

Rhythms of the Daily Office & Sabbath *(or stopping to breathe the air of eternity)*

"We live in a blizzard and few of us have a rope."

Suggested reasons we rush through life

(Huffington Post: Sura, meditation coach)

- **It's Habitual** - unconscious & addictive
- **Avoidance** - dealing with our real feelings, fears, stuff. Constant movement is a distraction away from unease or discomfort
- **Self Importance** - to make us feel valuable in other people's eyes
- **We're busy** - multiple responsibilities, must feel needed & productive
- **Competition / control** - others might move ahead of us, we might lose out.
- **We're shallow / lazy** - easier to be on automatic than actually be consciously present which takes energy & intention which we don't always have
- **We Feel Pressure** - to perform from the voices of parents, bosses, society - we feel we must DO to be loved
- **False Perception** - we think the grass is greener somewhere else...



h. 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.

Stopping for the Daily Office and Sabbath is not meant to add another to-do to our already busy schedules. It is the resetting of our entire lives toward a new destination—God. It is an entirely new way of being in the world.

Prayer Rhythms in the Bible

- **David** prayed 7 times a day:
Ps 119:164 - Seven times a day I praise you for your righteous laws.
- **Daniel** was thrown into the Lion's Den because he refused to stop his pattern of praying 3 times per day:
Dan 6:10 Now when Daniel learned that the decree had been published, he went home to his upstairs room where the windows opened towards Jerusalem. Three times a day he got down on his knees and prayed, giving thanks to his God, just as he had done before.
- In **Jesus** time, devout Jews prayed 2-3 times a day & Jesus most likely followed this custom
- After Jesus' death & resurrection, his **disciples** seemed to continue the custom of praying at certain times in the day.

Acts 3:1 One day Peter and John were going up to the temple at the time of prayer – at three in the afternoon.

Acts 10: 9 About noon the following day as they were on their journey and approaching the city, Peter went up on the roof to pray.

Principles of the Daily Office

1. Stopping

- Central to the challenge of stopping is the principle that I am giving up control of my time, and I can trust God to run his world without me.

2. Centering

Ps 37:7 - Be still before the Lord and wait patiently for him;

Ps 46:10 - He says, 'Be still, and know that I am God;

- When my mind wanders I pray "come Holy Spirit; or just repeat the name of Jesus softly

3. Silence (& Solitude)

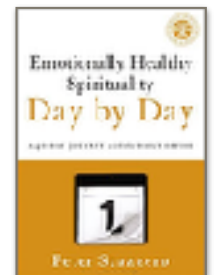
- Solitude: the practise of being absent from people and things to attend to God.
- Silence: the practise of quieting every inner and outer voice to attend to God.
- *Without solitude it is almost impossible to live a spiritual life.* (Henri Nouwen)
- Elijah meets God in "the Sound of Sheer Silence" 1 Kings 19:11-12

4. Bible

Bible reading Plans

Helpful Apps: You Version, Bible in one Year (BIOY)

Websites: biblestudytools.com, bible.com, navigators.org,



Gen 2: 2-3 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.

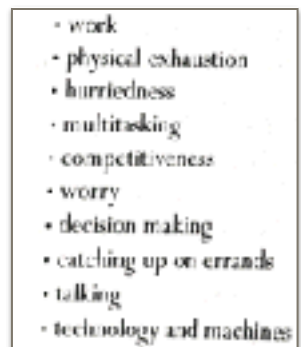
Principles of Biblical Sabbath

1. Stop

- Adjust expectations
- Every Sabbath I remind myself that God is in control and I don't need to worry about the things of tomorrow..

2. Rest

- What constitutes rest for you?
- Resting is about respecting our humanity and the image of God in us.



Here are some other things you might want to consider deliberately 'resting' from on your day off or your sabbath.

3. Delight

- When God finished his creation he delighted over it, declaring "It is very good".
- Delighting is about slowing down and paying more attention to things, taking the time to appreciate all that is around us.

4. Contemplate

- Worship, pray, read, keep silence together
- Enjoy a foretaste of eternity

The Analogy of the Garden Hoe

- Keep turning the topsoil over

