

# How to Read the Daily Office

## Of

### Evening Prayer

There have been questions about saying the Daily Offices. In the interest of making it easier to read the Daily Office, these instructions have been compiled as a guide. Reading the Daily Office every day is part of a healthy prayer life. These instructions are provided in the hope this will make it easier to implement the Daily Office into your prayer life.

Pg. 21	Begin with one or More Opening Sentences, or begin with the Versicles on page 25.
Pg. 23-25	The Confession is Optional; the Lord's Prayer is usually omitted at this point in the Office.
Pg. 25	Versicles and Responses: Read both parts yourself. Make the sign of the Cross over your lips at "O Lord open Thou our lips."
Pg. 25	The Gloria in Excelsis is generally omitted. If you wish it may be substituted for the Gloria Patri in the Versicles immediately preceding.
Pg.345-525	<p>The Psalms. The proper Psalms are determined in one of two ways. Choose one and use it:</p> <ul style="list-style-type: none"> <li>a.) Use the table of Lessons on page x-xiv in the front of the book. The Psalms are listed in the first column after the day.</li> <li>b.) Follow the divisions given in the Psalter itself, which divides the Psalter into 60 portions, for Morning and Evening Prayer for each of the thirty days of the month. (On the 31<sup>st</sup> day, repeat the 30<sup>th</sup> day's Psalms. If you are only saying one Office a day, you can use the Morning Psalms one month and the Evening Psalms the next.)</li> </ul> <p>Both methods use all of the Psalms. Methode (b) has a slightly longer selection each day. At the end of each Psalm or at the end of all the Psalms for the day, the Gloria Patri is said.</p>
Pg. x-xiv	The First Lesson. From the Calendar in your Church Bulletin, find out what day it is in the Church Year. This is generally dependent on the Sunday. Then find that day in the Lectionary on pages x-xiv in the front of the book. The left hand pages are for Morning Prayer. The column marked "First Lesson" gives you the reading for the day. These follow along in course (more or less) so leave a marker in your Bible, and you will save time every day. When it only lists one verse (e.g. "Isa 4:2"), that means to read from that verse to the end of the chapter. Lessons are sometimes from the Apocrypha, so you will need a Bible with that in it. More than one lesson is sometimes given (especially for the Sunday's): take your choice. (You might do all the first ones one year and all the second ones the next.)
Pg. 26	First Canticle. The Magnificat is generally said, ending with Gloria Patri.
Pg. x-	The Second Lesson. Find in the same table as the First Lesson. This is a New

xiv	Testament Lesson.
Pg. 28	Second Canticle. Generally the Nunc Dimittis is used, and it is ended with the Gloria Patri.
Pg. 29	The Creed. The Apostles Creed is customary, though the Nicene creed may be used instead.
Pg. 30-31	Versicles. When saying the Office alone, instead of “The Lord be with you”, etc., say: “O Lord, hear my prayer: And let my cry come unto Thee.” The Lords Prayer is said at this point, if you did not say it at the beginning. Then say the Versicles(“O Lord, show thy Mercy upon us...”), reading both parts yourself.
Pg. 90-269	The Collect of the Day. On weekdays that are not Feasts, use the collect of the previous Sunday. Leave a marker in the book at the appropriate place. The Collects for Feasts are found at the end of the Collects for the Sundays.
Pg. 31	The Fixed Collects. The Collect for Peace and the Collect for Grace are always said.
Pg. 32-34	Other prayers are optional at this point. The General Thanksgiving on page 19 is often used. Other prayers may be found in the Family Prayer section, PP587-600. It is not necessary to add any prayers beyond the three Collects.
Pg. 34	The Office is ended with the Grace, and with the sign of the Cross.