





Liturgy of the Hours

From the very beginning of the Church, Christians have gathered daily, at various times or hours of the day, to pray. When they gathered, they would pray using psalms, songs, readings from the Scriptures, periods of silence, and liturgical rituals. This form of praying eventually came to be called The Liturgy of the Hours. The two most important times Christians gathered to pray were in the morning and evening. Morning Prayer and Evening Prayer are two of the prayer services found in the Liturgy of the Hours.

Morning Prayer

Divide into two groups and decide which will be Group 1 and Group 2.

Assign three roles: The Leader, the Reader and the Lector.

Please pray slowly and prayerfully.

All stand.

Angelus

Leader: The Angel of the Lord declared unto Mary;

All: And she conceived of the Holy Spirit.

Leader: Hail Mary, full of grace, the Lord is with thee.

Blessed art thou among women
and blessed is the fruit of thy womb, Jesus.

All: Holy Mary, Mother of God, pray for us sinners
now and at the hour of our death. Amen.

Leader: Behold the handmaid of the Lord:

All: Be it done unto me according to your word.

Leader: Hail Mary, full of grace, the Lord is with thee.

Blessed art thou among women
and blessed is the fruit of thy womb, Jesus.

All: Holy Mary, Mother of God, pray for us sinners
now and at the hour of our death. Amen.

Leader: And the Word was made flesh:

All: And dwelt among us.

Leader: Hail Mary, full of grace, the Lord is with thee.

Blessed art thou among women
and blessed is the fruit of thy womb, Jesus.

All: Holy Mary, Mother of God, pray for us sinners
now and at the hour of our death. Amen.

Leader: Pray for us, O Holy Mother of God.

All: That we may be made worthy of the promises of Christ.

Leader: Let us pray:

Pour forth, we beseech you, O Lord,
Thy grace into our hearts,
that we, to whom the Incarnation of Christ, your Son,
was made known by the message of an angel,
may by His Passion and Cross be brought
to the glory of His Resurrection,
through the same Christ our Lord.

All: Amen.

Morning Prayer

As the Leader begins to speak everyone makes the Sign of the Cross.

Leader: God, come to my assistance.

All: Lord, make haste to help me.

All bow each time the Glory be ... is prayed.

Leader: Glory to the Father, and to the Son, and to the Holy Spirit:

All: as it was in the beginning, is now and will be forever. Amen.

Joyful, Joyful, We Adore Thee (Another appropriate hymn may be chosen.)

All: Joyful, joyful, we adore thee, God of glory, Lord of love;
Hearts unfold like flowers before thee, Opening to the sun above.
Melt the clouds of sin and sadness; Drive the dark of doubt away.
Giver of immortal gladness, Fill us with the light of day.

All thy works with joy surround thee, earth and heaven reflect thy rays, Stars and
angels sing around thee, Center of unbroken praise;
Field and forest, vale and mountain, Flowery meadow, flashing sea,
Chanting bird and flowing fountain, Call us to rejoice in thee.

Thou art giving and forgiving, Ever blessing, ever blest,
Well-spring of the joy of living, Ocean depth of happy rest!
Thou our Father, Christ our brother, All who live in love are thine;
Teach us how to love each other, Lift us to the joy divine.

Mortals, join the mighty chorus Which the morning stars began;
Love divine is reigning o'er us, Binding all within its span.
Ever singing, march we onward, Victors in the midst of strife;
Joyful music leads us sunward, In the triumph song of life.

Text: 87 87 D; Henry van Dyke, 1852-1933, alt. Music: Ludwig van Beethoven, 1770-1827; adapt.
By Edward Hodges, 1796-1867.

All sit.

Psalm 77

Reader stands.

Reader: O God, all your ways are holy; what god can compare with our God?

Reader sits.

Group 1: I cry aloud to God, cry aloud to God that he may hear me.

Group 2: In the day of my distress I sought the Lord.
My hands were raised at night without ceasing;
my soul refused to be consoled.

Group 1: I remembered my God and I groaned.
I pondered and my spirit fainted.
You withheld sleep from my eyes.
I was troubled, I could not speak.

Group 2: I thought of the days of long ago
and remembered the years long past.
At night I mused within my heart.
I pondered and my spirit questioned.

Group 1: “Will the Lord reject us forever?
Will he show us his favor no more?
Has his love vanished for ever?
Has his promise come to an end?
Does God forget his mercy
or in anger withhold his compassion?”

Group 2: I said: “This is what causes my grief;
that the way of the Most High has changed.”
I remember the deeds of the Lord,
I remember your wonders of old.

Group 1: I mused on all your works
and ponder your mighty deeds.
Your ways, O God, are holy.
What god is great as our God?

Group 2: You are the God who works wonders.
You showed your power among the peoples.
Your strong arm redeemed your people,
the sons of Jacob and Joseph.

Group 1: The waters saw you, O God,
the waters saw you and trembled;
the depths were moved with terror.

Group 2: The clouds poured down rain,
the skies sent forth their voice;
your arrows flashed to and fro.

Group 1: Your thunder rolled round the sky,
your flashes lighted up the world.

Group 2: The earth was moved and trembled
when your way led through the sea,
your path through the mighty waters,
and no one saw your footprints.

Group 1: You guided your people like a flock by the hand of Moses and Aaron.

Group 2: Glory to the Father, and to the Son, and to the Holy Spirit:

Group 1: as it was in the beginning, is now and will be forever. Amen.

Leader stands.

Leader: Father, you established your ancient covenant by signs and wonders, but more wondrously you confirmed the new one through the sacrifice of your Son. Guide your Church through the pathways of life that we may be led to the land of promise and celebrate your name with lasting praise.

Leader sits.

All: O God, all your ways are holy; what god can compare with our God?

Pause for a period of silence.

Canticle**1 Samuel 2: 1–10****Reader stands.**

Reader: My heart leaps up with joy to the Lord, for he humbles only to exalt us.

Reader sits.

Group 1: My heart exults in the Lord,
my horn is exalted in my God.

Group 2: I have swallowed up my enemies;
I rejoice in my victory.
There is no one like the Lord; there is no Rock like our God.

Group 1: Speak boastfully no longer,
nor let arrogance issue from your mouths.
For an all-knowing God is the Lord,
a God who judges deeds.

Group 2: The bows of the mighty are broken,
while the tottering gird on strength.
The well-fed hire themselves out for bread,
while the hungry batten on spoil.
The barren wife bears seven sons,
while the mother of many languishes.

Group 1: The Lord puts to death and gives life;
he casts down to the nether world; he raises up again.
The Lord makes poor and makes rich,
he humbles, he also exalts.

Group 2: He raises the needy from the dust;
from the ash heap he lifts up the poor,
to seat them with nobles
and make a glorious throne their heritage.

Group 1: For the pillars of the earth are the Lord's
and he has set the world upon them.
He will guard the footsteps of his faithful ones,
but the wicked shall perish in the darkness.
For not by strength does man prevail;
the Lord's foes shall be shattered.

Group 2: The Most High in heaven thunders;
the Lord judges the ends of the earth.
Now may he give strength to his king
and exalt the horn of his anointed!

Group 1: Glory to the Father, and to the Son, and to the Holy Spirit:

Group 2: as it was in the beginning, is now and will be forever. Amen.

All: My heart leaps up with joy to the Lord, for he humbles only to exalt us.

Pause for a period of silence.

Psalm 97

Reader stands.

Reader: The Lord is king, let the earth rejoice.

Reader sits.

Group 1: The Lord is king, let earth rejoice,
let all the coastlands be glad.
Cloud and darkness are his raiment;
his throne, justice and right.

Group 2: A fire prepares his path;
it burns up his foes on every side.
His lightning lights up the world,
the earth trembles at the sight.

Group 1: The mountains melt like wax
before the Lord of all the earth.
The skies proclaim his justice;
all peoples see his glory.

Group 2: Let those who serve idols be ashamed,
those who boast of their worthless gods.
All you spirits, worship him.

Group 1: Zion hears and is glad;
the people of Judah rejoice
because of your judgments, O Lord.

Group 2: For you indeed are the Lord,
most high above all the earth,
exalted far above all spirits.

Group 1: The Lord loves those who hate evil:
he guards the souls of his saints;
he sets them free from the wicked.

Group 2: Light shines forth for the just
and joy for the upright of heart.
Rejoice, you just, in the Lord;
give glory to his holy name.

Group 1: Glory to the Father, and to the Son, and to the Holy Spirit:

Group 2: as it was in the beginning, is now and will be forever. Amen.

Leader stands.

Leader: Father, you clothe the sky with light and the depths of the ocean with darkness. Among the sons of men you work wonders, and rain terror upon the enemy. Look upon your servants. Do not try us by fire but bring us rejoicing to the shelter of your home.

Leader sits.

All: The Lord is king, let the earth rejoice.

Pause for a period of silence.

Reading and Responsory

Lector stands.

Lector: A reading from the Letter of Saint Paul to the Romans **Romans 8: 35, 37**

Who will separate us from the love of Christ? Trial, or distress, or persecutions, or hunger, or nakedness, or danger, or the sword? Yet in all this we are more than conquerors because of him who has loved us.

Lector sits.

Pause for a period of silence.

Reader stands.

Reader: I will bless the Lord all my life long.

All: I will bless the Lord all my life long.

Reader: With a song of praise ever on my lips,

All: All my life long.

Reader: Glory to the Father, to the Son and to the Holy Spirit.

All: I will bless the Lord all my life long.

Reader sits.

Pause for a period of silence.

All stand.

Canticle of Zechariah

Luke 1: 68–79

Reader: Let us serve the Lord in holiness all the days of our life.

As the Canticle begins everyone makes the Sign of the Cross.

**All: Blessed be the Lord, the God of Israel;
he has come to his people and set them free.
He has raised up for us a mighty savior,
born of the house of his servant David.**

**Through his holy prophets he promised of old
that he would save us from our enemies,
from the hands of all who hate us.**

**He promised to show mercy to our fathers
and to remember his holy covenant.**

**This was the oath he swore to our father Abraham:
to set us free from the hands of our enemies,
free to worship him without fear,
holy and righteous in his sight all the days of our life.**

**You, my child, shall be called the prophet of the Most High;
for you will go before the Lord to prepare his way,
to give his people knowledge of salvation
by the forgiveness of their sins.**

**In the tender compassion of our God
the dawn from on high shall break upon us,
to shine on those who dwell in darkness and the shadow of death,
and to guide our feet into the way of peace.**

**Glory to the Father, and to the Son, and to the Holy Spirit,
as it was in the beginning, is now and will be forever. Amen.**

All: Let us serve the Lord in holiness all the days of our life.

Pause for a period of silence.

Intercessions

Leader: Blessed be God our Savior, who promised to remain with his Church all days, until the end of the world. Let us give him thanks and call out:

All: Remain with us, Lord.

Lector: Remain with us the whole day, Lord, let your grace be a sun that never sets.

All: Remain with us, Lord.

Lector: We dedicate this day to you as an offering, do not let us offer anything that is evil.

All: Remain with us, Lord.

Lector: May your gift of light pervade this whole day, that we may be the salt of the earth and the light of the world.

All: Remain with us, Lord.

Lector: May the love of your Holy Spirit direct our hearts and our lips, and may we always act in accordance with your will.

All: Remain with us, Lord.

Leader: Other intentions may be spoken aloud. To each intention, all respond:

All: Remain with us, Lord.

Leader: Now let us pray as Christ the Lord has taught us:

All: Our Father...

Leader: Lord,
 as a new day dawns
 send the radiance of your light
 to shine in our hearts.
 Make us true to your teaching;
 keep us free from error and sin.
 We ask this through our Lord Jesus Christ, your Son,
 who lives and reigns with you and the Holy Spirit,
 one God, forever and ever.

All: Amen.

As the Leader begins to speak everyone make the Sign of the Cross.

Leader: May the Lord bless us,
 protect us from all evil
 and bring us to everlasting life.

All: Amen.

Conference One Scripture - *Expulsion from Eden*

Genesis 3: 1-8

Now the snake was the most cunning of all the wild animals that the LORD God had made. He asked the woman, “Did God really say, ‘You shall not eat from any of the trees in the garden?’”

The woman answered the snake: “We may eat of the fruit of the trees in the garden; it is only about the fruit of the tree in the middle of the garden that God said, ‘You shall not eat it or even touch it, or else you will die.’”

But the snake said to the woman: “You certainly will not die! God knows well that when you eat of it your eyes will be opened and you will be like gods, who know good and evil.”

The woman saw that the tree was good for food and pleasing to the eyes, and the tree was desirable for gaining wisdom. So she took some of its fruit and ate it; and she also gave some to her husband, who was with her, and he ate it.

Then the eyes of both of them were opened, and they knew that they were naked; so they sewed fig leaves together and made loincloths for themselves.

When they heard the sound of the LORD God walking about in the garden at the breezy time of the day, the man and his wife hid themselves from the LORD God among the trees of the garden.

Conference Two Scripture - *Announcement of the Birth of Jesus*

Luke 1: 26-38

In the sixth month, the angel Gabriel was sent from God to a town of Galilee called Nazareth, to a virgin betrothed to a man named Joseph, of the house of David, and the virgin’s name was Mary.

And coming to her, he said, “Hail, favored one! The Lord is with you.”

But she was greatly troubled at what was said and pondered what sort of greeting this might be.

Then the angel said to her, “Do not be afraid, Mary, for you have found favor with God. Behold, you will conceive in your womb and bear a son, and you shall name him Jesus. He will be great and will be called Son of the Most High, and the Lord God will give him the throne of David his father, and he will rule over the house of Jacob forever, and of his kingdom there will be no end.”

But Mary said to the angel, “How can this be, since I have no relations with a man?”

And the angel said to her in reply, “The holy Spirit will come upon you, and the power of the Most High will overshadow you. Therefore the child to be born will be called holy, the Son of God. And behold, Elizabeth, your relative, has also conceived a son in her old age, and this is the sixth month for her who was called barren; for nothing will be impossible for God.”

Mary said, “Behold, I am the handmaid of the Lord. May it be done to me according to your word.” Then the angel departed from her.