Assessing your use of the Daily Office

1. In experimenting with the Daily Office this past week:

What I found most helpful. Might have reinforced saying the Office	**What I found most difficult or challenging**

2. All prayer must be chosen and owned. Our ability to sustain a practice is dependent on:

a. Having adequate and useful information
In regard to the Office this is likely to include having experimented with several ways of saying the Office to find one that fits for now.

I have enough information and have adequately experimented	1	2	3	4	5	I need to gather a lot more information and experiment more

b. Free choice
Making use of the Office needs to come from free choice rather than being stuck in our habits, internal "shoulds" or external pressure from others. Free choice depends on having enough information, including experimentation.

I feel pressure to do the Office –from others, as a "should" within myself	1	2	3	4	5	My pattern of doing the Office is grounded in reasons that make a lot of sense to me and has rewards that I desire

c. Internal commitment
Shows itself in being sustainable; not much internal resistance. Internal commitment depends on the extent of free choice you have.

Doesn't seem sustainable for me at this time in my life' too much internal resistance in me	1	2	3	4	5	I feel very much at peace with doing the Daily Office; seems sustainable

3. Your connection with the spiritual rationale of the Office.

Which of these attract you, speak to you?

___ *enters the ancient cycle of prayer* Evelyn Underhill,

___ *a means by which we pray with the whole church, uniting our prayer with that of millions of other Christians living and dead.* Kenneth Leech *we became more and more aware of the living reality of the invisible "communion of saints* Jonathan Daniels

___ *It feeds into the invisible economy of Grace, God's hidden plumbing, for the good of the world keep ourselves in constant awareness of the divine order; an order of love and justice which embraces and underlies all order* Father George Guiver CR

___ *The most important thing the Office does for me is to pry me out of my own agenda, not by helping me ignore my feelings, whatever they might be, but by giving me a place to put them.* Bryan Carr

___ *I come to the text where I am at, and just by virtue of engaging with it (reading it), the Spirit works, often invisibly, sometimes visibly.* Susan Forshey

5. Which need does the Office primarily address for you? – either orientation is legitimate; at times we need one more than the other

___for prayer as comfort; needs to touch my emotions; needs to feel gentle and encouraging

___for prayer as discipline; a form of self-giving; of loving obedience
Father George Guiver CR

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