The cloister of this day

(An office for the hours of an ordinary day)

Morning prayer (Lauds)

Creator of all things and this new day, I praise you for the gift of sleep, warm showers, and cups of coffee. As the house stirs and the morning hustle begins, awaken me to see that your patient work is happening here in this day. Amen

Mid-day prayer (sometimes called Sext or None):

Lord, where exactly is your work happening today? I miss the meaning in the menial, impatient with endless tasks and numbed by the repetition of it all. Remake the remains of this day into priestly acts of lunching and laundering, sweeping and shopping, each one beautiful to you and good service for others. Amen.

Dinner prayer (Vespers)

Jesus, Bread of life, meet us in this meal, the place where your work is happening. Nourish us with the goodness of this daily bread, the comforting clatter of conversation, and the joy of companionship, all evidence of your table grace. Amen.

Bedtime prayer (Compline)

God our protector, it's in the dark that roots deepen and growth happens. As I lay down and tuck away my work of this day, rest me in the shelter of the Most High, secure in the knowledge that your good work is happening even as I sleep. Amen.

Written for the Worship for Workers Project of Fuller Seminary by Phil Reinders from Toronto, Ontario (https://seekinggodsface.org/)