

WE'RE HERE FOR YOU.

Text us anytime:

Text **502-717-1783**

- **CHAT** (text with a pastor)
- **PRAYER** (submit a prayer request)
- **RESOURCES** (list of professional next steps)
- **LISTEN** (schedule an in-person conversation)

LET'S TALK ABOUT MENTAL HEALTH

— SEASON THREE —

Daily Office: a rhythm of turning to God to simply be with Him, instead of turning to God to get something from Him.

“So, on a normal weekday we rise at 4:35 am and begin Vigils at 5:00 am. Vigils (also known as the Office of Readings) lasts about an hour. It consists of 12 psalms mostly sung recto tono (on one note), with some recited, a long scripture reading, and a commentary on the reading usually from the Fathers of the Church. It is followed by a period of private prayer in the church until 6:30, and then the Office of Lauds, or Morning Prayer, is sung, ending at about 7:15. The monks have breakfast after Lauds.”

“The rest of the time until Mass is spent in lectio divina. Mass is at 9:30 and concludes with the short office of Terce. This is followed by a short community meeting at which a section of the Rule is read and the Superior may give a conference or make announcements. Work follows. The community gathers again at 1:00 pm for the short office of Sext. Lunch, the main meal of the day, follows. We eat in silence while listening to reading.”

“After lunch there is about an hour and a half of free time, when the monk can rest or pursue private interests, then another short office, None, at 3:00. This is followed by work or studies until Vespers. Vespers is at 6:00 and lasts about half an hour. After Vespers there is a period for private prayer or lectio divina, then supper at 7:10. After supper there is a half hour of recreation.”

“The day ends with the office of Compline, sung at 8:00 with no lighting except candles, and lasting about 15 minutes. This begins the night silence. The monks return to their rooms to retire, or read or pray.”

- Monastery Daily Life

THE DAILY OFFICE IN SCRIPTURE

Pete Scazzero, EHS

- David practiced set times of prayer seven times a day (Psalm 119:164)
- Daniel prayed three times a day (Daniel 6:10)
- Devout Jews in Jesus' time prayed 2-3 times a day.
- Jesus himself followed the Jewish custom of praying at set times during the day.
- After Jesus' resurrection, His disciples continued to pray at certain hours of the day (Acts 3:1 and 10:9)

Lectio Divina = “divine reading” (Latin)

Lectio Divina

1. Read

2. Meditate

3. Pray

4. Contemplate

PSALM 40:1-4

“I waited patiently for the Lord to help me,
and He turned to me and heard my cry.
He lifted me out of the pit of despair,
out of the mud and the mire.
He set my feet on solid ground
and steadied me as I walked along.
He has given me a new song to sing,
a hymn of praise to our God.”