

How to Pray the
Liturgy of the Hours

step-by-step instructions

Christian Prayer Book

Morning Prayer

Morning and Evening Prayer

are the

Hinges of the Day

Morning Prayer

- ◆ Instructions on page 689

Morning Prayer

♦ Pattern of Morning Prayer:

- ♦ Invitatory or Introduction
- ♦ Hymn
- ♦ **Psalmody** = Psalm → **Old** Testament Canticle → Psalm
- ♦ Scriptural Reading
- ♦ Responsory
- ♦ Gospel Canticle - Zechariah (+), Benedictus - p691
- ♦ Intercessions
- ♦ Our Father
- ♦ Concluding Prayer
- ♦ Dismissal, p693-694

Morning Prayer

- ◆ Go to the 4-week Psalter for the Liturgical Week and Day
 - ◆ < SKIP the saint days for now >
- ◆ First the Invitatory
- ◆ Then Morning Prayer is listed after Invitatory

Morning Prayer

- ◆ Start with the **Invitatory** ... **IF** Morning Prayer is the first prayer of your day
- ◆ Or - start with the Introduction if it is not your first prayer:
 - ◆ God + come to my assistance,
Lord, make haste to help me.
Glory to the Father, ...

Morning Prayer

- ◆ Enter into Morning Prayer
- ◆ **NEVER** SKIP the Hymn
 - ◆ Hymn numbers are given (can choose any morning hymn)
 - ◆ go to Hymnal section to find and sing hymn
- ◆ Psalmody: Psalm, **Old** Testament Canticle, Psalm
 - ◆ Psalm = Antiphon, Psalm, (Psalm Prayer), Doxology, Antiphon
 - ◆ Short Pause after each Psalm and Canticle

Morning Prayer

- ◆ Reading (from Scripture)
- ◆ Responsory

Morning Prayer

- ◆ Gospel Canticle = Canticle of Zechariah (+), **STAND**
 - ◆ Antiphon for the Gospel Canticle
 - ◆ Canticle of Zechariah, p 691
 - ◆ Doxology
 - ◆ *repeat* Antiphon for the Gospel Canticle



- ◆ Read story of Zechariah and Elizabeth
 - ◆ Luke 1:5-25
 - ◆ Luke 1:57-80:

Morning Prayer

- ◆ Intercessions
- ◆ The Lord's Prayer
- ◆ Concluding Prayer
- ◆ Dismissal
 - ◆ May + the Lord bless us, protect us from all evil, and bring us to everlasting life. Amen.

Morning Prayer

Antiphon

Psalm

Glory to...

Psalm prayer

Antiphon

EXAMPLE: Monday, Week I of Ordinary Time - pp 718

- ♦ **Invitatory:**
 - ♦ Lord (+) open my lips...
 - ♦ Antiphon
 - ♦ Psalm 95, p688
 - ♦ *repeat* Antiphon
- ♦ **Morning Prayer, 718**
 - ♦ Hymn (choice, or any from OT, starts p.1502)
 - ♦ Psalmody: Ps 5; I Chronicles Canticle, Ps 29
 - ♦ Reading
 - ♦ Responsory
 - ♦ Antiphon for Canticle of Zechariah
 - ♦ p 691, Canticle of Zechariah (+)
 - ♦ *repeat* Antiphon for Cant of Zechariah
 - ♦ Intercessions
 - ♦ Our Father...
 - ♦ Concluding prayer
 - ♦ Dismissal (May the Lord bless us...) (p. 694)

On Sundays of **Ordinary Time**: Canticle Antiphons
and Prayer are in the Proper of Seasons

Ex, Sunday Week 15 → Psalter Week III

Page 855 (w/ Invitatory)

Walk through...

Proper of Seasons p619

→ 619 for Antiphon for Canticle of Zechariah

Return to 861 for Intercessions and Our Father

→ 619 for Concluding Prayer