

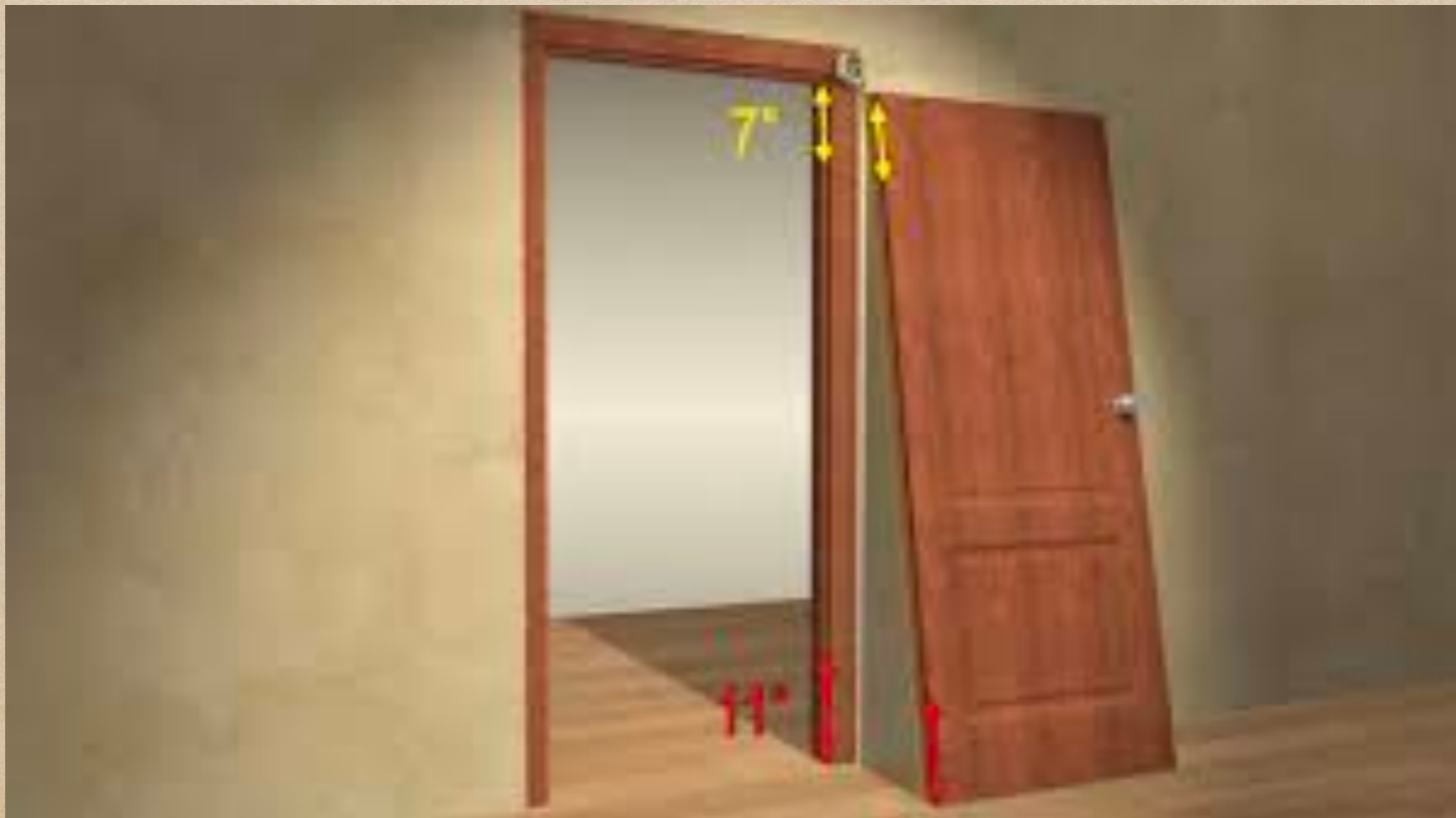
How to Pray the
Liturgy of the Hours

step-by-step instructions

Evening Prayer

The Hinges

- ◆ **GILH - §37 - 54 (especially 37-40)-**
pp 41-46



Evening Prayer

- ◆ Instructions on page 668

Evening Prayer

Pattern of Evening Prayer:

- ◆ Introduction
- ◆ **Hymn**
- ◆ Psalmody = Psalm, **New**
Testament Canticle,
Psalm
- ◆ Scriptural Reading
- ◆ Responsory
- ◆ Gospel Canticle - Mary,
Magnificat (+)
- ◆ Intercessions
- ◆ Our Father
- ◆ Concluding Prayer
- ◆ Dismissal

Note: Evening Prayer I and Evening Prayer II

a Sample Week of LOH -

Sunday	Monday	Tuesday	Wednesdy	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**

Evening Prayer

- ◆ Go to the 4-week Psalter for the Liturgical Week and Day
 - ◆ < SKIP the saint days for now >

Evening Prayer

- ◆ **Start with the Introduction** if it is **NOT** your first prayer:
 - ◆ God + come to my assistance, Lord make haste to help me.
- ◆ [OR Start with the **Invitatory** (See lesson 2) **IF** Evening Prayer is the **first prayer** of your day]

Antiphon

Psalm 95

Glory to...

Antiphon

Order of a Day

- ◆ Invitatory
 - ◆ Morning Prayer
- ◆ Evening Prayer
 - ◆ God (+) come to my assistance...

- ◆ IF EP IS FIRST PRAYER OF YOUR DAY:
- ◆ Invitatory
 - ◆ Evening Prayer

Evening Prayer

- ◆ Enter into Evening Prayer
- ◆ NEVER SKIP the Hymn
- ◆ Psalmody: Psalm, **New** Testament Canticle, Psalm
 - ◆ Psalm = Antiphon, Psalm, Doxology, (Psalm Prayer), Antiphon
 - ◆ Short Pause after each Psalm and Canticle

Antiphon

Psalm

Glory to...

Psalm prayer

Antiphon

Antiphon

New Testament
Canticle

Glory to...

Psalm prayer

Antiphon

Antiphon

Psalm

Glory to...

Psalm prayer

Antiphon

Evening Prayer

- ◆ Scripture Reading
- ◆ Responsory
- ◆ Short Pause, silence, for reflection

Evening Prayer

- ◆ Gospel Canticle = Canticle of Mary (+), **STAND**
 - ◆ Read story of the Annunciation and Mary's visit with Elizabeth Luke 1:26 - 56
 - ◆ Luke 1:67-80
 - ◆ Gospel Antiphon
 - ◆ Canticle of Mary, p 669
 - ◆ Doxology
 - ◆ Gospel Antiphon

Antiphon

Canticle of
Mary

Glory to...

Antiphon

Evening 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.

EXAMPLE:

Evening Prayer

Monday, Week 9 Use Week 1
Psalter, p 716

4-Week Psalter

4-Week Rotation:

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

Evening Prayer

EXAMPLE: Monday, Week 9 Use
Week 1 Psalter, p 716

Antiphon

Psalm or
Canticle

Glory to...

Psalm prayer

Antiphon

- ♦ **Introduction:**
 - ♦ (+) God come to my assistance,
 - ♦ - Lord, make haste to help me
 - ♦ Glory to the Father...
- ♦ **Evening Prayer, p716**
 - ♦ Hymn - "Lord Jesus Christ, abide with us..."
 - ♦ Psalmody: Ps 11, Ps 15, Canticle of Ephesians
 - ♦ Reading
 - ♦ Responsory
 - ♦ Antiphon for Canticle of Mary
 - ♦ p669, Canticle of Mary (+)
 - ♦ *repeat* Antiphon for Cant of Mary
 - ♦ Intercessions
 - ♦ Our Father...
 - ♦ Concluding prayer
 - ♦ Dismissal (May the Lord bless us...)

Evening Prayer I

EXAMPLE: Sunday, Week 10

Use Week 2 Psalter, p 821

Antiphon

Psalm or
Canticle

Glory to...

Psalm prayer

Antiphon

- ♦ **Introduction:**
 - ♦ (+) God come to my assistance,
 - ♦ - Lord, make haste to help me
 - ♦ Glory to the Father...
- ♦ **Evening Prayer I, p821**
 - ♦ Hymn - "At the name of Jesus..."
 - ♦ Psalmody: Ps 119, Ps 16, Canticle of Philippians
 - ♦ Reading
 - ♦ Responsory
 - ♦ Antiphon for Cant of Mary, p826
 - ♦ ****P of S - p 318 (week 10)**
 - ♦ Canticle of Mary (+)
 - ♦ *repeat* Antiphon for Cant of Mary
 - ♦ p826, Intercessions
 - ♦ Our Father...
 - ♦ Concluding prayer - ****P of S - p 318 (week 10)**
 - ♦ Dismissal (May the Lord bless us...)

Evening Prayer II

EXAMPLE: Sunday, Week 10

Use Week 2 Psalter, p 841

Antiphon

Psalm or
Canticle

Glory to...

Psalm prayer

Antiphon

- ♦ **Introduction:**
 - ♦ (+) God come to my assistance,
 - ♦ - Lord, make haste to help me
 - ♦ Glory to the Father...
- ♦ **Evening Prayer II, p841**
 - ♦ Hymn - "Love divine, all loves excelling..."
 - ♦ Psalmody: Ps 110, Ps 115, Canticle of Revelation
 - ♦ Reading
 - ♦ Responsory
 - ♦ Antiphon for Cant of Mary, p846
 - ♦ **QUIZ: Where do I find it?**
 - ♦ Canticle of Mary (+)
 - ♦ *repeat* Antiphon for Cant of Mary
 - ♦ Intercessions
 - ♦ Our Father...
 - ♦ Concluding prayer - **QUIZ: Where do I find it?**
 - ♦ Dismissal (May the Lord bless us...)

Evening Prayer I

EXAMPLE: Sunday, Week 17

Use Week 1 Psalter, p 677



- ♦ **Introduction:**
 - ♦ (+) God come to my assistance,
 - ♦ - Lord, make haste to help me
 - ♦ Glory to the Father...
- ♦ **Evening Prayer I, p677**
 - ♦ Hymn - “Love divine, all loves excelling...”
 - ♦ Psalmody: Ps 110, Ps 114, Canticle of Revelation
 - ♦ Reading
 - ♦ Responsory
 - ♦ Antiphon for Cant of Mary
 - ♦ ****P of S - p 541 (week 17)**
 - ♦ Canticle of Mary (+)
 - ♦ *repeat* Antiphon for Cant of Mary
 - ♦ p682, Intercessions
 - ♦ Our Father...
 - ♦ Concluding prayer - ****P of S - p 541 (week 17)**
 - ♦ Dismissal (May the Lord bless us...)

Evening Prayer II

EXAMPLE: Sunday, Week 17

Use Week 1 Psalter, p 697



- ♦ **Introduction:**
 - ♦ (+) God come to my assistance,
 - ♦ Lord, make haste to help me
 - ♦ Glory to the Father...
- ♦ **Evening Prayer II, p697**
 - ♦ Hymn - "O Christ, you are the light and day..."
 - ♦ Psalmody: Ps 110, Ps 114, Canticle of Revelation
 - ♦ Reading
 - ♦ Responsory
 - ♦ Antiphon for Cant of Mary, p846
 - ♦ **QUIZ: Where do I find it?**
 - ♦ Canticle of Mary (+)
 - ♦ *repeat* Antiphon for Cant of Mary
 - ♦ p701, Intercessions
 - ♦ Our Father...
 - ♦ Concluding prayer, **QUIZ: Where do I find it?**
 - ♦ Dismissal (May the Lord bless us...)