



## THE DAILY OFFICES: OCTOBER 2008

1

Vigils- Early hours  
Psalm 1

Pray for a family member or friend

Lauds- Before you leave for work  
Psalm 2

Pray for Toronto

Prime- Before you get down to work  
Psalm 3, Psalm 4

Pray for the hungry and thirsty

Terce- Morning coffee  
Psalm 5

Pray for the poor

Sext- Lunch  
Luke 5:27-39

Pray for TILT

None- Afternoon break  
Psalm 6

Pray for the Church in Canada and world wide

Vespers- Before eating dinner  
Psalm 7

Pray for politicians

Compline- Before bed  
Psalm 8

Pray for the persecuted

2

Vigils- Early hours  
Psalm 9

Pray for someone from the TILT community

Lauds- Before you leave for work  
Psalm 10:1-16

Pray for a world event

Prime- Before you get down to work  
Psalm 10:17-20

Pray for the prisoner

Terce- Morning coffee  
Psalm 11

Pray for social justice

Sext- Lunch  
Luke 6:1-11

Pray for the leaders of TILT and Spring Garden

None- Afternoon break  
Psalm 12

Pray for Canada

Vespers- Before eating dinner  
Psalm 13

Pray for those without shelter or clothes

Compline- Before bed  
Psalm 14

Pray for the grieving

3

Vigils- Early hours  
Psalm 15

Pray for peace

Lauds- Before you leave for work  
Psalm 16

Pray for a family member or friend

Prime- Before you get down to work  
Psalm 17:1-5

Pray for Toronto

Terce- Morning coffee  
Psalm 17:6-15

Pray for the hungry and thirsty

Sext- Lunch  
Luke 6:12-26

Pray for the poor

None- Afternoon break  
Psalm 18:1- 23

Pray for TILT

Vespers- Before eating dinner  
Psalm 18: 24-36

Pray for the Church in Canada and world wide

Compline- Before bed  
Psalm 18: 37-50

Pray for politicians

4

Vigils- Early hours  
Psalm 19

Pray for the persecuted

Lauds- Before you leave for work  
Psalm 20

Pray for someone from the TILT community

Prime- Before you get down to work  
Psalm 21

Pray for a world event

Terce- Morning coffee  
Luke 6:27-38

Pray for the prisoner

Sext- Lunch  
Psalm 22:1-10

Pray for social justice

None- Afternoon break  
Psalm 22:11-21

Pray for the leaders of TILT and Spring Garden

Vespers- Before eating dinner  
Psalm 22:22-31

Pray for Canada

Compline- Before bed  
Psalm 23

Pray for those without shelter or clothes





5

Vigils- Early hours  
Psalm 24

Pray for the grieving

Lauds- Before you leave for work  
Psalm 25:1-10

Pray for peace

Prime- Before you get down to work  
Psalm 25: 11-22

Pray for a family member or friend

Terce- Morning coffee  
Psalm 26

Pray for Toronto

Sext- Lunch  
Matthew 14:1-12

Pray for the hungry and thirsty

None- Afternoon break  
Psalm 27

Pray for the poor

Vespers- Before eating dinner  
Psalm 28

Pray for TILT

Compline- Before bed  
Psalm 29

Pray for the Church in Canada and world wide

6

Vigils- Early hours  
Psalm 30

Pray for politicians

Lauds- Before you leave for work  
Psalm 31:1-8

Pray for the persecuted

Prime- Before you get down to work  
Psalm 31:9-24

Pray for someone from the TILT community

Terce- Morning coffee  
Luke 6:39-49

Pray for a world event

Sext- Lunch  
Psalm 32

Pray for the prisoner

None- Afternoon break  
Psalm 33

Pray for social justice

Vespers- Before eating dinner  
Psalm 34:1-10

Pray for the leaders of TILT and Spring Garden

Compline- Before bed  
Psalm 34:11-22

Pray for Canada

7

Vigils- Early hours  
Psalm 35:1-10

Pray for those without shelter or clothes

Lauds- Before you leave for work  
Psalm 35:11-28

Pray for the grieving

Prime- Before you get down to work  
Psalm 36

Pray for peace

Terce- Morning coffee  
Luke 7:1-17

Pray for a family member or friend

Sext- Lunch  
Psalm 37:1-9

Pray for Toronto

None- Afternoon break  
Psalm 37:10-17

Pray for the hungry and thirsty

Vespers- Before eating dinner  
Psalm 37:18-26

Pray for the poor

Compline- Before bed  
Psalm 37:27-40

Pray for TILT

8

Vigils- Early hours  
Psalm 38

Pray for the Church in Canada and world wide

Lauds- Before you leave for work  
Psalm 39

Pray for politicians

Prime- Before you get down to work  
Psalm 40:1-10

Pray for the persecuted

Terce- Morning coffee  
Psalm 40:11-17

Pray for someone from the TILT community

Sext- Lunch  
Luke 7:18-35

Pray for a world event

None- Afternoon break  
Psalm 41

Pray for the prisoner

Vespers- Before eating dinner  
Psalm 42

Pray for social justice

Compline- Before bed  
Psalm 43

Pray for the leaders of TILT and Spring Garden





9

Vigils- Early hours  
Psalm 44:1-8

Pray for Canada

Lauds- Before you leave for work  
Psalm 44:9-26

Pray for those without shelter or clothes

Prime- Before you get down to work  
Psalm 45

Pray for the grieving

Terce- Morning coffee  
Psalm 46

Pray for peace

Sext- Lunch  
Luke 7:36-50

Pray for a family member or friend

None- Afternoon break  
Psalm 47

Pray for Toronto

Vespers- Before eating dinner  
Psalm 48

Pray for the hungry and thirsty

Compline- Before bed  
Psalm 49

Pray for the poor

10

Vigils- Early hours  
Psalm 50:1-6

Pray for TILT

Lauds- Before you leave for work  
Psalm 50:7-23

Pray for the Church in Canada and world wide

Prime- Before you get down to work  
Psalm 51

Pray for politicians

Terce- Morning coffee  
Psalm 52

Pray for the persecuted

Sext- Lunch  
Luke 8:1-15

Pray for someone from the TILT community

None- Afternoon break  
Psalm 53

Pray for a world event

Vespers- Before eating dinner  
Psalm 54

Pray for the prisoner

Compline- Before bed  
Psalm 55

Pray for social justice

11

Vigils- Early hours  
Psalm 56

Pray for the leaders of TILT and Spring Garden

Lauds- Before you leave for work  
Psalm 57

Pray for Canada

Prime- Before you get down to work  
Psalm 58

Pray for those without shelter or clothes

Terce- Morning coffee  
Luke 8:16-25

Pray for the grieving

Sext- Lunch  
Psalm 59:1-13

Pray for peace

None- Afternoon break  
Psalm 59:14-17

Pray for a family member or friend

Vespers- Before eating dinner  
Psalm 60

Pray for Toronto

Compline- Before bed  
Psalm 61

Pray for the hungry and thirsty

12

Vigils- Early hours  
Psalm 62:1-8

Pray for the poor

Lauds- Before you leave for work  
Psalm 62: 9-12

Pray for TILT

Prime- Before you get down to work  
Psalm 63

Pray for the Church in Canada and world wide

Terce- Morning coffee  
Psalm 64

Pray for politicians

Sext- Lunch  
Matthew 15:21-28

Pray for the persecuted

None- Afternoon break  
Psalm 65

Pray for someone from the TILT community

Vespers- Before eating dinner  
Psalm 66

Pray for a world event

Compline- Before bed  
Psalm 67

Pray for the prisoner



13

Vigils- Early hours  
Psalm 68:1-7

Pray for social justice

Lauds- Before you leave for work  
Psalm 68:8-19

Pray for the leaders of TILT and Spring Garden

Prime- Before you get down to work  
Psalm 68:20-32

Pray for Canada

Terce- Morning coffee  
Psalm 68:33-35

Pray for those without shelter or clothes

Sext- Lunch  
Luke 8:26-39

Pray for the grieving

None- Afternoon break  
Psalm 69:1-18

Pray for peace

Vespers- Before eating dinner  
Psalm 69:19-36

Pray for a family member or friend

Compline- Before bed  
Psalm 70

Pray for Toronto



14

Vigils- Early hours  
Psalm 71:1-11

Pray for the hungry and thirsty

Lauds- Before you leave for work  
Psalm 71:12-24

Pray for the poor

Prime- Before you get down to work  
Psalm 72:1-11

Pray for TILT

Terce- Morning coffee  
Psalm 72:12-20

Pray for the Church in Canada and world wide

Sext- Lunch  
Luke 8:40-56

Pray for politicians

None- Afternoon break  
Psalm 73:1-14

Pray for the persecuted

Vespers- Before eating dinner

Pray for someone from the TILT community

Compline- Before bed  
Psalm 74

Pray for a world event

15

Vigils- Early hours  
Psalm 75

Pray for the prisoner

Lauds- Before you leave for work  
Psalm 76

Pray for social justice

Prime- Before you get down to work  
Psalm 77:1-9

Pray for the leaders of TILT and Spring Garden

Terce- Morning coffee  
Psalm 77:10-20

Pray for Canada

Sext- Lunch  
Luke 9:1-17

Pray for those without shelter or clothes

None- Afternoon break  
Psalm 78:1-16

Pray for the grieving

Vespers- Before eating dinner  
Psalm 78:17-39

Pray for peace

Compline- Before bed  
Psalm 78:40-72

Pray for a family member or friend



16

Vigils- Early hours  
Psalm 79

Pray for Toronto

Lauds- Before you leave for work  
Psalm 80

Pray for the hungry and thirsty

Prime- Before you get down to work  
Psalm 81

Pray for the poor

Terce- Morning coffee  
Luke 9:18-27

Pray for TILT

Sext- Lunch  
Psalm 82

Pray for the Church in Canada and world wide

None- Afternoon break  
Psalm 83

Pray for politicians

Vespers- Before eating dinner  
Psalm 84

Pray for the persecuted

Compline- Before bed  
Psalm 85

Pray for someone from the TILT community

17

Vigils- Early hours  
Psalm 86

Pray for a world event

Lauds- Before you leave for work  
Psalm 87

Pray for the prisoner

Prime- Before you get down to work  
Psalm 88:1-10

Pray for social justice

Terce- Morning coffee  
Psalm 88:11-18

Pray for the leaders of TILT and Spring  
Garden

Sext- Lunch  
Luke 9:28-36

Pray for Canada

None- Afternoon break  
Psalm 89:1-18

Pray for those without shelter or clothes

Vespers- Before eating dinner  
Psalm 89:19-37

Pray for the grieving

Compline- Before bed  
Psalm 89:38-52

Pray for peace



18

Vigils- Early hours  
Psalm 90:1-9

Pray for a family member or friend

Lauds- Before you leave for work  
Psalm 90:10-17

Pray for Toronto

Prime- Before you get down to work  
Psalm 91

Pray for the hungry and thirsty

Terce- Morning coffee  
Psalm 92

Pray for the poor

Sext- Lunch  
Luke 9:37-50

Pray for TILT

None- Afternoon break  
Psalm 93

Pray for the Church in Canada and world  
wide

Vespers- Before eating dinner  
Psalm 94:1-11

Pray for politicians

Compline- Before bed

Pray for the persecuted

19

Vigils- Early hours  
Psalm 95

Pray for someone from the TILT community

Lauds- Before you leave for work  
Psalm 96

Pray for a world event

Prime- Before you get down to work  
Psalm 97

Pray for the prisoner

Terce- Morning coffee  
Matthew 16:13-20

Pray for social justice

Sext- Lunch  
Psalm 98

Pray for the leaders of TILT and Spring  
Garden

None- Afternoon break  
Psalm 99

Pray for Canada

Vespers- Before eating dinner  
Psalm 100

Pray for those without shelter or clothes

Compline- Before bed  
Psalm 101

Pray for the grieving



20

Vigils- Early hours  
Psalm 102:1-17

Pray for peace

Lauds- Before you leave for work  
Psalm 102:18-28

Pray for a family member or friend

Prime- Before you get down to work  
Psalm 103:1-12

Pray for Toronto

Terce- Morning coffee  
Psalm 103:13-22

Pray for the hungry and thirsty

Sext- Lunch  
Luke 9:51-62

Pray for the poor

None- Afternoon break  
Psalm 104:1-9

Pray for TILT

Vespers- Before eating dinner  
Psalm 104:10-23

Pray for the Church in Canada and world  
wide

Compline- Before bed  
Psalm 104:24-35

Pray for politicians



**21**

Vigils- Early hours  
Psalm 105:1-11

Pray for the persecuted

Lauds- Before you leave for work  
Psalm 105:12-22

Pray for someone from the TILT community

Prime- Before you get down to work  
Psalm 105:23-36

Pray for a world event

Terce- Morning coffee

Pray for the prisoner

Sext- Lunch  
Luke 10:1-16

Pray for social justice

None- Afternoon break  
Psalm 106:1-18

Pray for the leaders of TILT and Spring Garden

Vespers- Before eating dinner  
Psalm 106:19-33  
Pray for Canada

Compline- Before bed  
Psalm 106:34-48

Pray for those without shelter or clothes

**22**

Vigils- Early hours  
Psalm 107:1-9

Pray for the grieving

Lauds- Before you leave for work  
Psalm 107:10-22

Pray for peace

Prime- Before you get down to work  
Psalm 107:23-32

Pray for a family member or friend

Terce- Morning coffee  
Psalm 107:33-43

Pray for Toronto

Sext- Lunch  
Luke 10:17-24

Pray for the hungry and thirsty

None- Afternoon break  
Psalm 108

Pray for the poor

Vespers- Before eating dinner  
Psalm 109:1-19

Pray for TILT

Compline- Before bed  
Psalm 109:20-31

Pray for the Church in Canada and world wide

**23**

Vigils- Early hours  
Psalm 110

Pray for politicians

Lauds- Before you leave for work  
Psalm 111

Pray for the persecuted

Prime- Before you get down to work  
Psalm 112

Pray for someone from the TILT community

Terce- Morning coffee  
Psalm 113

Pray for a world event

Sext- Lunch  
Luke 10:25-37

Pray for the prisoner

None- Afternoon break  
Psalm 114

Pray for social justice

Vespers- Before eating dinner  
Psalm 115:1-8

Pray for the leaders of TILT and Spring Garden

Compline- Before bed  
Psalm 115:9-18

Pray for Canada

**24**

Vigils- Early hours  
Psalm 116

Pray for those without shelter or clothes

Lauds- Before you leave for work  
Psalm 117

Pray for the grieving

Prime- Before you get down to work  
Psalm 118

Pray for peace

Terce- Morning coffee  
Luke 10:38-42

Pray for a family member or friend

Sext- Lunch  
Psalm 119: 1-8

Pray for Toronto

None- Afternoon break  
Psalm 119:9-16

Pray for the hungry and thirsty

Vespers- Before eating dinner  
Psalm 119:17-24

Pray for the poor

Compline- Before bed  
Psalm 119:25-32

Pray for TILT



25

Vigils- Early hours  
Psalm 119:33-40

Pray for the Church in Canada and world wide

Lauds- Before you leave for work  
Psalm 119:41-48

Pray for politicians

Prime- Before you get down to work  
Psalm 119:49-56

Pray for the persecuted

Terce- Morning coffee  
Psalm 119:57-64, Psalm 119:65-72

Pray for someone from the TILT community

Sext- Lunch  
Luke 11:1-13

Pray for a world event

None- Afternoon break  
Psalm 119:73-80, Psalm 119:81-88

Pray for the prisoner

Vespers- Before eating dinner  
Psalm 119:89-96

Pray for social justice

Compline- Before bed  
Psalm 119:97-104

Pray for the leaders of TILT and Spring Garden



26

Vigils- Early hours  
Psalm 119:105-112

Pray for Canada

Lauds- Before you leave for work  
Psalm 119:113-120

Pray for those without shelter or clothes

Prime- Before you get down to work  
Psalm 119:121-128

Pray for the grieving

Terce- Morning coffee  
Psalm 119:129-136, Psalm 119:137-144

Pray for peace

Sext- Lunch  
Matthew 18:15-20

Pray for a family member or friend

None- Afternoon break  
Psalm 119:145-152, Psalm 119:153-160

Pray for Toronto

Vespers- Before eating dinner  
Psalm 119:161-168

Pray for the hungry and thirsty

Compline- Before bed  
Psalm 119:169-176

Pray for the poor

27

Vigils- Early hours  
Psalm 120, Psalm 121

Pray for TILT

Lauds- Before you leave for work  
Psalm 122

Pray for the Church in Canada and world wide

Prime- Before you get down to work  
Psalm 123

Pray for politicians

Terce- Morning coffee  
Psalm 124, Psalm 125

Pray for the persecuted

Sext- Lunch  
Luke 11:14-26

Pray for someone from the TILT community

None- Afternoon break  
Psalm 126, Psalm 127

Pray for a world event

Vespers- Before eating dinner  
Psalm 128, Psalm 129

Pray for the prisoner

Compline- Before bed  
Psalm 130, Psalm 131

Pray for social justice



28

Vigils- Early hours  
Psalm 132

Pray for the leaders of TILT and Spring Garden

Lauds- Before you leave for work  
Psalm 133

Pray for Canada

Prime- Before you get down to work  
Psalm 134

Pray for those without shelter or clothes

Terce- Morning coffee  
Psalm 135

Pray for the grieving

Sext- Lunch  
Luke 11:27-36

Pray for peace

None- Afternoon break  
Psalm 136

Pray for a family member or friend

Vespers- Before eating dinner  
Psalm 137

Pray for Toronto

Compline- Before bed  
Psalm 138

Pray for the hungry and thirsty

29

Vigils- Early hours  
Psalm 139:1-12

Pray for the poor

Lauds- Before you leave for work  
Psalm 139:13-24

Pray for TILT

Prime- Before you get down to work  
Psalm 140:1-8

Pray for the Church in Canada and world  
wide

Terce- Morning coffee  
Psalm 140:9-13

Pray for politicians

Sext- Lunch  
Luke 11:37-52

Pray for the persecuted

None- Afternoon break  
Psalm 141

Pray for someone from the TILT community

Vespers- Before eating dinner  
Psalm 142

Pray for a world event

Compline- Before bed  
Psalm 143

Pray for the prisoner



30

Vigils- Early hours  
Psalm 144

Pray for social justice

Lauds- Before you leave for work  
Psalm 145

Pray for the leaders of TILT and Spring  
Garden

Prime- Before you get down to work  
Psalm 146

Pray for Canada

Terce- Morning coffee  
Luke 11:53-12:12

Pray for those without shelter or clothes

Sext- Lunch  
Psalm 147

Pray for the grieving

None- Afternoon break  
Psalm 148

Pray for peace

Vespers- Before eating dinner  
Psalm 149

Pray for a family member or friend

Compline- Before bed  
Psalm 150

Pray for Toronto



31

Vigils- Early hours  
Psalm 144

Pray for social justice

Lauds- Before you leave for work  
Psalm 145

Pray for the leaders of TILT and Spring  
Garden

Prime- Before you get down to work  
Psalm 146

Pray for Canada

Terce- Morning coffee  
Luke 12:13-31

Pray for those without shelter or clothes

Sext- Lunch  
Psalm 147

Pray for the grieving

None- Afternoon break  
Psalm 148

Pray for peace

Vespers- Before eating dinner  
Psalm 149

Pray for a family member or friend

Compline- Before bed  
Psalm 150

Pray for Toronto