

“Most Christians struggle to have a consistent and meaningful prayer life until their spontaneous prayers are rooted in some fixed habits of prayer. God’s people have always stopped at appointed hours throughout the day to praise and petition the Lord as one. The ancient habit of fixed-hour prayer, also called the daily office, establishes sacred rhythms of prayer that sanctify the whole day to God and unite our voices with the communion of saints in our local church and throughout the world. Those who persist in the daily office have found it to be a transformational spiritual discipline.”

FROM THE INTRODUCTION

