



new life fellowship

## **DAILY OFFICES 2017**

By Rich Villodas

At New Life Fellowship, our mission is to be a community leading people into a deep, personal relationship with Jesus. The depth of transformation needs to go “beneath the iceberg” of our lives.

In order to work for this transformation, New Life has a set of theological and spiritual formation values known as our 5Ms (Monastic, Multiracial, eMotional Health, Marriage to Christ, Missional).

This daily office booklet provides 10 “offices” or set times of prayer and reflection. There are 2 offices for each “M.”

We pray you meet God in silence, in the reading of the scriptures/devotionals and in reflection.

Peace,

Pastor Rich

Lead Pastor

## Day 1 – Our Monastic Value

### Day 1 – Morning Office - Monastic Silence, Stillness, and Centering before God (2 minutes)

#### Prayer for Presence

Lord Jesus, in this moment of prayer, free me from the distractions of the day so that I may be deeply present to you and myself, for the sake of the world around me.

#### Scripture Reading

Out of the depths I cry to you, LORD;

<sup>2</sup> Lord, hear my voice.

Let your ears be attentive  
to my cry for mercy.

<sup>3</sup> If you, LORD, kept a record of sins,  
Lord, who could stand?

<sup>4</sup> But with you there is forgiveness,  
so that we can, with reverence, serve you.

<sup>5</sup> I wait for the LORD, my whole being waits,  
and in his word I put my hope.

<sup>6</sup> I wait for the Lord  
more than watchmen wait for the morning,  
more than watchmen wait for the morning.

- Psalm 130:1-6

#### Devotional

Prayer, as one of its oldest definitions puts it, is “lifting mind and heart to God.” That sounds simple, but it is hard to do. Why? Because we have the wrong notion of what that means. We unconsciously nurse the idea that we can pray only when we are not distracted, not angry, not emotionally or sexually preoccupied. We think God is like a parent who wants to see us only on our best behavior. So we go into God’s presence only when we have nothing to hide, are joy-filled, and feel we can give proper attention to God in a reverent and loving way. Because we don’t understand what prayer is, we treat God as an authority figure or a visiting dignitary—as someone to whom we don’t tell the real truth. We don’t tell God what is really going on in our lives. We tell God what we think God wants to hear. Every thought or feeling is a valid entry into prayer. What’s important is that we pray what’s inside of us and not what we think God would like to see inside of us.

- Ronald Rolheiser

#### Space for Reflection (take 2-3 minutes to be silent or write out your thoughts or prayers from the scripture passage or devotional)

#### The Lord’s Prayer

Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as it is in heaven. Give us today our daily bread. And forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation,<sup>[a]</sup>  
but deliver us from the evil one.

#### Conclude with Silence (2 minutes)

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## **Day 1 – Midday/Evening Office - Monastic Silence, Stillness, and Centering before God (2 minutes)**

### **Prayer for Presence**

Lord Jesus, I believe you want to speak to me in deep and profound ways this moment. May I be attentive to your loving and merciful voice.

### **Scripture Reading**

God is our refuge and strength,  
an ever-present help in trouble.

<sup>2</sup>Therefore we will not fear, though the earth give way  
and the mountains fall into the heart of the sea,

<sup>3</sup>though its waters roar and foam  
and the mountains quake with their surging.

<sup>10</sup>He says, "Be still, and know that I am God;  
I will be exalted among the nations,  
I will be exalted in the earth."

- Psalm 46:1-3, 10

### **Devotional**

The work of silence is the work of gently saying no to the endless stream of thoughts and feelings that make up our world in order to listen for and say yes to the thoughts and feelings that are the voice of God.

One of the things I learned was that if I was faithful in my prayer, if I prayed even when it seemed futile, then eventually I would begin to notice that God is present

-Daniel Wolpert

### **Space for Reflection (take 2-3 minutes to be silent or write out your thoughts or prayers from the scripture passage or devotional)**

### **Closing Prayer**

May the Lord bless us and keep us and cause His face to shine upon us from this day forth and forevermore. Amen

### **Conclude with Silence (2 minutes)**

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## Day 2 – Our Multiracial Value

### Day 2 – Morning Office – Multiracial Silence, Stillness, and Centering before God (2 minutes)

#### Prayer for Presence

Lord Jesus, in this moment of prayer, free me from the distractions of the day so that I may be deeply present to you and myself, for the sake of the world around me.

#### Scripture Reading

<sup>20</sup>“My prayer is not for them alone. I pray also for those who will believe in me through their message, <sup>21</sup>that all of them may be one, Father, just as you are in me and I am in you. May they also be in us so that the world may believe that you have sent me. <sup>22</sup>I have given them the glory that you gave me, that they may be one as we are one— <sup>23</sup>I in them and you in me—so that they may be brought to complete unity. Then the world will know that you sent me and have loved them even as you have loved me.

-John 17

#### Devotional

Love is a great idea until the one you are called to love happens to be unlike you. Love is a great idea until you discover who your neighbors actually are. Love is a great idea until you see who actually attends your church. Love is a great idea until your kids go ballistic. Love is a great idea until your house floods because someone left the sink running. Love is a great idea until you see who sits next to you at church on Sunday morning.

Love then is not primarily emotion or affection, but rather a covenant commitment to another person. Commitment does not deny emotions; commitment reorders emotions.

- Scot McKnight

#### Space for Reflection (take 2-3 minutes to be silent or write out your thoughts or prayers from the scripture passage or devotional)

#### The Lord's Prayer

Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as it is in heaven. Give us today our daily bread. And forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation,<sup>[a]</sup> but deliver us from the evil one.

#### Conclude with Silence (2 minutes)

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## **Day 2 – Midday/Evening Office – Multiracial Silence, Stillness, and Centering before God (2 minutes)**

### **Prayer for Presence**

Lord Jesus, I believe you want to speak to me in deep and profound ways this moment. May I be attentive to your loving and merciful voice.

### **Scripture Reading**

<sup>13</sup> But now in Christ Jesus you who once were far away have been brought near by the blood of Christ.

<sup>14</sup> For he himself is our peace, who has made the two groups one and has destroyed the barrier, the dividing wall of hostility, <sup>15</sup> by setting aside in his flesh the law with its commands and regulations. His purpose was to create in himself one new humanity out of the two, thus making peace, <sup>16</sup> and in one body to reconcile both of them to God through the cross, by which he put to death their hostility. <sup>17</sup> He came and preached peace to you who were far away and peace to those who were near. <sup>18</sup> For through him we both have access to the Father by one Spirit.

-Ephesians 2:13-18

### **Devotional**

Cultural differences in the body of Christ enable different types of people to draw near to the heart of Jesus... When we meet Jesus around people who are just like us and then continue to follow Jesus with people who are just like us, we stifle our growth in Christ and open ourselves up to a world of division. However, when we're rubbing elbows in Christian fellowship with people who are different from us, we can learn from each other and grow more like Christ. Like iron sharpens iron.

- Christena Cleveland

### **Space for Reflection (take 2-3 minutes to be silent or write out your thoughts or prayers from the scripture passage or devotional)**

### **Closing Prayer**

May the Lord bless us and keep us and cause His face to shine upon us from this day forth and forevermore. Amen

### **Conclude with Silence (2 minutes)**

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## Day 3- Our eMotional Health Value

### Day 3 – Morning Office – eMotional Health Silence, Stillness, and Centering before God (2 minutes)

#### Prayer for Presence

Lord Jesus, in this moment of prayer, free me from the distractions of the day so that I may be deeply present to you and myself, for the sake of the world around me.

#### Scripture Reading

- 37 Jesus replied: “Love the Lord your God with all your heart and with all your soul and with all your mind.’<sup>38</sup> This is the first and greatest commandment.  
<sup>39</sup> And the second is like it: ‘Love your neighbor as yourself.’<sup>40</sup> All the Law and the Prophets hang on these two commandments.”

-Matthew 22:37-38

#### Devotional

The greatest commandments, Jesus said, are that we love God with all our heart, mind, strength, and soul and that we love our neighbor as ourselves (see Matthew 22:37–40). Contemplation has been defined in many ways through history. Brother Lawrence called it “the pure loving gaze that finds God everywhere.” Francis de Sales describes it as “the mind’s loving, unmixed, permanent attention to the things of God.” For this reason, contemplation is the vertical line going upward toward God that cuts through emotional health. We are not simply about experiencing a better quality of life through emotional health. Awareness of and responding to the love of God is at the heart of our lives. We are first and foremost about God revealed in Christ.

- Pete Scazzero

#### Space for Reflection (take 2-3 minutes to be silent or write out your thoughts or prayers from the scripture passage or devotional)

#### The Lord’s Prayer

Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as it is in heaven. Give us today our daily bread. And forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation,<sup>[a]</sup> but deliver us from the evil one.

#### Conclude with Silence (2 minutes)

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## **Day 3 – Midday/Evening Office – eMotional Health Silence, Stillness, and Centering before God (2 minutes)**

### **Prayer for Presence**

Lord Jesus, I believe you want to speak to me in deep and profound ways this moment. May I be attentive to your loving and merciful voice.

### **Scripture Reading**

- <sup>1</sup> Hear my cry, O God;  
listen to my prayer.
- <sup>2</sup> From the ends of the earth I call to you,  
I call as my heart grows faint;  
lead me to the rock that is higher than I.
- <sup>3</sup> For you have been my refuge,  
a strong tower against the foe.
- <sup>4</sup> I long to dwell in your tent forever  
and take refuge in the shelter of your wings.
- <sup>5</sup> For you, God, have heard my vows;  
you have given me the heritage of those who fear your name.

-Psalm 61:1-5

### **Devotional**

Ignoring our emotions is turning our back on reality. Listening to our emotions ushers us into reality. And reality is where we meet God. . . . Emotions are the language of the soul. They are the cry that gives the heart a voice. . . . However, we often turn a deaf ear—through emotional denial, distortion, or disengagement. We strain out anything disturbing in order to gain tenuous control of our inner world. We are frightened and ashamed of what leaks into our consciousness. In neglecting our intense emotions, we are false to ourselves and lose a wonderful opportunity to know God. We forget that change comes through brutal honesty and vulnerability before God.

- Dan Allender

### **Space for Reflection (take 2-3 minutes to be silent or write out your thoughts or prayers from the scripture passage or devotional)**

### **Closing Prayer**

May the Lord bless us and keep us and cause His face to shine upon us from this day forth and forevermore. Amen

### **Conclude with Silence (2 minutes)**

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## Day 4– Our Marriage to Christ Value

### Day 4 – Morning Office – Marriage to Christ Silence, Stillness, and Centering before God (2 minutes)

#### Prayer for Presence

Lord Jesus, in this moment of prayer, free me from the distractions of the day so that I may be deeply present to you and myself, for the sake of the world around me.

#### Scripture Reading

<sup>10</sup> Jesus answered her, “If you knew the gift of God and who it is that asks you for a drink, you would have asked him and he would have given you living water.”

<sup>11</sup> “Sir,” the woman said, “you have nothing to draw with and the well is deep. Where can you get this living water? <sup>12</sup> Are you greater than our father Jacob, who gave us the well and drank from it himself, as did also his sons and his livestock?”

<sup>13</sup> Jesus answered, “Everyone who drinks this water will be thirsty again, <sup>14</sup> but whoever drinks the water I give them will never thirst. Indeed, the water I give them will become in them a spring of water welling up to eternal life.”

-John 4:10-14

#### Devotional

One of the things God wants to show us is that behind all our misdirected desires and lusts there is a legitimate desire God put there and wants to satisfy. Uncovering that legitimate desire and entrusting its satisfaction entirely to God is critical to our healing and wholeness. As Father Jacques Philippe observes, “one passion can only be cured by another—a misplaced love by a greater love, wrong behavior by right behavior that makes provisions for the desire underlying the wrongdoing, recognizes the conscious or unconscious needs that seek fulfillment and ... offers them legitimate satisfaction.”

-Christopher West

#### Space for Reflection (take 2-3 minutes to be silent or write out your thoughts or prayers from the scripture passage or devotional)

#### The Lord’s Prayer

Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as it is in heaven. Give us today our daily bread. And forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation,<sup>[a]</sup> but deliver us from the evil one.

#### Conclude with Silence (2 minutes)

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## **Day 4 – Midday/Evening Office – Marriage to Christ Silence, Stillness, and Centering before God (2 minutes)**

### **Prayer for Presence**

Lord Jesus, I believe you want to speak to me in deep and profound ways this moment. May I be attentive to your loving and merciful voice.

### **Scripture Reading**

<sup>27</sup>To this John replied, "A person can receive only what is given them from heaven. <sup>28</sup>You yourselves can testify that I said, 'I am not the Messiah but am sent ahead of him.' <sup>29</sup>The bride belongs to the bridegroom. The friend who attends the bridegroom waits and listens for him, and is full of joy when he hears the bridegroom's voice. That joy is mine, and it is now complete. <sup>30</sup>He must become greater; I must become less."

-John 3:27-29

### **Devotional**

Singleness is a sign and a wonder in at least two specific ways. First, as a single person you bear witness to the sufficiency and fullness of Jesus through your celibacy. You are not giving your body away. You are not "hooking up." Why? You are married to Christ. Your whole person belongs to him. Everyday you choose to maintain that commitment, your singleness stands as a countercultural and prophetic sign of the kingdom of God - to the church and to the world.

- Pete Scazzero

The Christian faith, like marriage, aims at teaching us that the time when we are most ourselves is, paradoxically, when we are busy losing ourselves in another, when we are before the altar making vows of love and self-sacrifice, when we are out of our own depth and drowning in the deep waters of otherness. That is when we can begin to discover, experimentally, that others are as real as we are, and therefore begin to love them as we love ourselves and even as God so incredibly loves His people.

- Mike Mason

### **Space for Reflection (take 2-3 minutes to be silent or write out your thoughts or prayers from the scripture passage or devotional)**

### **Closing Prayer**

May the Lord bless us and keep us and cause His face to shine upon us from this day forth and forevermore. Amen

### **Conclude with Silence (2 minutes)**

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## Day 5- Our Missional Value

### Day 5 – Morning Office - Missional Silence, Stillness, and Centering before God (2 minutes)

#### Prayer for Presence

Lord Jesus, in this moment of prayer, free me from the distractions of the day so that I may be deeply present to you and myself, for the sake of the world around me.

#### Scripture Reading

<sup>19</sup> I hate, I despise your religious festivals;  
your assemblies are a stench to me.

<sup>22</sup> Even though you bring me burnt offerings and grain offerings,  
I will not accept them.

Though you bring choice fellowship offerings,  
I will have no regard for them.

<sup>23</sup> Away with the noise of your songs!  
I will not listen to the music of your harps.

<sup>24</sup> But let justice roll on like a river,  
righteousness like a never-failing stream!

-Amos 5:21-24

#### Devotional

In justification, when we are justified, God's justice is satisfied and Christ's righteousness becomes our own. Though we are unjust people, we can have fellowship with a just God. Then, as we are sanctified, day by day, we grow into the ability to do what a justified person would do. And just people do just things. We are growing into a degree of Christ likeness—becoming more like the Messiah, who was fully just and who came to enact and restore justice. Ultimately, God's work will be finished, and we will be fully transformed into people who can stand in the presence of a just and holy God; that is, we will be glorified. Justice will then be restored and complete. Ironically, many of us have never made the connection that these common theological terms—just, justified, and justification—are actually justice language at the heart of the good news. Justice is a thread running throughout the gospel.

- Ken Wytsma

#### Space for Reflection (take 2-3 minutes to be silent or write out your thoughts or prayers from the scripture passage or devotional)

#### The Lord's Prayer

Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as it is in heaven. Give us today our daily bread. And forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation,<sup>[a]</sup> but deliver us from the evil one.

#### Conclude with Silence (2 minutes)

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## **Day 5 – Midday/Evening Office - Missional**

### **Silence, Stillness, and Centering before God (2 minutes)**

#### **Prayer for Presence**

Lord Jesus, I believe you want to speak to me in deep and profound ways this moment. May I be attentive to your loving and merciful voice.

#### **Scripture Reading**

<sup>16</sup> Then the eleven disciples went to Galilee, to the mountain where Jesus had told them to go. <sup>17</sup> When they saw him, they worshiped him; but some doubted. <sup>18</sup> Then Jesus came to them and said, "All authority in heaven and on earth has been given to me. <sup>19</sup> Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, <sup>20</sup> and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age."

-Matthew 28:16-19

#### **Devotional**

"If we're going to impact our world in the name of Jesus, it will be because people like you and me took action in the power of the Spirit. Ever since the mission and ministry of Jesus, God has never stopped calling for a movement of "Little Jesuses" to follow him into the world and unleash the remarkable redemptive genius that lies in the very message we carry. Given the situation of the Church in the West, much will now depend on whether we are willing to break out of a stifling herd instinct and find God again in the context of the advancing kingdom of God."

-Alan Hirsch

#### **Space for Reflection (take 2-3 minutes to be silent or write out your thoughts or prayers from the scripture passage or devotional)**

#### **Closing Prayer**

May the Lord bless us and keep us and cause His face to shine upon us from this day forth and forevermore. Amen

#### **Conclude with Silence (2 minutes)**

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