

The Daily Office, also known as *The Divine Office* or *The Liturgy of the Hours*, includes Morning Prayer, Noonday Prayer, Evening Prayer, and Compline.

The Office can be traced back to the 2nd century and reflects the Jewish religion as well as many other primitive religions that set certain times of the day for certain prayers. This Office has been preserved in practice within the Anglican, Roman Catholic, and Orthodox traditions. Since the liturgical renewal, many Protestant communities have also embraced it. When we pray the Office, whatever the hour, we unite with another individual or community in the world praying the same prayers and reflecting on the same readings.

The Book of Common Prayer provides two versions of the Office:

- Rite One (traditional language) starting on page 37.
- Rite Two (contemporary language) starting on page 75.

General Elements of the Office (Midday Prayer & Compline have less)

* Optional elements include Confession of Sin and the Apostles Creed

- Introductory sentence/scriptural verse
- Invitatory Psalm or Cantic
- Psalms*
- Readings
- Canticles
- Suffrages (Intercessions)
- Collect (Closing Prayer)
- Concluding Verse/Blessing

*The Book of Common Prayer contains the Psalter, starting on page 585. You need a Bible for the readings.

Lectionary for the Daily Office (*see page 936*)

The Daily Office has its own Lectionary with a two-year cycle (Year One & Year Two), exposing its users to a large portion of the Bible. Psalms for Morning and Evening Prayer are separated by an asterisk. Three readings are provided for each day: two for the morning (OT & Letters/Acts) and one (gospel) for the evening. Any reading may be used at noon time.

Year One and Year Two are aligned with odd (One) and even (Two) calendar year numbers; however, the church liturgical year starts with the 1st Sunday of Advent, meaning November of any even-numbered year will be the start of Year One. The Book of Common Prayer conveniently places Year One and Year Two pages opposite each other (*see bottom of each page*).

Note: It is not necessary to complete the whole office. One should not be racing through it for completion's sake. You may only have time for one psalm or one reading, OR you may want to stay and meditate on one passage for the time that you have. As always with scripture, more time on less verses is better than less time on more verses.

The Daily Office is also an app! See <https://dailyoffice.app/> Pray with your smartphone, wherever or whenever you can!