

How to Pray the Liturgy of the Hours

step-by-step instructions

OFFICE OF READINGS

Office of Readings

- ♦ No Instructions are given the Christian Prayer book
- ♦ The Christian Prayer book uses a 4-week rotation of the Psalter for OOR (p 1785)
- ♦ The Christian prayer book does not have the official readings of the OOR

Psalm Sandwich

Antiphon

Psalm

Glory to...

Psalm prayer

Antiphon

Antiphon

Canticle

Glory to...

Psalm prayer

Antiphon

Office of Readings

Pattern of Office of Readings:

- ♦ Invitatory *or* Introduction
- ♦ Hymn
- ♦ Psalmody = 3 Psalms
- ♦ Verse
- ♦ Go to: OOR Proper of Seasons
- ♦ Scriptural Reading
- ♦ Non-Scriptural Reading
- ♦ Concluding Prayer (*same as Morning Prayer for that day*)
- ♦ Acclamation:
 - ♦ Let us praise the Lord
 - ♦ — And give him thanks!

Office of Readings

- ♦ 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,...
- ♦ [OR Start with the **Invitatory** (See lesson 2) **IF** Evening Prayer is the first prayer of your day]

Office of Readings

- ♦ Go to page 1785 - to the day liturgical week and the day of the week
- ♦ NEVER SKIP the Hymn
 - ♦ p 1502 - choose a hymn for the liturgical time
- ♦ Psalmody: 3 Psalms,
 - ♦ *OR* 2 -3 parts of Psalms (ex, p1121-1122)
 - ♦ Psalm = Antiphon, Psalm, (Psalm Prayer), Doxology, Antiphon
 - ♦ Short Pause after each Psalm

Office of Readings

- ♦ Go to **Biblical Readings**, p 1870
 - ♦ Go to the liturgical season
 - ♦ and Choose one of the 8 that are offered
- ♦ Then Go to the **Non-Biblical Readings**, p1942
 - ♦ Go to the liturgical season
 - ♦ and Choose one of the 8 that are offered

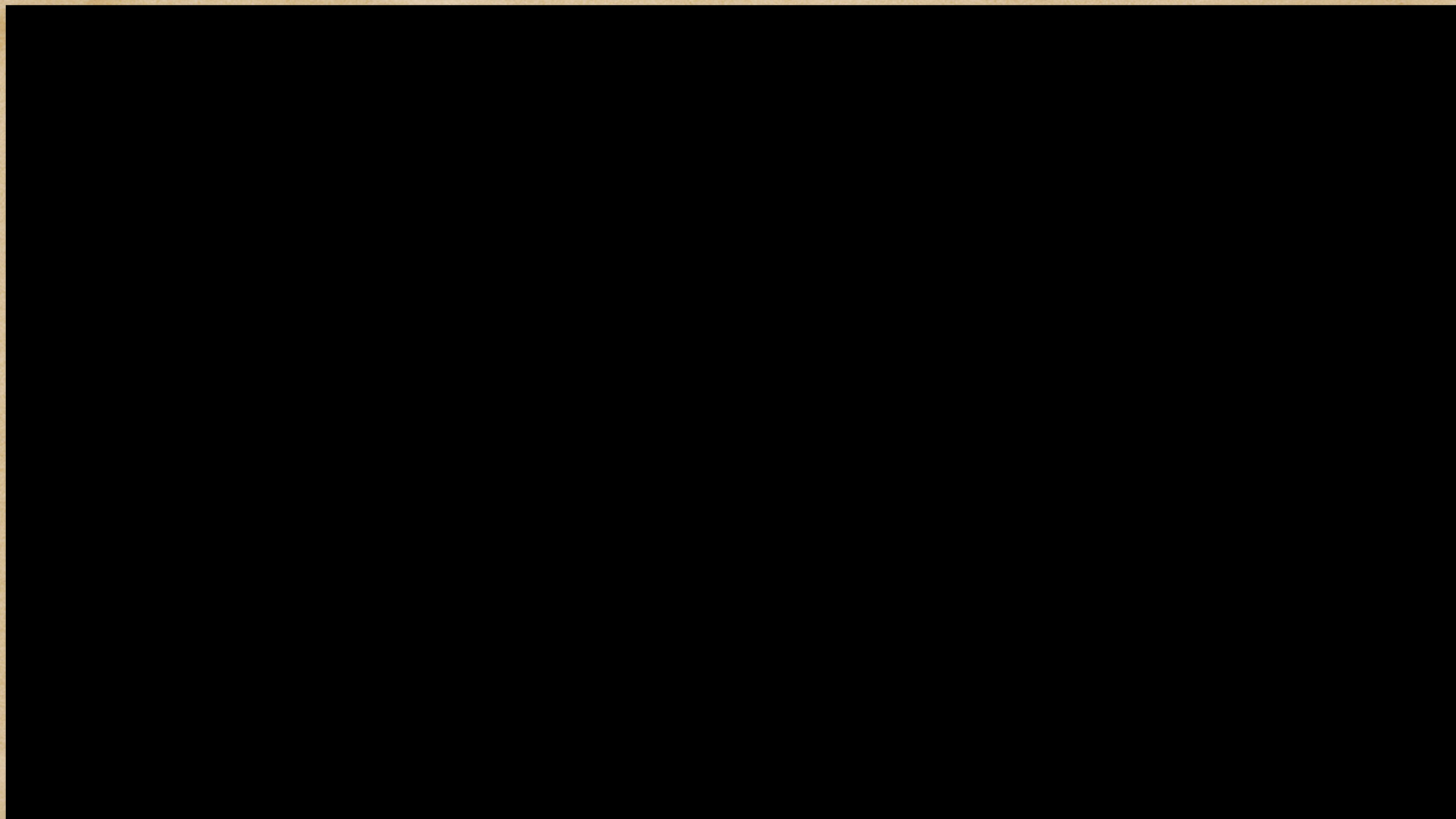
Office of Readings

- ♦ *IF SUNDAY OR SOLEMNITY: Pray the Te Deum*
 - ♦ Words linked on webpage

The Te Deum

You are God: we praise you;
You are God: we acclaim you;
You are the eternal Father:
All creation worships you.
To you all angels, all the powers of heaven,
Cherubim and Seraphim, sing in endless
praise:
Holy, holy, holy, Lord, God of power and
might,
Heaven and earth are full of your glory.
The glorious company of apostles praise you.
The noble fellowship of prophets praise you.
The white-robed army of martyrs praise you.
Throughout the world the holy Church
acclaims you:
Father, of majesty unbounded,
Your true and only Son, worthy of all worship,
And the Holy Spirit, advocate and guide.
You, Christ, are the king of glory,
The eternal Son of the Father.
When you became man to set us free
You did not spurn the Virgin's womb.

You overcame the sting of death,
And opened the kingdom of heaven to all
believers.
You are seated at God's right hand in glory.
We believe that you will come, and be our
judge.
Come then, Lord, and help your people,
Bought with the price of your own blood,
And bring us with your saints
To glory everlasting.
Save your people, Lord, and bless your
inheritance.
Govern and uphold them now and always.
Day by day we bless you.
We praise your name forever.
Keep us today, Lord, from all sin.
Have mercy on us, Lord, have mercy.
Lord, show us your love and mercy;
For we put our trust in you.
In you, Lord, is our hope:
And we shall never hope in vain



Te Deum (English) - on YouTube

https://www.youtube.com/watch?v=i30_2Q35kjQ

Office of Readings

- ♦ And End with the Acclamation
 - ♦ *Let us praise the Lord,*
 - *and give him thanks.*

Office of Readings

EXAMPLE: Thursday, Week II in Ordinary Time

- ♦ **Invitatory: {or Introduction}**
 - ♦ Lord (+) open my lips...
 - ♦ Antiphon → p686
 - ♦ Psalm 95, p 688
 - ♦ Antiphon
- ♦ **Office of the Readings, p1819**
 - ♦ Choose Hymn
 - ♦ Psalmody: Ps 44-I, Ps 44-II, Ps 44-III
 - ♦ Verse
 - ♦ Go to page 1925, I am randomly choosing Biblical Reading #2 in OT
 - ♦ reverend silence
 - ♦ Go to page 2015, I am randomly choosing non-Biblical Reading #4 in OT
 - ♦ Closing prayer as in MP (note: MP starts 829, BUT prayer on 824)
 - ♦ Acclamation: *Let us praise the Lord, and give him thanks*

Office of Readings

EXAMPLE: Sunday, Week 1 in Ordinary Time (wk 17)

- ♦ **Invitatory: {or Introduction}**
 - ♦ Lord (+) open my lips...
 - ♦ Antiphon → 706
 - ♦ Psalm 95, p 688
 - ♦ Antiphon
- ♦ **Office of the Readings, p1785**
 - ♦ Choose Hymn
 - ♦ Psalmody: Ps 1, Ps 2, Ps 3
 - ♦ Verse
- ♦ **Go to page 1926**, I am randomly choosing Biblical Reading #3 in OT
 - ♦ reverend silence
- ♦ **Go to page 2023**, I am randomly choosing non-Biblical Reading #10 in OT
- ♦ **Te Deum** (On Sundays, Solemnities), *not in CP book*
- ♦ Closing prayer as in MP (in Prop of Seasons bc Sunday, p 621)
- ♦ Acclamation: *Let us praise the Lord, and give him thanks*

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Feast Days/Solemnities

ONE-on-ONE