



# Grounds for Theology

Brought to You by St. Luke's Episcopal Church Fort Myers

## Spring 2026 Series: The Daily Office

3 PM Sundays at **Chocolattés Coffee Company**  
16120 SAN CARLOS BLVD, FORT MYERS, FL 33908

**We** all want a richer prayer life, but how do we get it?

**We** have a neglected treasure, a powerful tool that most of us don't know how to access.

What Anglicans have in our Book of Common Prayer is a *structure*; it's a tool for us to use to reach greater intimacy with God and greater peace of mind. We have structured prayers for morning and for evening, and together we refer to them as the Daily Office.

What this series is meant to explore is how we managed to get this resource as a unique treasure handed on to us from our Anglican heritage and how to access it, how to pray the Daily Office ourselves either in the church or at home either alone or with family.

### April 19—Ancient Origins of Daily Prayer

So where does the practice of morning and evening prayer come from? It turns out to be very ancient indeed, with roots in the Scripture and a very quick development amongst early Christians.

### April 26—The Daily Office in Thomas Cranmer's Book of Common Prayer

What did Thomas Cranmer want? He wanted working people to pray in a way they could actually accomplish, and that's in two short services per day. In 1552 he introduced a simple liturgy in the language of the people, one that allowed for extensive Bible reading.

### May 3, 2026—How to Pray the Daily Office

We have learned all about where the Daily Office comes from and how the Book of Common Prayer transformed it for lay use. Now all we need to know is how to pray the Daily Office on our own. This is a practical lesson on how to strengthen your prayer the Anglican way.

