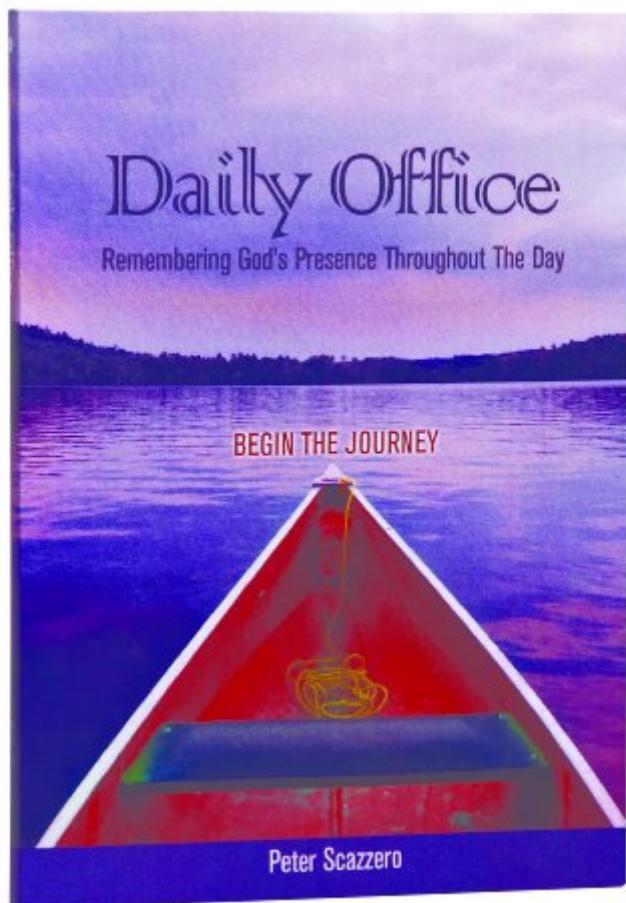


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# Daily Office



## **Synopsis**

In this groundbreaking devotional book, Peter Scazzero introduces the ancient spiritual discipline of the Daily Office. The basic premise is simple: We need to stop intentionally to be with God more than once a day so that "the practice of the presence of God" becomes a real possibility. Each day offers two Daily Officesâ "Morning/Midday and Midday/Evening.

## **Book Information**

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## **Customer Reviews**

I really enjoy this book. I like the concept of praying "the hours" and this book gives you a morning and evening selection for each day for eight weeks. It's a good amount of material to use interspersed with other sources if you want pray more "hours" throughout the day. It's definitely written from an Evangelical perspective and reflects the author's book "Emotionally Healthy Spirituality," which is a plus for me as I really like that book too. I appreciate the advice (guide?) toward developing your own "rule of life" and the section on praying the Lord's Prayer. This is a good resource that I'll continue to use for a long time through various "seasons" of life.

Both the concept and the format work for me. The Daily Office helps me to bring my intentionality to successful fruition. Very skilled job of integrating the format elements together with thematic relevance and integrity. Much more often than not, the "Question to Consider" is of value both for application and extension of consideration. One minor suggestion for making it even better, include a brief preface or appendix that suggested several techniques, methods, examples of ways to center and empty or ready oneself for the time of Silence, Stillness & Centering before God, and the time for Silent Contemplation end the session. Author might also consider including a third session for each day, morning, midday, and evening.

So much wisdom in a great little package. I enjoyed every minute of this book. A great intro to or accompaniment for Emotionally Healthy Spirituality. A collection of different voices and varied scripture all elucidating the same concept of emotionally healthy spirituality. The devotions are straight forward yet thought provoking; the scriptures varied and applicable; the prayers short but so spot on and rarest of all questions that challenge introspection rather than parroting what you've just read. Really...perfect...I just finished and can't wait to do it again!

This is not a traditional monastic daily office, but functions very well as a more relaxed form of devotional session. The readings are arranged in an interesting way and the commentary is actually insightful. More than once I found myself pausing to think about it and carrying on the questions with me the rest of the day. Also, the focus on mental/emotional health sheds new light on many of the scriptures. The only (minor) negative is that the formatting for the Kindle could have been done with a little more care, especially the transitions between morning and evening prayer. A page break or something would have kept them cleaner.

This is one of many devotionals I have, and I have found this one to be more realistic. I have a hard time sitting still before God and when I open this Kindle edition the first thing I see is sit still for two minutes focusing on God; I think I've made it 15 seconds, but with practice I'm getting better. Really hit home with me several times during the devotional. I don't do the evening devotional, because I'm usually reading something else and relaxing.

I followed this devotional as I read the book, Emotionally Healthy Spirituality. It is a good way to process the material in the book, and apply it to real life. I really appreciate the fact that the author doesn't make it a "one size fits all," but calls us to find our individual path and live it.

An excellent resource for having a couple of daily God stops, filled with helpful quotes to help you reflect on each Bible passage, as well as good questions & prayers. Highly recommend. Only disappointment is it was too short ;-)

In this hectic world in which we live we can too easily fall into the rhythm of urgency and distraction, never slowing down long enough to rest in God's rhythm of grace. I discovered this book at a time when I needed it most - a time of crisis and chaos. I encourage you to read it and take time to be with our Heavenly Father; you will find rest for your weary soul.

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