**DAILY OFFICE**

**Silence, Stillness and Centering before God (Take 2 minutes in silence first)**

**Scripture Reading —** Matthew 16:21-23

*From that time on Jesus began to explain to his disciples that he must go to Jerusalem and suffer many things at the hands of the elders, chief priests and teachers of the law, and the he must be killed and on the third day be raised to life.*

*Peter took him aside and began to rebuke him. “Never, LORD!” he said. “This shall never happen to you.”*

*Jesus turned and said to Peter, “Get behind me, Satan! You are a stumbling block to me; you do not have in mind the things of God, but the things of men.”*

**Devotional (Read and ponder)**

The apostle Peter had a flaming heart for Jesus but was proud, immature and inconsistent. His impulsiveness and stubbornness are evident throughout the gospels. Yet Jesus patiently leads Peter beyond his layers of self-protection so that, finally, he can hear what God is saying to him.

*When I am still,****compulsion****(the busyness that Hilary of Tours called “a blasphemous anxiety to do God’s work for him), gives way to****compunction****(being pricked or punctured. That is, God can break through the many layer with which I protect myself, so that I can hear his Word and be poised to listen…*

*I can mistake the flow of my adrenaline for the moving of the Holy Spirit; I can live in the illusion that I am ultimately in control of my destiny and my daily affairs.*

*French philosopher and mathematician, Blaise Pascal, observed that most of our human problems come because we don’t know how to sit still in our room for an hour.*

Leighton Ford,*The Attentive Life: Discerning God’s Presence in All Things*(Downers Grove, IL, 2008) 138-139, 173

**Reflection Question:**

What might be one way your “busyness” blocks you from listening and communing intimately with the living God?

**Closing Prayer:**

LORD, forgive me for running my life without you today. I offer my anxieties to you now – as best I can. Help me to be still, to surrender to your will, and to rest in your loving arms. In the name of the Father, the Son and the Holy Spirit, amen.

**Conclude with Silence (2 minutes)**