

# How to Pray the Liturgy of the Hours

step-by-step Instructions  
Christian Prayer Book

**The 4-Week Psalter**

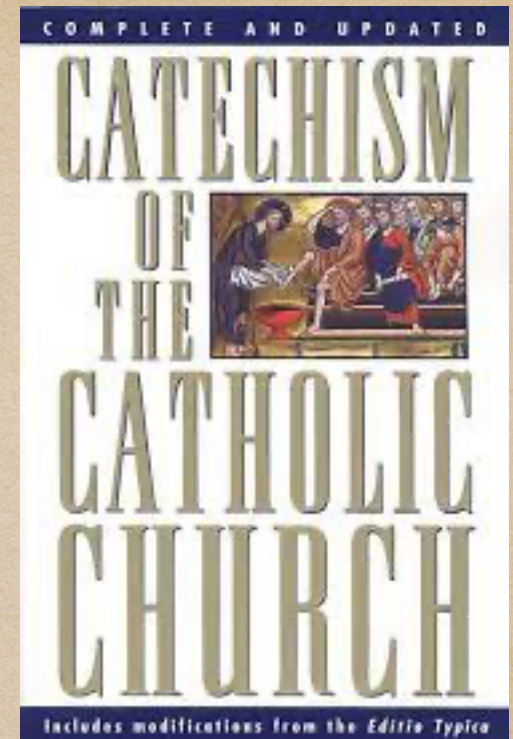


# INSTRUCTIONS

- ♦ REMEMBER: Instructions to pray the LOH are found on page 685 called the Ordinary
  - ♦ **Red** = instructions
  - ♦ **Black** = what is prayed (spoken, sung)
- ♦ ALSO - GILH (V-1), Chapter V, Section I, §253-266:
  - ♦ Various roles and actions
  - ♦ when to sit and stand
  - ♦ when and where to cross yourself



# Catechism of the Catholic Church



**§1176** - The celebration of the Liturgy of the Hours demands not only harmonizing the voice with the praying heart, but also a deeper "understanding of the liturgy and of the Bible, especially of the Psalms."



# 4-Week Psalter

- ♦ PAGE 699
- ♦ The Psalter are at the heart of the LOH prayers
- ♦ The prayers begin with a Hymn and a collection of Psalms (Psalmody)
- ♦ The Psalter provides the Hymns and the Psalms (and Antiphons) for the liturgical prayers
  - ♦ NOTICE:
    1. The Doxology is not printed at the end of the Psalms and Canticles; you have to remember to pray it at the end of the Psalms (see p702, bottom)
    2. The antiphons for the Psalm/Canticle are not repeated at the end of the Psalms/Canticles — you have to remember
- ♦ Morning and Evening Prayers are on a 4 week rotation
- ♦ Daytime and Nighttime Prayer is on a 1 week rotation
  - ♦ *Office of Readings are not offered here in the Psalter.*



# Psalm Sandwich

Antiphon

Psalm

Glory to...

Psalm prayer

Antiphon



# Catechism of the Catholic Church

§1177 - The hymns and litanies of the Liturgy of the Hours integrate the prayer of the psalms into the age of the Church, expressing the symbolism of the time of day, the liturgical season, or the feast being celebrated. Moreover, the reading from the Word of God at each Hour (with the subsequent responses or troparia) and readings from the Fathers and spiritual masters at certain Hours, reveal more deeply the meaning of the mystery being celebrated, assist in understanding the psalms, and prepare for silent prayer. the lectio divina, where the Word of God is so read and meditated that it becomes prayer, is thus rooted in the liturgical celebration.



# 4-Week Psalter



- ♦ Psalm = from Book of Psalms
- ♦ Canticle = song from Scripture
- ♦ Liturgical Hymns are at the beginning of each prayer
- ♦ NEVER SKIP THE HYMN
- ♦ GILH: Chapter V, Section II, §267 - 284
  - ♦ **NOTE: §270**
  - ♦ **NEVER SKIP THE HYMN!**



## General Instructions of the LOH

- 270 Singing in the Liturgy of the Hours is not to be regarded as something merely ornamental or extrinsic to prayer. It springs from the depths of the person praying and praising God, and fully and perfectly reveals the communal character of Christian worship. To be commended therefore are those Christian communities—whatever their character—which endeavor as often as possible to use this form of praying the Office. Clerics, religious and faithful should be given proper instruction and practice in the singing of the Office, so that especially on festive days they will be able to enjoy singing the Hours. However difficult it is to sing the whole Office, the praise of the Church is not to be considered either in its origins or of its nature as the preserve of clerics and monks; it belongs to the whole Christian community. Many principles are to be borne in mind if the singing of the Liturgy of the Hours is to be carried out correctly, and if its value and beauty are to be appreciated.



- 271 It is especially appropriate that singing should be used at least on Sundays and festive days. From this the various degrees of solemnity may be recognized.
- 272 Not all the Hours are of the same importance. Hence it is fitting that the singing of those Hours which form the two hinges of the Office, namely Lauds and Vespers, should be preferred and solemnized more than the others.



- ♦ Hymns start on p 1502
- ♦ List is ordered according to Liturgical Seasons
- ♦ you get sheet music! starting on 1507.

# for Hymns

## COMMON OF PASTORS

1. Come to me  
2. Shepherd of souls, in love come,  
3. feed us  
4. Loving Shepherd of thy sheep  
5. The King of love my shepherd is

## COMMON OF DOCTORS OF THE CHURCH

1. Faith of our fathers  
2. Rise up, O men of God  
3. This is the feast day of the  
4. Lord's true witness  
5. Now let us praise

## COMMON OF VIRGINS

1. Now from the heav'n's descend-  
2. ing  
3. Now let us praise  
4. Blessed are the poor of heart  
5. (The Beatitudes)

## COMMON OF HOLY MEN

1. Faith of our fathers  
2. For all the saints  
3. Rise up, O men of God  
4. This is the feast day of the  
5. Lord's true witness  
6. Best are the pure in heart  
7. God, our help in ages past  
8. Who would true valor see

## COMMON OF HOLY WOMEN

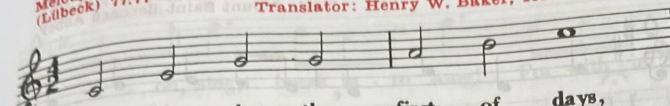
1. Now from the heav'n's descend-  
2. ing  
3. Now let us praise  
4. Blessed are the poor of heart  
5. (The Beatitudes)  
6. God, our help in ages past

## COMMON OF THE DEAD

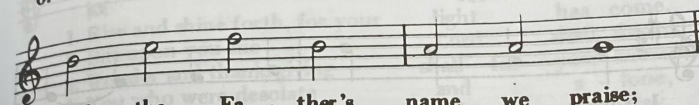
1. Come to me  
2. all the saints  
3. King of love my shepherd is  
4. radiant light, O sun divine  
5. flights of angels lead you  
6. on your way

## On This Day, the First of Days

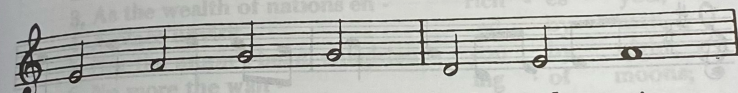
Melody: Gott Sel Dank (Lilbeck) 77.77 Music: Freydinghausen's Gesangbuch, 1704  
Text: Le Mans Breviary, 1748  
Translator: Henry W. Baker, 1821-1877, alt.



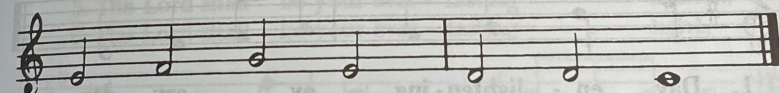
1. On this day, the first of days,  
2. On this day, th'e ter - nal Son  
3. Fa - ther, who didst fash - ion man  
4. Word made flesh all hail to thee!  
5. Ho - ly Spir - it, you im - part  
6. God, the bless - ed Three in One,



1. God the Fa - ther's name we praise;  
2. O - ver death his tri - umph won;  
3. God - like in thy lov - ing plan,  
4. Thou from sin hast set us free;  
5. Gifts of love to ev - ery heart;  
6. May thy ho - ly will be done;



1. Who, cre - a - tion's Lord and spring,  
2. On this day the Spir - it came  
3. Fill us with that love di - vine,  
4. And with thee we die and rise  
5. Give us light and grace, we pray,  
6. In thy word our souls are free.



1. Did the world from dark - ness bring.  
2. With his gifts of liv - ing flame.  
3. And con - form our wills to thine.  
4. Un - to God in sac - ri - fice.  
5. Fill our hearts this ho - ly day.  
6. And we rest this day with thee.



# HYMNS

## App Store Preview

This app is available only on the App Store for iPhone and iPad.



**Breviary Tunes** 4+

Eric Millet

★★★★★ 4.6 • 20 Ratings

Free • Offers In-App Purchases

LIST OF LOH HYMNS in Alphabetical Order on Webpage





## Breviary Tunes



In Order



By Tune



By Meter

1. On This Day, the First of Days

2. Brightness of the Father's Glory

3. Sion, Sing  
Copyrighted

4. Morning Has Broken

5. Darkness Has Faded

6. When Morning Fills the Sky

7. Lord Whose Love in Humble Service

8. Praise, My Soul, the King of Heaven

9. Sing with All the Sons of Glory

10. I Sing the Mighty Power of God

11. All You Nations  
Copyrighted

12. This Day God Gave Me







# Breviary Tunes



In Order



By Tune



By Meter

A

Ach Bleib bei Uns

Adeste Fidelis

Adoro Te

Amazing Grace

Angelus

Ar Hyd Y Nos

Artavia

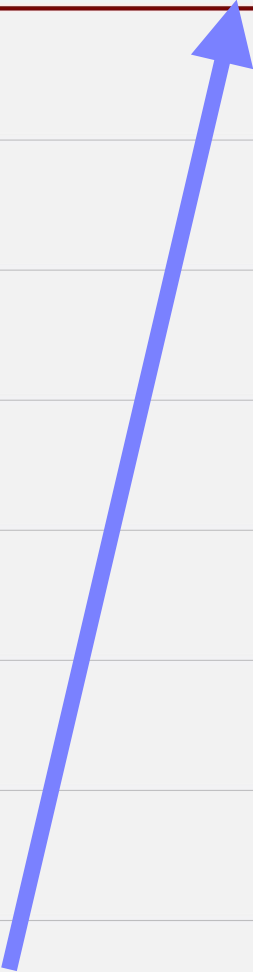
Au Fort De Ma Detresse

Auctoritate Saeculi

Aurelia

Austria

A  
B  
C  
D  
E  
F  
G  
H  
I  
J  
L  
M  
N  
O  
P  
R  
S  
T  
U  
V  
W  
Y







# Breviary Tunes



In Order



By Tune



By Meter

10.10 Refrain

Were You There?

10.10.10 Alleluias

Sine Nomine

10.10.10.10

Farley Castle

10.10.10.10.10.10

Unde Et Memores

10.10.10.6

Artavia

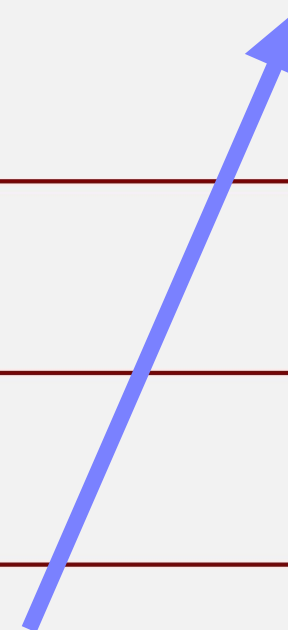
10.11.11.12

Slane

11.10.11.10

Intercessor

Liebster Immanuel

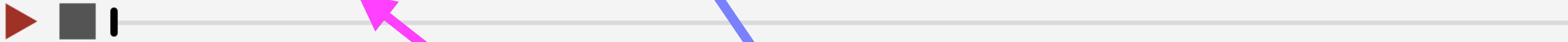






# 1. On This Day, the First of Days

Tune: Gott Sei Dank (Lubeck) (77.77)



Voice Type:

Baritone

Instrument:

Organ

Lyrics



Off

On

On This Day, the First of Days

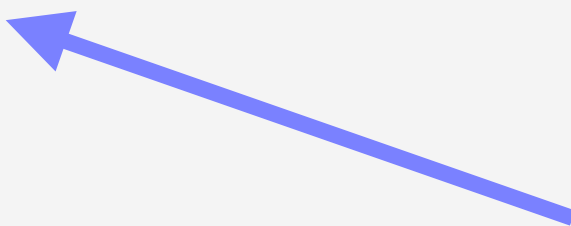
Henry W. Baker

- 1 On this day, the first of days  
God the Father's name we praise;  
Who, creation's Lord and spring  
Did the world from darkness bring.
- 2 On this day the eternal Son  
Over death his triumph won;  
On this day the Spirit came  
With his gifts of living flame.
- 3 Father, who didst fashion man  
Godlike in thy loving plan  
Fill us with that love divine,  
And conform our wills to thine

Number of Verses:

− 6 +

Speed:

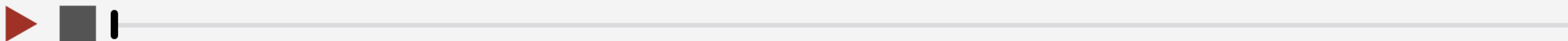






# 1. On This Day, the First of Days

Tune: Gott Sei Dank (Lubeck) (77.77)



Voice Type:

Baritone

Tenor

Alto

Soprano

Instrument:

Organ



Off

On

1 On this day, the first of days  
God the Father's name we praise;  
Who, creation's Lord and spring  
Did the world from darkness bring.

2 On this day the eternal Son  
Over death his triumph won;  
On this day the Spirit came  
With his gifts of living flame.

3 Father, who didst fashion man  
Godlike in thy loving plan  
Fill us with that love divine,  
And conform our wills to thine

Number of Verses:



6



Speed:

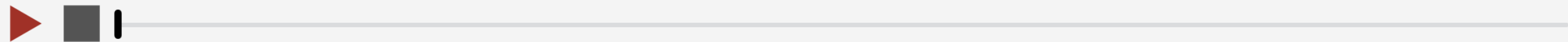




<

1. On This Day, the First of Days

Tune: Gott Sei Dank (Lubeck) (77.77)



Voice Type:

Baritone

Instrument:

Organ

Grand Piano

Guitar

Violin

Lyrics

On This Day, the First of Days

Henry W. Baker

- 1 On this day, the first of days  
God the Father’s name we praise;  
Who, creation’s Lord and spring  
Did the world from darkness bring.
- 2 On this day the eternal Son  
Over death his triumph won;  
On this day the Spirit came  
With his gifts of living flame.
- 3 Father, who didst fashion man  
Godlike in thy loving plan  
Fill us with that love divine,  
And conform our wills to thine

Number of Verses:

-

6

+

Speed:



List of tunes on website:

[https://stjudesp.org/our-faith/adult-faith-formation/  
liturgy-of-the-hours-class/](https://stjudesp.org/our-faith/adult-faith-formation/liturgy-of-the-hours-class/)



*From the movie, Elf*





# 4-Week Psalter

- ♦ PAGE 701
- ♦ NOTE: Sunday, Evening Prayer I
- ♦ REMEMBER, *liturgically*, Sunday begins at *sundown* on Saturday.
  - ♦ Genesis 1
  - ♦ Therefore, the evening prayer prayed on Saturday evening is liturgically Sunday
  - ♦ Therefore it is called Evening Prayer 1
  - ♦ Evening Prayer prayed on Sunday Evening, then, is Evening Prayer II (for example, see page 712)



# 4-Week Psalter

- ♦ Evening Prayer 1 (for Sundays)
- ♦ Invitatory - with Antiphon for Psalm 95 (*or others*)
- ♦ Morning Prayer
- ♦ Evening Prayer (II for Sundays)



**Note: Evening Prayer I and Evening Prayer II**

## **a Sample Week of LOH -**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			SOLEMNITY of St. So & So			
Invitatory	Invitatory	Invitatory	Invitatory	Invitatory	Invitatory	Invitatory
Morning Prayer	Morning Prayer	Morning Prayer	Morning Prayer	Morning Prayer	Morning Prayer	Morning Prayer
Daytime Prayer	Daytime Prayer	Daytime Prayer	Daytime Prayer	Daytime Prayer	Daytime Prayer	Daytime Prayer
Evening Prayer II for Sunday	Evening Prayer	EVENING PRAYER 1 for solemnity	EVENING PRAYER II for solemnity	Evening Prayer	Evening Prayer	Evening Prayer 1 for Sunday
Night Prayer Sunday	Night Prayer Monday	Night Prayer Tuesday	Night Prayer Wednesday	Night Prayer Thursday	Night Prayer Friday	Night Prayer after Evening Prayer 1 (Saturday)

**\*\*Office of the Readings - can be prayed anytime of the day**



# 4-Week Psalter

- ♦ 4-Week Rotation
- ♦ For Example:
  - ♦ Week 1 - 4 correspond directly to the Psalter number
  - ♦ Week 5 → start over with Week 1 of the Psalter
  - ♦ see chart next slide.....



# 4-Week Psalter

## 4-Week Rotation:

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
<b>29</b>	<b>30</b>	<b>31</b>	<b>32</b>
<b>33</b>	<b>34</b>		



# 4-Week Psalter

- ♦ Start over with **Week I** at a new Liturgical Season
- ♦ Except:
  - ♦ Ash Wednesday through Saturday - uses Week 4 of the Psalter
  - ♦ Because the 1st Sunday of Lent uses Week 1 of the Psalter



# July 2022



PREVIOUS

NEXT

Sun	Mon	Tue	Wed	Thu	Fri	Sat
26	27	28	29	30	1	2
● Fourteenth Sunday in Ordinary Time	● Monday of the Fourteenth Week in Ordinary Time	● Tuesday of the Fourteenth Week in Ordinary Time	● Wednesday of the Fourteenth Week in Ordinary Time	● Thursday of the Fourteenth Week in Ordinary Time	● Friday of the Fourteenth Week in Ordinary Time	● Saturday of the Fourteenth Week in Ordinary Time
● Fifteenth Sunday in Ordinary Time	○ Memorial of Saint Benedict, Abbot	● Tuesday of the Fifteenth Week in Ordinary Time	● Wednesday of the Fifteenth Week in Ordinary Time	○ Memorial of Saint Kateri Tekakwitha, Virgin	○ Memorial of Saint Bonaventure, Bishop and Doctor of the Church	● Saturday of the Fifteenth Week in Ordinary Time
● Sixteenth Sunday in Ordinary Time	● Monday of the Sixteenth Week in Ordinary Time	● Tuesday of the Sixteenth Week in Ordinary Time	● Wednesday of the Sixteenth Week in Ordinary Time	● Thursday of the Sixteenth Week in Ordinary Time	○ Feast of Saint Mary Magdalene	● Saturday of the Sixteenth Week in Ordinary Time
● Seventeenth Sunday in Ordinary Time	● Feast of Saint James, Apostle	○ Memorial of Saints Joachim and Anne, Parents of the Blessed Virgin Mary	● Wednesday of the Seventeenth Week in Ordinary Time	● Thursday of the Seventeenth Week in Ordinary Time	○ Memorial of Saints Martha, Mary, and Lazarus	● Saturday of the Seventeenth Week in Ordinary Time
● Eighteenth Sunday in Ordinary Time	1	2	3	4	5	6



# 2022 JULY

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	8	9
10 15/ Week 3	11	12	13	14	15	16
17 14/ Week 4	18	19	20	21	22	23
24 17/ Week 1	25	26	27	28	29	30
31 18/ Week 2						



# 4-Week Psalter

- ♦ If you pray all LOH prayers, every month you will have prayed 147 Psalms
  - ♦ 58, 83 and 109 are not used because they are curses
  - ♦ (there are a total of 150 Psalms)



# 4-Week Psalter

- ♦ When you start a prayer, ASK:
  - ♦ What is the liturgical week?
  - ♦ Which week Psalter is used?
  - ♦ Go to that Week and Day
    - ♦ ex, if it is Tuesday in the 13th week of OT,
      - ♦ then go to Week 1 of the Psalter
      - ♦ then go to Tuesday and start the prayer



## Cathedral of St. Jude the Apostle

Cathedral Parish and School of the Diocese of St. Petersburg  
*Therefore go and make disciples of all nations. ~ Matthew 28:19*

July 3, 2022 ~ The Fourteenth Sunday in Ordinary Time



Shout joyfully to God, all the Earth,  
sing praise to the glory of His name... ~Psalm 66

Welcome to the  
Cathedral of St. Jude

Mass Weekdays  
Monday – Friday

Eucharistic Adoration,  
Exposition of the



## My tabs:

p39 - Proper of Seasons

p686 - Invitatory (Seasonal Antiphons are listed on  
686-7; Ps 95 on p688)

p691 - Canticle of Zechariah (Benedictus)

p696 - Canticle of Mary (Magnificat)

p699 - 4 week Psalter

p994 - Daytime prayer

p1027 - Daytime Complementary Psalmody

p1034 - Night Prayer

p1056 - Marian Antiphons

p1060 - Proper of Saints

p1355 - Commons

p1502 - Hymns

p1785 - Office of Reading psalter

p1870 - First (Biblical) Readings

p1942 - Second (non-Biblical) Readings