



RECORDING THIS SESSION

Collect

Grant us, we pray, O Lord our God,
the constant gladness of being devoted to you,
for it is full and lasting happiness
to serve with constancy
the author of all that is good.
Through our Lord Jesus Christ, your Son,
who lives and reigns with you in the unity of the
Holy Spirit,
God, for ever and ever.

How to Pray the Liturgy of the Hours



step-by-step instructions

Evening Prayer

Night Prayer

Office of Readings

Psalm Sandwich

Antiphon

Psalm/Canticle

Glory to...

Psalm prayer

Antiphon

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Evening Prayer

Evening Prayer

- ◆ Instructions on page 667

Evening Prayer

Pattern of Evening Prayer:

Antiphon

Psalm/Canticle

Glory to...

Psalm prayer

Antiphon

- ♦ **Introduction** - “*God (+)*
come to my assistance, Lord
make haste to help me...
Amen”
- ♦ **Hymn**
- ♦ Psalmody = Psalm, Psalm,
New Testament Canticle
- ♦ Scriptural Reading
- ♦ Responsory
- ♦ Gospel Canticle - Mary,
Magnificat (+) (w/
antiphons)
- ♦ Intercessions
- ♦ Our Father
- ♦ Concluding Prayer
- ♦ Dismissal

Evening Prayer

- ♦ *Liturgically*, Sunday begins at sundown on Saturday evening on Sundays and Solemnities
- ♦ Therefore, Sundays and Solemnities have 2 evenings:
 - ♦ **Evening Prayer 1** - on Saturday, after Vigil Mass
 - ♦ **Evening Prayer II** - on Sunday, in evening

Evening Prayer

- ♦ 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 1) **IF** Evening Prayer is the first prayer of *your* day]

Evening Prayer

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



Evening Prayer

- ♦ Go to: **Proper of Seasons** (title page p119)
 - ♦ Note - section begins with some Advent season Hymns (pp121 - 136) for the various prayers
 - ♦ Prayers begin on p 137 with Sunday, EP I

Evening Prayer

- ♦ Proper of Seasons:
 - ♦ 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

Psalm/Canticle

Glory to...

Psalm prayer

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.

Evening Prayer

EXAMPLE: Week 2 Advent, Thursday, Week II - p 885, p 240

Antiphon

Psalm/Canticle

Glory to...

Psalm prayer

Antiphon

- ♦ **Introduction:**
 - ♦ (+) God come to my assistance, Lord, make haste to help me. Glory to the Father...
- ♦ **Evening Prayer, p885**
 - ♦ Hymn - "Let all things now..."
 - ♦ Psalmody: Ps 72-I, Ps 72-II, Canticle of Revelation
 - ♦ Go to Proper of Seasons, page 240
 - ♦ Reading (James 5)
 - ♦ Responsory
 - ♦ Antiphon for Canticle of Mary
 - ♦ p669, Canticle of Mary (+)
 - ♦ Antiphon for Cant of Mary
 - ♦ Intercessions
 - ♦ Our Father...
 - ♦ Concluding prayer
 - ♦ Dismissal (May (+) the Lord bless us...)

Evening Prayer I

EXAMPLE: Sunday, Week 1 - p 677, p 137

Antiphon

Psalm/Canticle

Glory to...

Psalm prayer

Antiphon

- ♦ **Introduction:**

- ♦ (+) God come to my assistance,
Lord, make haste to help me.
Glory to the Father...

- ♦ **Evening Prayer, p677**

- ♦ Hymn - on p 126 **OR** "Now
thank we all our God ..."
- ♦ Psalmody: Ps 141, Ps 142,
Canticle of Philippians
- ♦ Go to Proper of Seasons, page
137
- ♦ Reading (1 Thess 5)

- ♦ Responsory
- ♦ Antiphon for Cant of Mary
- ♦ p669, Canticle of Mary (+)
- ♦ Antiphon for Cant of Mary
- ♦ Intercessions
- ♦ Our Father...
- ♦ Concluding prayer
- ♦ Dismissal (May (+) the Lord
bless us...)

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Night Prayer

Night Prayer

- ♦ Nighttime prayer is on a **one-week rotation**.
- ♦ See Instructions on page 671
 - ♦ Night Prayer begins p 1164 (with hymns)
- ♦ NOTE: After the Introduction, there is a brief EXAMINATION OF CONSCIENCE
- ♦ Hymn follows Examination of Conscience, and choices given p 1164 - 1168p

Night Prayer

- ♦ REMEMBER - *liturgically*, Sunday begins at sundown on Saturday night.
- ♦ Therefore, on p 1164, there is Night Prayer after Evening Prayer 1 for Saturday Night
- ♦ Psalmody for **Night Prayer after Evening Prayer-1** begins on page 1169

Night Prayer

Antiphon

Psalm/Canticle

Glory to...

Psalm prayer

Antiphon

- ♦ **Pattern of Night Prayer:**
- ♦ Introduction: God (+) come to my assistance...
- ♦ Examination of Conscience
- ♦ Penitential Rite
- ♦ Hymn (choose pp. 1164-1169)
- ♦ Psalmody =
 - ♦ 2 Psalms on after EP-1(Saturday nights) and Wednesdays;
 - ♦ 1 Psalms on other days
- ♦ Scriptural Reading
- ♦ Responsory
- ♦ Gospel Canticle - Simeon (+)
- ♦ Concluding Prayer
- ♦ Blessing - "May the all powerful Lord grant us a restful night and a peaceful death. Amen"
- ♦ Antiphon in Honor of the Blessed Virgin (p1188-1190)

Night Prayer

- ♦ Start with the Introduction
 - ♦ God + come to my assistance, — Lord, make haste to help me. Glory to the Father...
- ♦ Examination of Conscience
 - ♦ Penitential Rite - use formula of Mass

Night Prayer

- ♦ Go to the correct Night p 1619 - 1648
- ♦ NEVER SKIP the Hymn
- ♦ Psalmody:
 - ♦ Psalm = Antiphon, Psalm, Doxology, Antiphon
 - ♦ Short Pause after each Psalm and Canticle



Night Prayer

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

Night Prayer

- ♦ Gospel Canticle = Canticle of Simeon (+), (*Nunc Dimittis*)
 - ♦ Read story of the Presentation of Jesus at the Temple, and the encounter with Simeon (Luke 2:22-35)
 - ♦ Gospel Antiphon
 - ♦ Canticle of Simeon (given every night)
 - ♦ Doxology
 - ♦ Gospel Antiphon

Antiphon

Psalm/Canticle

Glory to...

Psalm prayer

Antiphon

Night Prayer

- ♦ Concluding Prayer
- ♦ Blessing, p 673
 - ♦ May the all-powerful Lord grant us a restful night and a peaceful death. Amen
- ♦ Close with praying any one of the Antiphons in Honor of the Blessed Virgin (1188 - 1190)

Night Prayer

EXAMPLE - Wednesday Night Prayer

- ♦ Start p1180
 - ♦ BUT, see in **Red**, go to 671 →
 - ♦ Introduction
 - ♦ Examination of Conscience
 - ♦ Penitential Rite
- ♦ Hymn (choose pp. 1164-1169)
- ♦ Go back to 1180
- ♦ Psalmody (Ps 31, Ps 130)
- ♦ Reading
- ♦ Responsory
- ♦ Gospel Canticle of Simeon (+), with Night Antiphon: “Protect us, Lord,...”
- ♦ Concluding Prayer
- ♦ Blessing, p 673
 - ♦ May the all-powerful Lord grant us a restful night and a peaceful death.
Amen
- ♦ Close with praying any one of the Antiphons in Honor of the Blessed Virgin (1188 - 1190)



PEACEFUL NIGHT

How to Pray the Liturgy of the Hours

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OFFICE OF READINGS

Office of Readings

- ◆ Instructions on page 649

Office of Readings

Pattern of Office of Readings:

Antiphon

Psalm/Canticle

Glory to...

Psalm prayer

Antiphon

- ♦ Invitatory or Introduction
- ♦ Hymn
- ♦ Psalmody = 3 Psalms
- ♦ **MOVE TO PROPER OF SEASONS:**
- ♦ **Verse**
- ♦ **Scriptural Reading**
 - ♦ Responsory
- ♦ **Non-Scriptural Reading**
 - ♦ Responsory
- ♦ *[Sundays and Solemnities: **Te Deum**]*
- ♦ Concluding Prayer
- ♦ Acclamation

Office of the 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]

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, 834-835)
 - ♦ Psalm = Antiphon, Psalm, (Psalm Prayer), Doxology, Antiphon
 - ♦ Short Pause after each Psalm

Office of Readings

- ♦ Go to: Proper of Seasons (title page 119)
 - ♦ **Verse**
 - ♦ Scripture Reading
 - ♦ Responsory
 - ♦ Non- Scripture Reading
 - ♦ Responsory
 - ♦ Short Pause, silence, for reflection

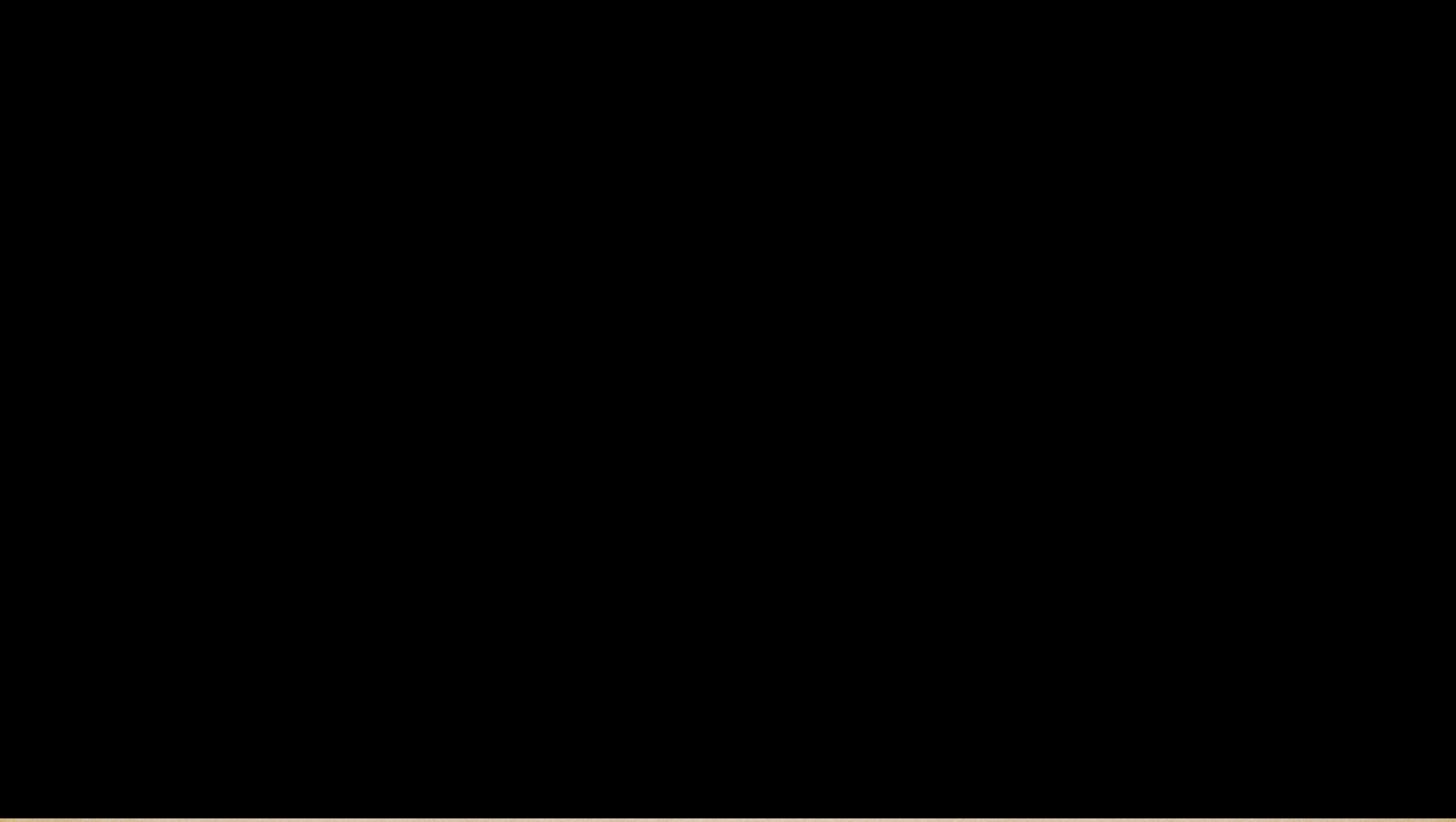
Office of Readings

- ♦ *IF SUNDAY OR SOLEMNITY: Pray the Te Deum
(p1047-1048)*

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)

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

Office of Readings

- ♦ Concluding Prayer
- ♦ Acclamation (p653)
 - ♦ **Let us praise the Lord,
— and give him thanks.**

Office of the Readings

EXAMPLE: Thursday, Week II Advent- p 872, p 233

- ♦ **Invitatory, p872: (or Introduction)**
 - ♦ Lord (+) open my lips...
 - ♦ Antiphon (*choose proper one from options during the season, p647*)
 - ♦ Psalm 95, p 648
 - ♦ Antiphon
- ♦ **Office of the Readings, p872**
 - ♦ Hymn - "Our God, our help..."
 - ♦ Psalmody: Ps 44-I, Ps 44-II, Ps 44-III
- ♦ Go to page Proper of Seasons, page 233
- ♦ **Verse**
- ♦ First Reading (Scripture)
- ♦ Responsory
- ♦ Second Reading (non-Scripture)
- ♦ Responsory
- ♦ Concluding Prayer, - as in MP- see below, p238, bottom
- ♦ Acclamation: Let us praise the Lord, and give him thanks (p653)

Office of the Readings

EXAMPLE: Sunday, Week I Advent - p 681, p 139

- ♦ Invitatory p681,
 - ♦ or Introduction:
 - ♦ God (+) come to my assistance,
Lord, make haste to help me.
Glory to the Father...
- ♦ Office of the Readings, p681
 - ♦ Hymn options
 - ♦ Psalmody: Ps 1, Ps 2 Ps 3
 - ♦ Go to Proper of Seasons, page 139
 - ♦ Verse
- ♦ First Reading (Scripture)
- ♦ Responsory
- ♦ Second Reading (non-Scripture)
- ♦ Responsory
- ♦ Te Deum, p 651
- ♦ Concluding Prayer as in MP below, p146
- ♦ Acclamation: Let us praise the Lord, and give him thanks (p653)

HOMEWORK:

- ♦ Pray Morning and Evening Prayer - Week 2 of Advent
- ♦ Pray Night Prayer
- ♦ Pray Office of Readings - in your volume 4 books
- ♦ Continue reading GILH

- ♦ **Next Week:**
 - ♦ Daytime Prayer
 - ♦ Solemnities and Feast Days of Christmas