

How to Pray the
Liturgy of the Hours

step-by-step instructions

Daytime Prayer

Psalm Sandwich

Antiphon

Psalm

Glory to...

Psalm prayer

Antiphon

Daytime Prayer

- ◆ Mid-morning (~9:00am)
- ◆ Midday (~12:00 noon)
- ◆ Mid-afternoon (~3:00pm)
- ◆ Instructions on page 994 **in red**
- ◆ Hymns for the prayers: 1503-1504

Daytime Prayer

- ◆ Complementary Daytime Psalmody, page 1027

Daytime Prayer

Pattern of Daytime Prayer:

- ◆ Introduction
- ◆ Hymn
- ◆ Psalmody = 3 Psalms
(sandwiches)
- ◆ Scriptural Reading
- ◆ verse
- ◆ *Note*
 - ◆ *no Gospel Canticle;*
 - ◆ *no intercessions;*
 - ◆ *no Lord's Prayer*
- ◆ Concluding Prayer
- ◆ Dismissal/Acclamation

Daytime Prayer

- ◆ Go to Daytime Prayer, p994
- ◆ 3 Daytime Prayers
 - ◆ Mid-morning
 - ◆ Midday
 - ◆ Mid-afternoon
- ◆ One Week Rotation

Daytime Prayer

- ◆ Start with the Introduction
 - ◆ [Or - with the Invitatory if this is the first prayer of your day]
 - ◆ God + come to my assistance, Make haste to help me.

Daytime Prayer

- ◆ NEVER SKIP the Hymn
 - ◆ Use guide for time of day, p1503-1504

Daytime Prayer

- ◆ First Daytime prayer
 - ◆ Given in this section: **Current** Psalmody
- ◆ Psalmody: Antiphon, 3 Psalms, Antiphon
 - ◆ FYI - NOTE: in communities using 4-volume set, **During Advent and Lent**, there is only **one** Antiphon for the entire Psalmody
 - ◆ Short Pause after each Psalm

Daytime Prayer

- ◆ **Reading** for the time of day (Midmorning, midday, mid afternoon) along with
 - ◆ Verse ...and...
- ◆ **Concluding Prayer**

Daytime Prayer

- ◆ Close with:
- ◆ **Acclamation:** *Let us praise the Lord, And give him thanks*

Daytime Prayer

- ◆ Next Daytime Prayer, Same format, BUT
- ◆ Use **Complementary Psalms** for the Time of Day - p 1027
 - ◆ Get one set for midmorning,
 - ◆ one set for midday,
 - ◆ and one set for mid afternoon
- ◆ Go back to the Day of the Week for the Reading and the rest of the Prayer

Daytime Prayer

Wednesday, Week I — **Midmorning** prayer

- ◆ Start p1008
 - ◆ Intro [or Invitatory]
 - ◆ Hymn, choose one from **Midmorning** section
 - ◆ Psalmody (with antiphons) on page 1008
 - ◆ Psalms 119, 55 (I), 55 (II)

Daytime Prayer

Wednesday, Week I — **Midmorning** prayer

- ◆ page 1010
 - ◆ Reading for **Midmorning**,
 - ◆ Verse
 - ◆ Concluding Prayer, see p1011
 - ◆ Acclamation (called Conclusion)

Daytime Prayer

- ◆ Wednesday, Week 1 — **midday** prayer
- ◆ Start 1008
 - ◆ Intro
 - ◆ Hymn, choose one p 1503-4
- ◆ Go to Complementary Psalmody (begins p 1027)
- ◆ Choose the **midday** Psalmody, p1029
 - ◆ Psalms 123, 124, 125
 - ◆ with their Antiphons

Daytime Prayer

- ◆ Go back to Wednesday, p 1011
 - ◆ Reading for **Midday**,
 - ◆ Verse
 - ◆ Concluding Prayer, p1011
 - ◆ Acclamation (called Conclusion)

Daytime Prayer

- ◆ Wednesday, Week 1 — **mid afternoon** prayer
- ◆ Start 1008
 - ◆ Intro
 - ◆ Hymn, choose one
- ◆ Go to Complementary Psalmody, p 1027
- ◆ Choose the **mid-afternoon** Psalmody, p1031
 - ◆ Psalms 126, 127, 128
 - ◆ with their Antiphons

Daytime Prayer

- ◆ Go back to Wednesday, p 1011
 - ◆ Reading for **Mid-afternoon**,
 - ◆ Verse
 - ◆ Concluding Prayer, p1012 (same)
 - ◆ Acclamation (called Conclusion)

****Psalm Sandwich for Daytime Prayer
in Advent, Christmas, Lent, Easter**

only 1 Antiphon

Psalm #1

Doxology

Psalm prayer

Psalm #2

Doxology

Psalm #3

Doxology

only 1 Antiphon

**This is FYI —
There are no options
in Christian Prayer
book**