

## Spiritual Practices—Office/Daily Practice

- I. Three elements—Psalm, Scripture, Prayers
- II. Daily prayers of church versus individual daily practice. What's the difference?

Identify some practices that fit with individual reflection—note Trinity's Centering Prayer group. Participation in the church's grounding in Eucharist & Office will affect our own forms of individual prayer and reflection and they will be different as a result.

Church's reading, church's psalm, church's prayer. Note that what we might choose to do on our own might be more onerous than what the church would suggest. Not a right/wrong thing—it's about connecting to the broader community, the broader tradition and letting that shape us and shape our spiritual lives.

David Brooks—countering excessive self-esteem (connecting to humility): "Deference to the institution."

### 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

**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)

Take away sheet.