

# Liturgy of the Hours

**\*\*truisms\*\***

Don't try to learn it all in a day. Learn one part. Add to it slowly.

Psalmody = 3 Psalms and Doxology with their antiphons  
2 Psalms + 1 Canticle with Doxology with their antiphons

A long Psalm may be divided to be two or three parts of the Psalmody.

Psalms and Canticles ALWAYS end with the Doxology (*unless otherwise stated*).

Doxology is different from that of Rosary. In LOH:

Glory to the Father and to the Son and to the Holy Spirit  
As it was in the beginning, is now and will be forever. Amen.

Invitatory is said before the first prayer of your day.

All other prayers of that day will then begin with the Introduction: *God, come to my assistance; Lord, make haste to help me.*

NEVER EVER EVER skip the hymn.

- That is punishable with up to 2 extra years in purgatory (just kidding). But just don't do it!

- You can: sing 'em, chant 'em, hum 'em, speak 'em. Just do 'em.

PRAY the LOH, don't just read it. PRAY it. Speak to God. Sing to God. Pray it for you.

Pray it for your family. Pray it for your parish. Pray it for your Church.

PRAY the LOH, don't just read it.

Silence is Golden: Pause between Psalms and canticles. Reflect.

Pause a little longer pause after the Reading.

- Mark your pages with ribbons BEFORE you start to pray.

- Place permanent markers on the parts you pray daily, ex Invitatory, Benedictus, Magnificat, etc.

START in the Proper of Seasons,  
then go to the 4-week Psalter.

(Advanced students start in the Proper of Saints,  
then move to Proper of Seasons,  
then the 4-week Psalter.)

There is no such thing as a 'band of LOH police angels.' Enjoy your communion with the Church and with the Lord.

*Oh... I almost forgot: NEVER, EVER, EVER SKIP THE HYMN. :)*