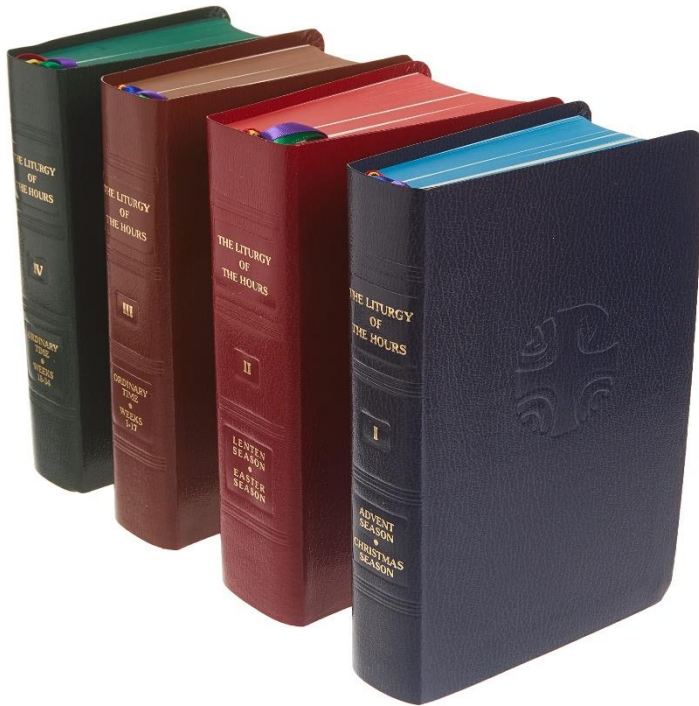


# Learning to Pray the Liturgy of the Hours

## A Guide for Beginners

The brothers use four breviaries throughout the year, for the seasons of Christmas, Easter, and two for Ordinary time. There are other options such as the book of “Christian Prayer: Liturgy of the Hours”, which has only the morning and evening prayer, for the whole year. The full Liturgy of the Hours can be found online as well at such places as [universalis.com](http://universalis.com).



## Invitatory

The invitatory begins each day. It is recited prior to the Office of Readings [OR] or Morning Prayer [MP], whichever is first.

- Begin by saying: Lord open my lips, and my mouth will declare your praise.
- Recite the antiphon.
- Recite Psalm 95
- After each stroph, repeat the antiphon.
- At the conclusion of the Psalm, recite the *Glory be to the Father*.
- Repeat the antiphon.

## Morning [MP] and Evening Prayer [EP]

Introductory Verse [While making the Sign of the Cross say]

- *God Come to my assistance, Lord make haste to help me.*
- *Glory be to the Father, to the Son, and to the Holy Spirit, as it was in the beginning, is now and ever shall be, world without end, amen.*
- Recite or sing a hymn.
- Recite the first antiphon.
- Recite the Psalm.
- The Psalm concludes with the *Glory be to the Father*.
- Repeat the first antiphon.
- Repeat for the 2nd and 3rd Antiphons and Psalms/Canticle.
- Read the passage from Scripture.
- Recite the responsory; Repeating verses.
- Note: during the responsory, the *Glory be to the Father* ends at Spirit...
- Recite the antiphon for the Canticle of Zachariah [MP]/Mary [EP].
- Recite the Canticle of Zachariah [MP]/Mary [EP]. (These are found at the beginning of the Psalter, in the section called 'Frequently Recurring Texts'.)
- The Canticle concludes with the *Glory be to the Father*.
- Recite the antiphon.
- Recite the intercessions.
- Pray the *Our Father*.
- Pray the closing prayer.

Concluding Verse [While making the sign of the cross say]

- *May the Lord bless us, protect us from all evil, and bring us to everlasting life! Amen!*

Morning Prayer and Evening Prayer are known as the “hinges” of the day. They are the most important hours as they literally bind one’s day with prayer from beginning to end.

### Office of Readings [OR] and Daytime Prayer [DP]

(The brothers always start the day with [OR] which starts with the Invitatory – at the beginning of these instructions)

Introductory Verse [While Making the Sign of the Cross say]

- *God Come to my assistance, Lord make haste to help me.*
- *Glory be to the Father, to the Son, and to the Holy Spirit, as it was in the beginning, is now and ever shall be, world without end, amen.*
- Recite or sing a hymn
- Recite the first antiphon
- Recite the Psalm (Psalms for [DP] may be found either at the end of the Psalter, after night prayer, or in the appendix)
- The Psalm concludes with the *Glory be to the Father*
- Repeat the first antiphon
- Repeat for the 2nd and 3rd Antiphons and Psalms/Canticle.

Note: If the Psalm is continuous, you need not repeat the antiphons, and the *Glory be to the Father* can wait until the end.

- Read the passage from Scripture. [OR] and [DP] (The readings for [OR] are longer than the others, and are found in a different section of the Breviary. This will be indicated after the last antiphon)
- Read the passage from the treasury of the Church. [OR] (Also called Patrimony, the second reading is by a Church Father.)
- Recite the concluding antiphon and response.
- Pray the closing prayer.

Concluding Verse [While making the sign of the cross say]

- *Let us praise the Lord and give Him thanks.*
- On all Solemnities, the Te Deum follows [OR].

There are three different hours of Daytime Prayer(s) (often referred to as the little hours). Midmorning (Terce), Midday (Sext), and Midafternoon (None). A secular cleric, for example, is required to pray only one of the hours. All three hours may be prayed. The normal times of the prayers can vary. Suggested times for each office are: Midmorning Prayer 9 a.m., Midday Prayer 12:00, and Midafternoon Prayer 3 p.m. The brothers pray [OR] at Vigils which is at 4 am.... Feel free to choose a more suitable time.

## Night Prayer

(This Prayer is found at the end of the Psalter)

Introductory Verse [While making the Sign of the Cross say]

- *God Come to my assistance, Lord make haste to help me.*
- *Glory be to the Father, to the Son, and to the Holy Spirit, as it was in the beginning, is now and ever shall be, world without end, amen.*
- Take a brief moment to examine your conscience, then pray a prayer of contrition.
- Recite or sing a hymn.
- Recite the first antiphon.
- Recite the Psalm.
- The Psalm concludes with the *Glory be to the Father*.
- Repeat the first antiphon.
- Repeat if there is a second Psalm.
- Read the passage from Scripture.
- Recite the responsory; Repeating verses.
- Note: during the responsory, the *Glory be to the Father ends* at Spirit...
- Recite the antiphon for the Canticle of Simeon. (Nunc dimittis)
- Recite the Canticle of Simeon.
- The Canticle concludes with the *Glory be to the Father*.

- Recite the antiphon.
- Pray the closing prayer.

Concluding Verse [While making the sign of the cross say]

- May the Lord grant us a quiet night and a peaceful end.
- Pray a Marian Prayer

To learn more about the prayer of the Church there is a brief chapter at the start of the Breviary called 'The General Instruction on the Liturgy of the Hours'. Some of the basic principles are explained here very well. The brothers hope you enjoy the work of God as much as they do, and that it brings you peace.

Deo gratias