



## Liturgy of the Hours – Briefly Explained

### 1. What is the Liturgy of the Hours?

The Liturgy of the Hours is an ancient, structured way of praying Scripture throughout the day, focusing especially on the Psalms. It harkens back to the Jewish custom of praying at fixed hours, a practice early Christians continued. By the medieval period, monks chanted the entire Psalter, all 150 Psalms, throughout each week, and sometimes in a single day!

Eventually, this form of prayer became known as the Liturgy of the Hours, also called the Divine Office. It is a liturgy because, like the Mass and other sacraments, it is a public prayer of the Church.

### 2. How is it prayed throughout the day?

The Liturgy of the Hours is composed of five major “hours” or times of prayer. Priests are required to pray the five major Hours every day. Permanent deacons are obliged to pray Morning and Evening Prayer.

**• For those who want to join in on this optional prayer time – we will pray Morning Prayer, every morning at 7:45**

### 3. What is the basic content and structure?

Hymns, Psalms, Scripture passages, and Prayers

There are 2 sides when praying in Choir, back and forth listening and talking, call and response...

### 4. Why do we pray the Liturgy of the Hours?

Its purpose is to sanctify the day. During our week it is a way to establish the rhythm and importance of prayer to begin each day.

When the Church offers praise to God through the Liturgy of the Hours, We join not only people from every tribe and tongue, every people and nation, but the entire communion of saints in heaven.

St. Paul directed us to “pray without ceasing” (1 Thess. 5:17). But for many Christians, these directives seem unrealistic, if not impossible. How can we pray continually, especially when our days are jam-packed with duties and commitments? At every moment, someone somewhere is offering these prayers to God. So, while we might not be able to “pray without ceasing” as individuals, we can do so together as a Church.

**We also have priests, deacons and religious in the program who are obliged to pray the Liturgy of the Hours so this is a way for us to join them in prayer!**