

About the Daily Office

The Daily Office is a set rhythm of reading the Scriptures, singing, and prayer. Sometimes called the Liturgy of the Hours, it originally developed when early Christians continued the Jewish practice of reciting prayers and songs at certain hours. Priests, monks, and followers of Jesus the world over observe the Daily Office, even today.

The Daily Office is often different from a devotional time, as the purpose of the Daily Office is to simply to spend time in the presence of God, nothing more. With the first prayers of the Office beginning at 3:45am, many people choose to participate in only certain parts of the Daily Office rather than its entirety.

Resources

There are a number of ways to incorporate the Daily Office into your day. The following resources will be helpful if you're interested in participating in the Daily Office.

- *Emotionally Healthy Spirituality* by Peter Scazzerro [Integrity, 2006]
Chapter Eight provides an introduction to the Daily Office and how it can be incorporated into a daily spiritual practice.
- *The Little Book of Hours: Praying with the Community of Jesus* by the Community of Jesus [Paraclete, 2003]
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- *Face to Face: Praying the Scriptures* by Kenneth Boa [Zondervan, 1997]
- *The Prymer* by Robert E. Webber [Paraclete, 2000]