



## Week 4: Liturgy of the Hours

### **Great Resources for Liturgy of the Hours:**

<http://www.usccb.org/prayer-and-worship/liturgy-of-the-hours/>

<https://divineoffice.org/welcome/>

<https://www.ibreviary.org/en/>

<https://divineoffice.org/liturgy-of-the-hours/how-to-pray-the-liturgy-of-the-hours/>

*“From ancient times the Church has had the custom of celebrating each day the liturgy of the hours. In this way the Church fulfills the Lord’s precept to pray without ceasing, at once offering its praise to God the Father and interceding for the salvation of the world.” – Office of the Sacred Congregation for Divine Worship.*

### **What is the Liturgy of the Hours?**

- **Liturgy of the Hours/Divine Office/Breviary**
- All three names refer to the same the official prayer of the Church offered at various times of the day in order to sanctify it.
- The Liturgy of the Hours is the prayer of the whole People of God.
- The Liturgy of the Hours, which is like an extension of the Eucharistic celebration, does not exclude but rather (in a complementary way) calls forth the various devotions of the People of God, especially adoration and worship of the Blessed Sacrament.

#### **The Various Hours and their Names**

<b>Hour of the Day</b>	<b>Latin Name</b>	<b>English Name</b>
During the Night	Matins	Readings
Sunrise	Lauds	Morning Prayer
First Hour of the Day	Prime	(suppressed)
Third Hour of the Day	Terce	Mid-morning Prayer
Sixth Hour of the Day	Sext	Midday Prayer
Ninth Hour of the Day	None	Mid-afternoon Prayer
As evening approaches	Vespers	Evening Prayer
Nightfall	Compline	Night Prayer

## Liturgical Gestures

### Sign of the Cross

normal way unless indicated

1. Invitatory. At the words: *Lord, open my lips*. Made with right thumb on the lips.
2. Opening Antiphon (unless preceded by the Invitatory). At the words: *God, come to my assistance*.
3. Gospel Canticles (Morning and Evening Prayer). Made on first verse of the Canticle (Blessed be the Lord ..., or, My soul magnifies the Lord ...).
4. Dismissal. Either when the blessing is given by a priest or deacon, or, when lead by a lay person, at the words: *May the Lord bless us...*

### Bows

The liturgical bow for the Names of the Persons of the Trinity (an incline of the upper body of about 30 degrees) is given throughout the Liturgy of the Hours when called for (Glory be to the Father and to the Son and to the Holy Spirit ...).

The bow of the head at the name of Jesus.

## Brief History of Liturgy of the Hours

- David in the Psalms said: "Seven times a day I praise you" (Ps. 119:164), as well as, "the just man meditates on the law day and night" (Ps. 1:2).
- Monastic practice as it developed in the early Church recognized in the Psalms the perfect form of prayer
- The practices were quite individual from monastery to monastery.
- At first some tried to do the entire Psalter (150 Psalms) each day, but eventually that was abandoned for a weekly cycle built around certain hours of the day.
- Although the Divine Office has gone through various forms, and reforms, including that of Vatican II, its basic structure, combining Psalms, prayers, canticles and readings, has been relatively constant since the 11th century.