

The Daily Office

*“Evening, morning, and at noon, I will cry out in distress.
He will hear my voice.”*

PSALM 55:17, WEB

HOW TO START

- 1 Pick two times: morning and evening.
- 2 Psalm, reading, Lord's Prayer, prayers for others.
- 3 Use a prayer book; let the words be given.
- 4 Missed one? Start again at the next.

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