Sunday, March 15, 2015

# Discover the Rhythm of the Daily Office and Sabbath
### Daniel 6 / Exodus 20

1. **The Daily Office** – a fixed hour of prayer

   **Offices** *(opus)* = work of God

   - *My work in life first is to seek God. Psalm 27:4*

   - *"Seven times a day I praise you." Psalm 119:164*

   - *It is good to praise the Lord…To proclaim your love in the morning, and your faithfulness at night.          Psalm 92:1a-2*

   - *Evening, morning and noon I cry out to you in distress and he hears my voice. Psalm 55:17*

2. **Sabbath Keeping** - to stop for a 24-hour period each week

   Qualities to Biblical Sabbath:

   - Stopping

   - Resting

   - Delighting

   - Contemplating

## Ten Commandments
Exodus 20:1-17

1. You shall have no other gods before me.

2. You shall not make for yourself an idol.

3. You shall not misuse the name of the Lord your God.

4. Remember the Sabbath day by keeping it holy. Six days you shall labor and do all your work, but the seventh day is a Sabbath to the Lord our God. On it you shall not do any work,... For in six days the Lord made the heavens and the earth, the sea and all that is in them, but he rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy.

5. Honor your father and your mother.

6. You shall not murder.

7. You shall not commit adultery.

8. You shall not steal.

9. You shall not give false witness.

10. You shall not covet.

*¹Blessed is the one who does not walk in step with the wicked or stand in the way that sinners take or sit in the company of mockers, ² but whose delight is in the law of the LORD, and who meditates on his law day and night. ³ That person is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither—whatever they do prospers. ⁴ Not so the wicked! They are like chaff that the wind blows away. ⁵ Therefore the wicked will not stand in the judgment, nor sinners in the assembly of the righteous. ⁶ For the LORD watches over the way of the righteous, but the way of the wicked leads to destruction. Psalm 1:1-6*