

How to Pray the
Liturgy of the Hours

step-by-step instructions

OFFICE OF READINGS

Office of Readings

- ♦ GILH - §55 - 69 (V-1, pp46-48)
- ♦ Note §59 - may be prayed at ANY TIME (hour) of the day

Office of Readings

- ◆ Instructions on page 651
- ◆ ****Proper of Seasons** - begins p 31
- ◆ CAN BE PRAYED AT ANY TIME OF THE DAY

Office of Readings

Pattern of Office of Readings:

- ♦ Introduction
- ♦ Hymn
- ♦ Psalmody = 3 Psalms
- ♦ Verse (2 lines)
- ♦ Scriptural Reading
- ♦ Responsory
- ♦ Non-Scriptural Reading
- ♦ Responsory
- ♦ **SUNDAYS & SOLEMNITIES:
Te Deum, p652**
- ♦ Concluding Prayer
- ♦ Acclamation [Let us praise the Lord, and give him thanks]

Office of Readings

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

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

Antiphon

Psalm 95

Glory to...

Antiphon

Office of Readings

- ♦ Go to the 4-week Psalter for the Liturgical Week and Day
- ♦ NEVER SKIP the Hymn
- ♦ Psalmody: 3 Psalms,
 - ♦ *OR* 2 -3 parts of Psalms (ex, p1121-1122)
 - ♦ Psalm = Antiphon + Psalm, Doxology + (Psalm Prayer) + *repeat* Antiphon
 - ♦ Short Pause after each Psalm
- ♦ 2 line verse

Antiphon

Psalm

Glory to...

Psalm prayer

Antiphon

Antiphon

Psalm

Glory to...

Psalm prayer

Antiphon

Antiphon

Psalm

Glory to...

Psalm prayer

Antiphon

Office of Readings

- ◆ Go to: **Proper of Seasons** (starts p31, readings on p53)
 - ◆ Reading 1: Scripture Reading
 - ◆ Responsory
 - ◆ Short Pause, silence, for reflection

Office of Readings

- ◆ Reading 2: Non- Scripture Reading
- ◆ Responsory
- ◆ Short Pause, silence, for reflection

Office of Readings

- ◆ *IF SUNDAY OR SOLEMNITY: Pray the Te Deum (p652-653)*
- ◆ Acclamation (p654)
 - ◆ Let us praise the Lord,
 - ◆ - and give him thanks.

Te Deum (English)

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

Office of Readings

EXAMPLE: Monday, Week 9

Use Week 1 Psalter, - p 702, 293

- ◆ **Invitatory OR Introduction:**
 - ◆ Lord (+) open my lips...
 - ◆ Antiphon, p649
 - ◆ Psalm 95
 - ◆ *repeat* Antiphon
 - ◆ **OR** — God (+) come to my assistance...
- ◆ **Office of Readings, p702**
 - ◆ Hymn - "O God of truth, prepare our minds..."
 - ◆ Psalmody: Ps 6, Ps 9A-I, Ps 9A-II
- ◆ Verse
- ◆ Go to page 293 (Proper of Seasons)
- ◆ First Reading (Scripture)
- ◆ Responsory
- ◆ Second Reading (non-Scripture)
- ◆ Responsory
- ◆ Concluding Prayer, p297
- ◆ **Acclamation:** Let us praise the Lord, and give him thanks (p654)

Office of Readings

EXAMPLE: Sunday, Week 10

Use Week 2 Psalter, - p 827, p 318

- ◆ **Invitatory OR Introduction:**
 - ◆ Lord (+) open my lips...
 - ◆ Antiphon, p649
 - ◆ Psalm 95
 - ◆ Antiphon
 - ◆ **OR** - God (+) come to my assistance...
- ◆ **Office of Readings, p827**
 - ◆ Hymn - "Holy, holy, holy,..."
 - ◆ Psalmody: Ps 104-I, Ps 104-II, Ps 104-III
 - ◆ Verse
- ◆ Go to page 318 (Proper of Seasons)
- ◆ First Reading (Scripture)
- ◆ Responsory
- ◆ Second Reading (non-Scripture)
- ◆ Responsory
- ◆ **Te Deum, p652**
- ◆ Concluding Prayer, p318/321
- ◆ Acclamation: Let us praise the Lord, and give him thanks (p654)

Order of a Day

OR

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

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

Homework: Week 17 of Ordinary Time

- ♦ Pray Invitatory AND EVENING, NIGHT and OFFICE of READING prayer daily - -
 - ♦ **USE WEEK 1 PSALTER, Monday starts page 702**
- ♦ **Proper of Seasons, OT Week 17, Monday starts page 545**
- ♦ Read entire Luke chapter 1-2
- ♦ Continue reading GILH slowly
- ♦ If iPhone, download **Breviary Tunes**
- ♦ Resource on webpage
- ♦ Class video will be posted by tomorrow morning

Antiphon

Psalm

Glory to...

Psalm prayer

Antiphon