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Although sharing much common ground when it comes to philosophy and ministry, often Mary and Bob find themselves approaching ministerial concerns from different angles... *He said - She said* is a venue to share differing perspectives and provide food for thought.

++ Mary will be taking some time off from blog writing over the next few months. However, Bob will continue adding his two cents to the He Said – She Said blog as scheduled - with maybe a few surprises in store! ++

## **Daily Prayer – A Joy, Not A Task**

*Bob's Perspective:*

The calendar is both a friend and an adversary. While it is very helpful to have a daily itinerary in order to be efficient, it sometimes becomes an unforgiving check-off list that tries to take over the day. Work/ministry related events, social schedule and prayer time quickly fills the lines and spaces of my daily planner – almost to the point of having to schedule in time to breathe (and other things)!

A relationship should not be thought of as a task, but rather as a joy. Unfortunately, sometimes the constraints of time may tend to interfere. Our relationship with God should never be viewed as a task, but sometimes I catch myself in phrases like, “Let me get Morning Prayer out of the way and then I’ll get going.” I certainly hope that our Lord doesn’t catch himself saying, “Let me get Bob out of the way...” and to that end, I’m called to re-evaluate.

Over the past months, I’ve begun to reassess my prayer life and my relationship with God. Making a concerted effort to enjoy Morning and Evening prayer, rather than rambling through is now taking a stronger hold in my daily life. iBreviary <http://www.ibreviary.com/m2/breviario.php>, is a free resource for daily prayer. It contains Morning and Evening Prayer as well as the Office of Readings and much more. Every morning, before I open my calendar or email, I click on the website – there are no pages to flip or guides to decipher. The prayers for each day just flow straight through – allowing more time for contemplation and less for figuring out the daily roadmap.

However, once in a while when I’m in a rush or just dead tired, attempting to focus on Morning or Evening Prayer in their entirety would only lead to thoughtless rambling. In cases as such, I go for quality rather than quantity. In my mind, it’s better to spend mindful time with my Creator – offering praise and thanksgiving, than just blurting out words. For me, when focus or time is a concern, I like to hone in on the Canticles. Again, iBreviary is a good source to “thumb” through.



BOB said...

I have also compiled a resource that is linked to BibleGateway.com, which houses the New American Bible Revised Edition. <https://www.biblegateway.com/versions/New-American-Bible-Revised-Edition-NABRE-Bible/> The Canticles are not the same translations that you'll find in the Breviary, but they'll certainly work in a pinch. I've compiled an index with links to each of the Canticles. Maybe you'll find this helpful.

**Morning Prayer Canticles**

Day	Week I	Week II	Week III	Week IV
Sunday	<a href="#">Dan 3:57-88, 56</a>	<a href="#">Dan 3:52-57</a>	<a href="#">Dan 3:57-88, 56</a>	<a href="#">Dan 3:52-57</a>
Monday	<a href="#">1 Chr 29:10-13</a>	<a href="#">Sir 36:1-5, 10-13</a>	<a href="#">Is 2:2-5</a>	<a href="#">Is 42:10-16</a>
Tuesday	<a href="#">Tob 13:1-8</a>	<a href="#">Is 38:10-14, 17-20</a>	<a href="#">Is 26:1-4, 7-9, 12</a>	<a href="#">Dan 3:26, 27, 29, 34-41</a>
Wednesday	<a href="#">Jdt 16:2-3a, 13-15</a>	<a href="#">1 Sam 2:1-10</a>	<a href="#">Is 33:13-16</a>	<a href="#">Is 61:10—62:5</a>
Thursday	<a href="#">Jer 31:10-14</a>	<a href="#">Is 12:1-6</a>	<a href="#">Is 40:10-17</a>	<a href="#">Is 66:10-14a</a>
Friday	<a href="#">Is 45:15-25</a>	<a href="#">Hab 3:2-4, 13a, 15-19</a>	<a href="#">Jer 14:17-21</a>	<a href="#">Tob 13:8-11, 13-15</a>
Saturday	<a href="#">Ex 15:1-4a, 8-13, 17-18</a>	<a href="#">Deut 32:1-12</a>	<a href="#">Wis 9:1-6, 9-11</a>	<a href="#">Ezek 36:24-28</a>

Daily (Ordinary) Canticle: [Luke 1:68-79](#)

**Evening Prayer Canticles**

Day	All Weeks
Sunday EP 2 <i>(except in Lent)</i>	<a href="#">Rev 19:1-7</a>
Sunday EP 2 <i>(during Lent)</i>	<a href="#">1 Peter 2:21-24</a>
Monday	<a href="#">Eph 1:3-10</a>
Tuesday	<a href="#">Rev 4:11; 5:9, 10, 12</a>
Wednesday	<a href="#">Col 1:12-20</a>
Thursday	<a href="#">Rev 11:17-18; 12:10b-12a</a>
Friday	<a href="#">Rev 15:3-4</a>
Saturday <i>(Sunday EP 1)</i>	<a href="#">Phil 2:6-11</a>

Daily (Ordinary) Canticle: [Luke 1:46-55](#)

Night Prayer Daily (Ordinary) Canticle: [Luke 2:29-32](#)