



emotionally healthy spirituality

Discover the Rhythms of Daily Office & Sabbath

Or

“The Supreme Value of a Good Rope”

EXHAUSTED

OVERSCHEDULED

HURRIED

PREOCCUPIED

FRANTIC

OVERBURDENED

CRAMMED

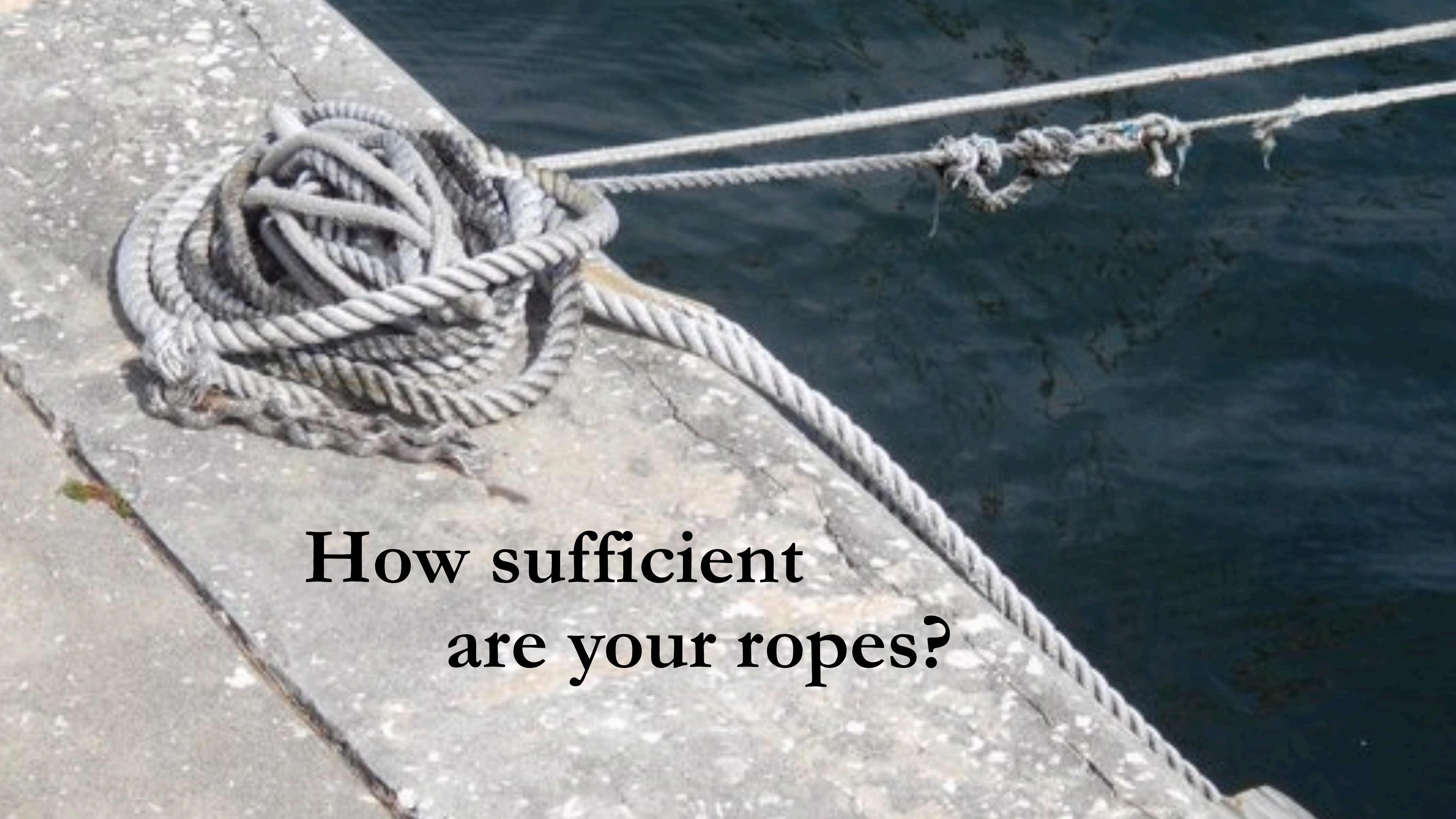
TENSE

FATIGUED





Daily Office Sabbath



**How sufficient
are your ropes?**

Daniel 6:6-10

The vice-regents and governors conspired together and then went to the king and said, “King Darius, live forever! We’ve convened your vice-regents, governors, and all your leading officials, and have agreed that the king should issue the following decree:

For the next thirty days no one is to pray to any god or mortal except you, O king. Anyone who disobeys will be thrown into the lions’ den.

“Issue this decree, O king, and make it unconditional, as if written in stone like all the laws of the Medes and the Persians.”

9 King Darius signed the decree.

10 When Daniel learned that the decree had been signed and posted, he continued to pray just as he had always done. His house had windows in the upstairs that opened **toward Jerusalem.**

Three times a day he knelt there in prayer, thanking and praising his God.

Daily Office

Not turning to God to get something
but to be with Someone



“On hearing the signal for an hour of the divine office, the monk will immediately set aside what he has in hand and go with utmost speed... Indeed, nothing is to be preferred to the Work of God [that is the Daily Office].”

- **St. Benedict of Nursia**
(525ish)

Daily Office

Silence

Centering

Stopping

Scripture

Sabbath



2 “I am the Lord your God, who rescued you from the land of Egypt, the place of your slavery.

3 “You must not have any other god but me.

4 “You must not make for yourself an idol of any kind or an image of anything in the heavens or on the earth or in the sea. 5 You must not bow down to them or worship them, for I, the Lord your God, am a jealous God who will not tolerate your affection for any other gods. I lay the sins of the parents upon their children; the entire family is affected—even children in the third and fourth generations of those who reject me. 6 But I lavish unfailing love for a thousand generations on those who love me and obey my commands.

7 “You must not misuse the name of the Lord your God. The Lord will not let you go unpunished if you misuse his name.

8 “Remember to observe the Sabbath day by keeping it holy. 9 You have six days each week for your ordinary work, 10 but the seventh day is a Sabbath day of rest dedicated to the Lord your God. On that day no one in your household may do any work. This includes you, your sons and daughters, your male and female servants, your livestock, and any foreigners living among you. 11 For in six days the Lord made the heavens, the earth, the sea, and everything in them; but on the seventh day he rested. That is why the Lord blessed the Sabbath day and set it apart as holy.

12 “Honor your father and mother. Then you will live a long, full life in the land the Lord your God is giving you.

13 “You must not murder.

14 “You must not commit adultery.

15 “You must not steal.

16 “You must not testify falsely against your neighbor.

17 “You must not covet your neighbor’s house. You must not covet your neighbor’s wife, male or female servant, ox or donkey, or anything else that belongs to your neighbor.”

Sabbath

Those who remember and keep the Sabbath find they are less driven, less coerced, less frantic to meet deadlines, free to be, rather than to do. Because Sabbath is the great festival of freedom, when Pharaoh and all coercive expectations are dismissed and there is free bread and free water and free milk and free wine.”

- Walter Bruegeman
(Sabbath as Resistance)



Sabbath

Stop

“Play & Pray”

Rest

Delight

Contemplate

Daily Office

Sabbath

