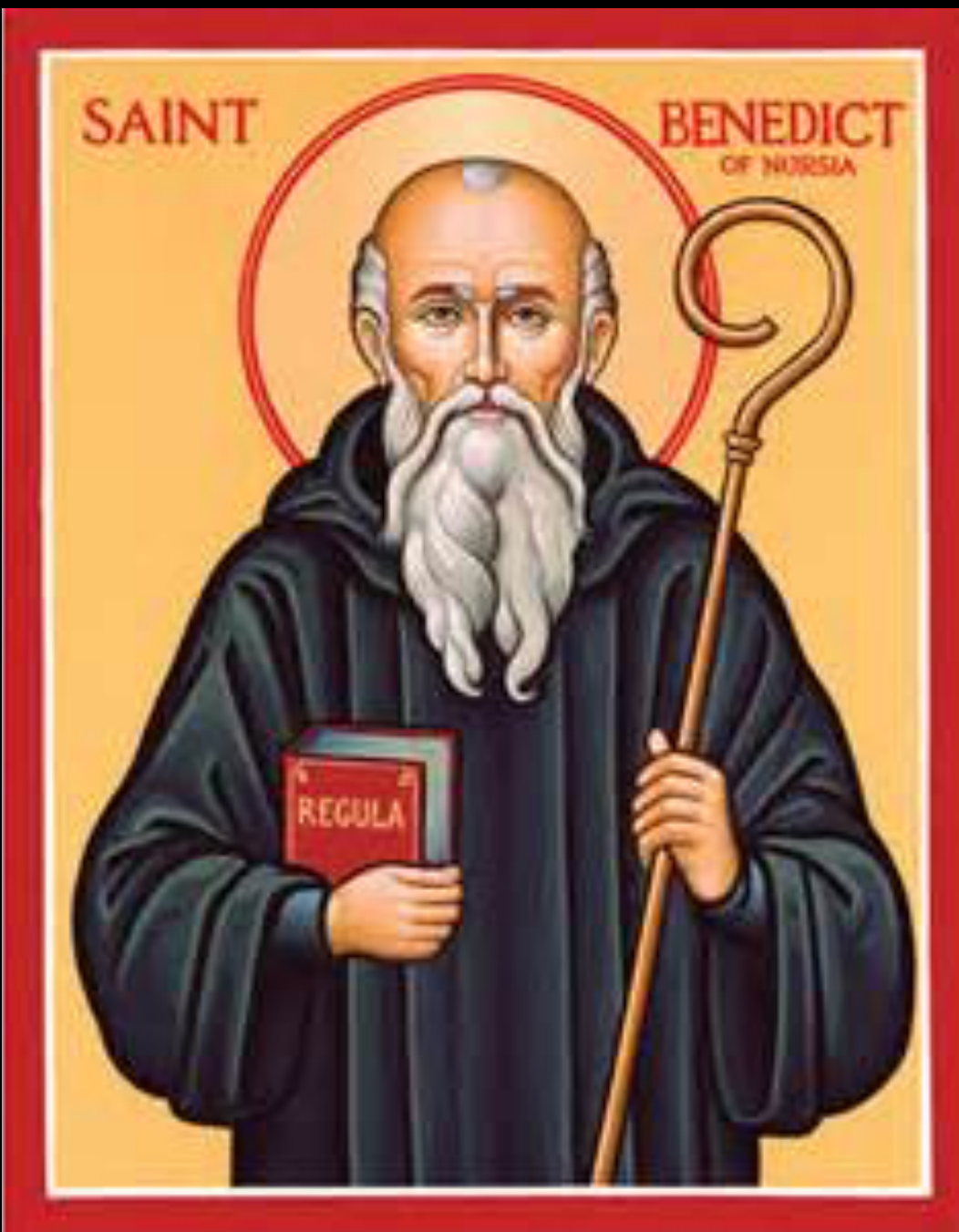


back into the world. When placed inside present-day Christianity, the Daily Office and Sabbath are groundbreaking, countercultural acts against Western culture. They are powerful declarations about God, ourselves, our relationships, our beliefs, and our values.

Prayer Rhythms in the Bible

- **David** prayed 7 times a day
(*Ps 119:164*)
- **Daniel** prayed 3 times a day
(*Dan 6:10*)
- **Jesus** prayed 2-3 times a day
- **The Disciples** prayed at certain times in the day
(*Acts 3:1, Acts 10:9*)





Winter Schedule

2:30AM Preparation for night office.
3:00AM Nocturns (aka Matins) **1.**
5:00AM Reading
6:00AM Lauds at daybreak, Prime **2.**
7:30AM Reading
8:00AM Terce, Morrow mass, Chapter **3.**
9:45AM **Work**
12:00PM Sext, Sung Mass **4.**
1:30PM None **5.**
2:00PM Dinner
2:45PM **Work**
4:15PM Vespers **6.**
5:30PM Change into night shoes
6:00PM Collatio
6:15PM Compline **7.**
6:30PM Bed

Summer Schedule

1:30AM: Preparation for night office.
2:00:AM: Nocturns
3:30AM: Lauds at daybreak.
4:00AM: Change and wash.
5:00AM: Trina Oratorio, Reading
6:00AM: Prime, Morrow Mass, Chapter
7:30AM: Reading
8:00AM: Terce, Sung Mass
9:30AM: **Work**
11:30AM: Sext
12:00PM: Dinner
1:00PM: Siesta
2:30PM: None, Drink
3:00PM **Work**
5:30PM Supper
6:00PM Vespers
7:30PM: Change into night shoes, Collatio
8:00PM: Compline
8:15PM: Bed

A person is sitting on a tree stump in a grassy field. They are wearing a white long-sleeved shirt and blue jeans. Their hands are clasped together in their lap. They are also wearing a black watch on their left wrist. The background is a soft-focus green field.

Principles of The Daily Office

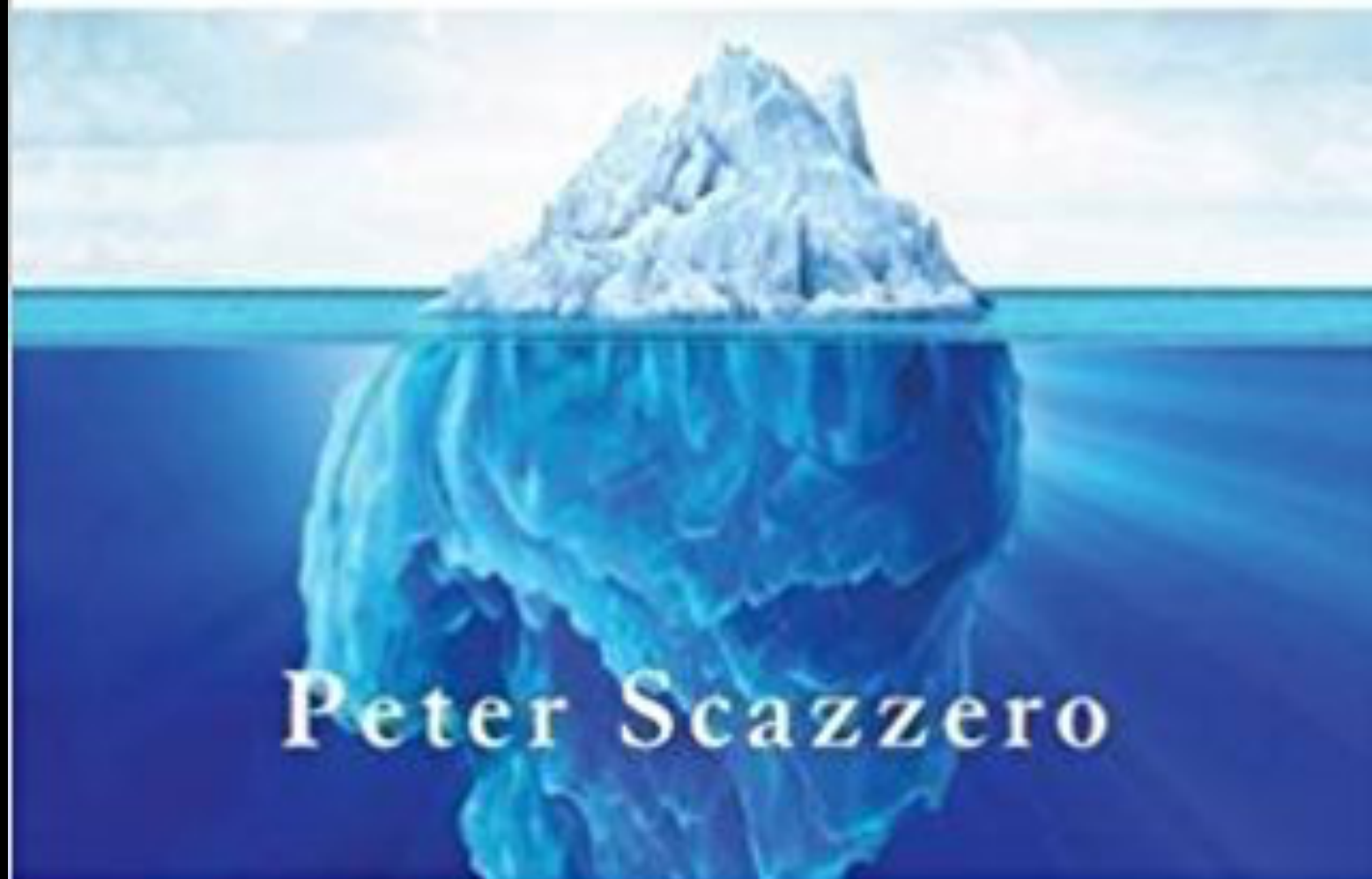
1. Stopping
2. Centering
3. Silence (& Solitude)
4. Bible

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Emotionally Healthy Spirituality



IT'S IMPOSSIBLE *to be* SPIRITUALLY MATURE
WHILE REMAINING EMOTIONALLY IMMATURE



Peter Scazzero



Emotionally Healthy Spirituality Day by Day

A 40-DAY JOURNEY *with the* DAILY OFFICE



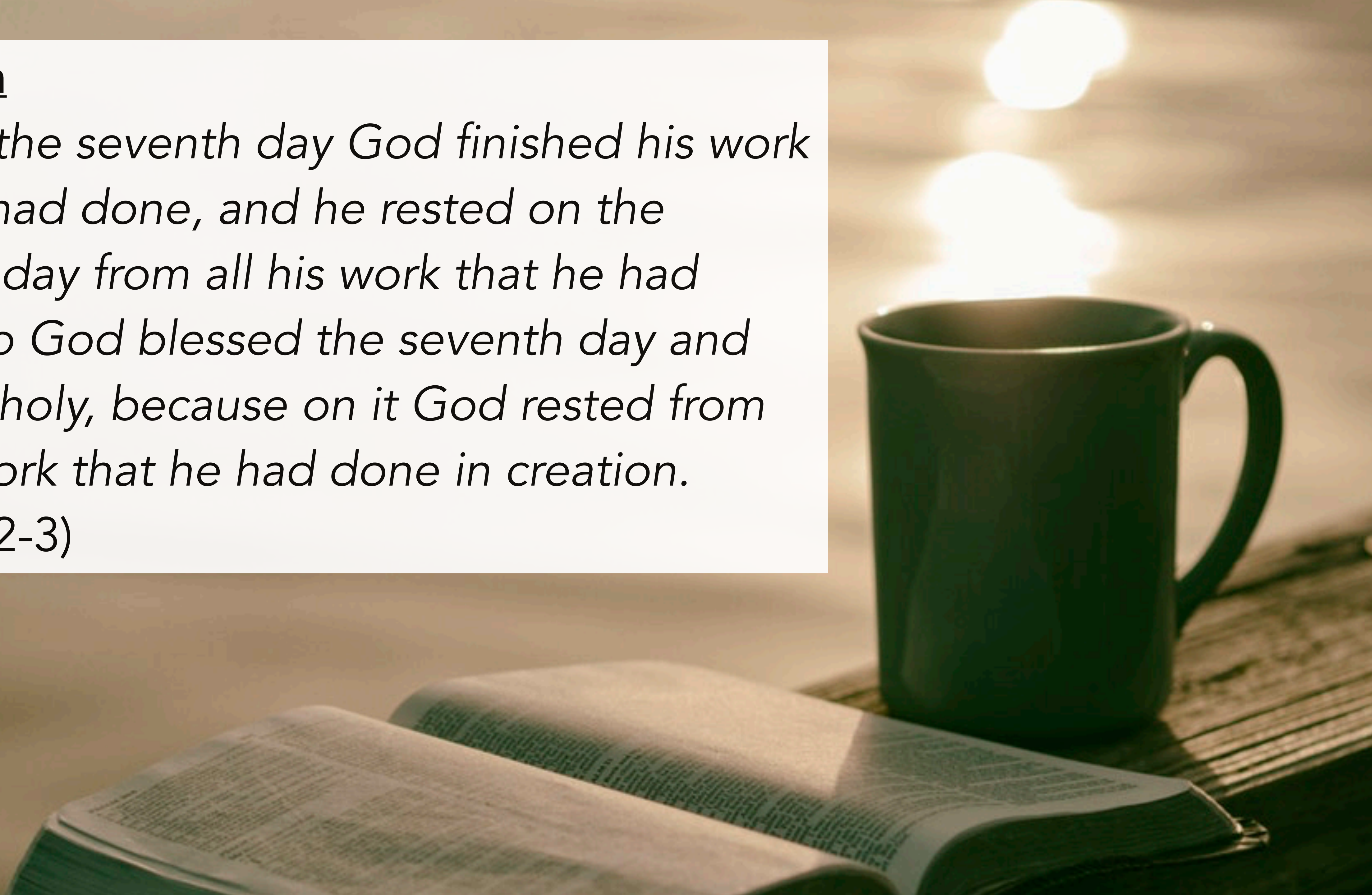
Peter Scazzero

Previously published as Daily Office

Sabbath

And on the seventh day God finished his work that he had done, and he rested on the seventh day from all his work that he had done. So God blessed the seventh day and made it holy, because on it God rested from all his work that he had done in creation.

(Gen 2: 2-3)



1. You shall have no other gods before me.
2. You shall not make for yourself an image in the form of anything in heaven above or on the earth beneath or in the waters below.
3. You shall not misuse the name of the Lord your God
4. **Remember the Sabbath day by keeping it holy. Six days you shall labour and do all your work, but the seventh day is a sabbath to the Lord your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns. For in six days the Lord made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy.**
5. Honour your father and your mother, so that you may live long in the land the Lord your God is giving you
6. You shall not murder
7. You shall not commit adultery
8. You shall not steal
9. You shall not give false testimony against your neighbour
10. You shall not covet your neighbour's house. You shall not covet your neighbour's wife, or his male or female servant, his ox or donkey, or anything that belongs to your neighbour.

Principles of Biblical Sabbath

1. Stop
2. Rest
3. Delight
4. Contemplate





"Keep turning the
topsoil over"

