



# Daily Liturgy

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In the past weeks our world has changed overnight. Many of us are confined to our homes these days, and adjusting to a “new reality” of working from home, kids home from school, limited social contact, and all kinds of other disruptions to our everyday lives.

We happen to think that there is no better time to be intentional about designing some “new reality” daily rhythms around a framework that will help you to connect with Jesus, your soul, your neighbors, and your community throughout each day. Historically, followers of Jesus began to adopt daily rhythms or a “Rule of Life”. Stephen Macchia in his book “An Invitation to a Well-Ordered Way: Crafting a Rule of Life” says, “In the ancient sense of the term, regula or rule meant ‘guidepost’ or ‘railing’, something to hang on to in the dark, that leads in a given direction, points out the road, or gives us support as we climb.” He goes on to say, “A rule is like a trellis which offers support and guidance for a plant, helping it grow in a certain direction.” A rule of life is descriptive in that it articulates our intentions and identifies the ways in which we want to live in this season and beyond.

The following guideline is built around our framework of “be with Jesus, become like Jesus, and do what Jesus did.” These three callings are how we at Restoration define the process of apprenticing Jesus, or learning to walk the way of Jesus. We believe that the way of Jesus is the best possible way to live – both when life seems to be going “well,” and perhaps especially when things are difficult.

# The Process

## WAKE UP

*Be With:* Begin the day by centering yourself in God's presence

- *Prayer before phone*
- *God, thank you that you love me and accept me at the place myself and my loved ones in your hands today. Help me to see you, and to trust you, this day. Amen.*
- *Scripture before news*
- *Choose a Bible reading plan to use in this season.*

## BREAKFAST

*Be With:* before you “get going” on your workday or family activities, connect with God

*One thing I have asked of the Lord,  
this is what I seek:  
that I may dwell in the house of the Lord all the days of my life;  
to behold the beauty of the Lord  
and to seek Him in His temple.*

## BREAKFAST CONT.

*Exodus 33:12-18*

*Almighty and everlasting God, source of all wisdom and understanding, be present with those who seek the renewal and mission of your Church. Teach us in all things to seek first your honor and glory. Guide us to perceive what is right, and grant us both the courage to pursue it and the grace to accomplish it; through Jesus Christ our Lord. Amen.*

*Silence*

*Specific Prayers*

*Christ, as a light illumine and guide me. Christ, as a shield overshadow me.*

*Christ under me; Christ over me;*

*Christ beside me on my left and my right. This day be within and without me, lowly and meek, yet all-powerful.*

*Be in the heart of each to whom I speak; in the mouth of each who speaks unto me.*

*This day be within and without me,  
lowly and meek, yet all-powerful.*

*Christ as a light; Christ as a shield;*

*Christ beside me on my left and my right.*

*In the name of the Father, and of the Son, and of the Holy Spirit.  
Amen.*

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## BREAKFAST CONT.

*Do:* After you've connected with God, connect with neighbor

- *Take a moment to send a few texts or make some calls to friends and neighbors. check on vulnerable people, those who live alone, and those who are struggling with anxiety.*
- *If you have children, ask them who they'd like to check in on.*

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## MID MORNING

*Be With:* Pause / selah

- *Take a few deep breaths*
- *Give thanks to God for at least one thing, and as many as you are able.*
- *Take a moment and identify one thing you need from God for this day. Your daily bread. Ask your Father for what you need.*
- *If you have children, you can do this entire practice as a family.*

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## LUNCH

*Do:* Share the lunch hour with a friend

- *At least once a week – but could be daily – have lunch with a friend via video*
- *If they know Jesus, be intentional about asking each other how you can pray for one another – and then do it*
- *If they don't know Jesus, ask if there's any specific way you can be praying for them*

## LUNCH CONT.

*Be With:* After lunch, before jumping back into the day's activities, connect with God

*O God of peace, who has taught us that in returning and rest we shall be saved, in quietness and in confidence shall be our strength: By the might of your Spirit, lift us, we pray, to your presence, where we may be still and know that you are God; through Jesus Christ our Lord. Amen.*

*Our Father who art in heaven,  
hallowed be thy name,  
thy kingdom come,  
thy will be done, on earth as it is in heaven. Give us this day our daily bread.*

*Forgive us our sins  
as we forgive those who sin against us. Lead us not into temptation,  
but deliver us from evil.*

*For thine is the kingdom, and the power, and the glory forever  
and ever.*

*Amen.*

*Silence*

*Specific Prayers*

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## M I D A F T E R N O O N

### *Do:* Intercession Break

*pause for 15 minutes in the afternoon to intercede (pray) for the world around you:*

- *for your neighbors*
- *for the sick and the vulnerable*
- *for leaders making decisions*
- *for those in the medical profession*
- *for those who employ people*
- *for the lost, that this moment would be one of spiritual openness*
- *for your loved ones*
- *that God would use this moment in history for his purposes*

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## D I N N E R

*Be With:* After dinner, before the evening's activities or rest, take a moment to connect with God.

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## E V E N I N G

### *Do:* Make space for community in the evenings

- *At least once a week – or more if desired – be intentional about connecting with community*
- *Connect with a virtual gathering*
- *Set up video “dates” with friends*
- *Start a weekly video chat or prayer gathering with friends*
- *Get creative : find ways to socialize, play, and celebrate virtually*

## **EVENING CONT.**

*Lord, You have always given bread for the coming day; and  
though I am poor, today  
I believe.*

*Lord, You have always given strength for the coming day; and  
though I am weak,  
today I believe.*

*Lord, You have always given peace for the coming day; and  
though of anxious heart,  
today I believe.*

*Lord, You have always kept me safe in trials;  
and now, tried as I am, today I believe.*

*Lord, You have always marked the road for the coming day; and  
though it may be  
hidden, today I believe.*

*Lord, You have always lightened this darkness of mine;  
and though the night is here, today I believe.*

*Lord Jesus, stay with us, for evening  
is at hand and the day is past; be our companion in the way,  
kindle our hearts, and  
awaken hope, that we may know you as you are revealed in  
Scripture  
and the breaking of bread. Grant this for the sake of your love.  
Amen.*

*Silence*

*Specific Prayers*

## B E D T I M E

*Become Like:* Check in with yourself, and with God, at the end of the day

- *Practice the Examen : ask yourself when you felt close to God today, and when you felt far from him or completely missed that he was there. Write these down if helpful, and take a moment to journal about them. Close the practice by thanking God that he was with you during every moment of this day, whether you were aware of him or not.*

*Be With:* Before you go to sleep, as your final activity of the day, connect with God one final time

*Prayer for bedtime, from the Northumbria Community*

*Psalm 4:8*

*I will lie down and sleep in peace*

*for You alone, Lord, make me dwell in safety.*

*Calm me, O Lord, as You stilled the storm.*

*Still me, O Lord, keep me from harm.*

*Let all the tumult within me cease.*

*Enfold me, Lord, in Your peace.*

*Father, bless the work that is done,*

*and the work that is to be.*

*Father, bless the servant that I am,*

*and the servant that I will be.*

*Thou Lord and God of power,*

*shield and sustain me this night.*

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**B E D T I M E C O N T .**

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*The peace of God  
be over me to shelter me,  
under me to uphold me,  
about me to protect me,  
behind me to direct me,  
ever with me to save me.*

*The peace of all peace  
be mine this night  
in the name of the Father,  
and of the Son,  
and of the Holy Spirit.  
Amen.*

*Put your phone away, and go to sleep.  
\*Phone off or in another room for the night*

