

St. John's Newsletter



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Liturgy of the Hours

Very simply the Hours are a set of prayers the church has been praying for thousands of years. At set times of day, religious, priests and laypeople stop what they are doing and gather to pray these prayers.

The prayers themselves are an arrangement of Psalms and other Scripture. Some of the elements of the prayers repeat daily and others repeat less often, but if you pray them long enough you will notice things start to sound familiar. There are seven different prayers spread throughout the day.

According to the Catechism of the Catholic Church (1175): "The Liturgy of the Hours is intended to become the prayer of the whole People of God. In it Christ himself continues his priestly work through his Church."

You may be interested in increasing your prayer life with the Liturgy of the Hours, but don't worry about being overwhelmed, you can start with just one time of day. The Liturgy of the Hours are different each day and are compiled in several volumes of books. But this is the 21st century and there are apps that can help you to easily incorporate these time-honored prayers into your day. Through the online resources such as www.divineoffice.org and free mobile apps such as **iBreviary**, you can find the daily prayers. You can even find podcasts (Divine Office) where you can **listen** to the prayers or find a group to pray with.

Morning Prayers – start of the day

As is clear from many of the elements that make it up, morning prayer is intended and arranged to sanctify the morning. 'I will pray to you, Lord, you will hear my voice in the morning; I will stand before you in the morning and gaze on you' (Ps 5:4-5).

Daytime Prayers – Midmorning, Midday and Midafternoon – guide us through the day

"Following a very ancient tradition Christians have made a practice of praying out of private devotion at various times of the day, even in the course of their work, in imitation of the Church in apostolic times. In different ways with the passage of time this tradition has taken the form of a liturgical celebration.

Evening Prayers (Vespers)

"When evening approaches and the day is already far spent, evening prayer is celebrated in order that 'we may give thanks for what has been given us, or what we have done well, during the day.' We also recall the redemption through the prayer."

Night Prayers (Compline)

"Night prayer is the last prayer of the day, said before retiring, even if that is after midnight" (GILH, no. 84). The Psalms that are chosen for Night Prayer are full of confidence in the Lord.

Sources:

<https://pambarnhill.com/praytheliturgyofthehoursinthreereasysteps/>

<https://www.usccb.org/prayer-and-worship/liturgy-of-the-hours>

<https://divineoffice.org/liturgy-of-the-hours/>

<https://catholic-link.org/images/infographic-5-reasons-to-pray-the-liturgy-of-the/>

<https://www.liturgyofthehours.org/post/top-10-reasons-to-pray-the-liturgy-of-the-hours-in-a-time-like-this>

5
REASONS
TO PRAY
the
LITURGY
of the
HOURS

- 1** THE CHURCH ENCOURAGES IT!
In the document Sacrosanctum Concilium, the Church encourages us to recite the divine office.
- 2** IT PROVIDES A FOUNDATION FOR YOUR PRAYER LIFE
As it provides a daily prayer schedule, it is perfect if you're struggling to cultivate a regular prayer life.
- 3** IT IMMERSES YOUR PRAYER IN SCRIPTURE
By praying it, you will immerse in the Psalms and readings from the Old and New Testaments.
- 4** IT FOLLOWS THE LITURGICAL YEAR
The Liturgy of the Hours provides us with a means of contemplating the celebrations of the Church.
- 5** IT'S GREAT FOR TRAVEL
Travelling can change your schedule, so the Liturgy of the Hours can bring order to your prayer life.

SOURCE: CHURCHPOP.COM
<https://churchpop.com/2015/08/05/5-reasons-every-layperson-should-pray-the-liturgy-of-the-hours/>