

Liturgy of the Hours

“Pray without ceasing”

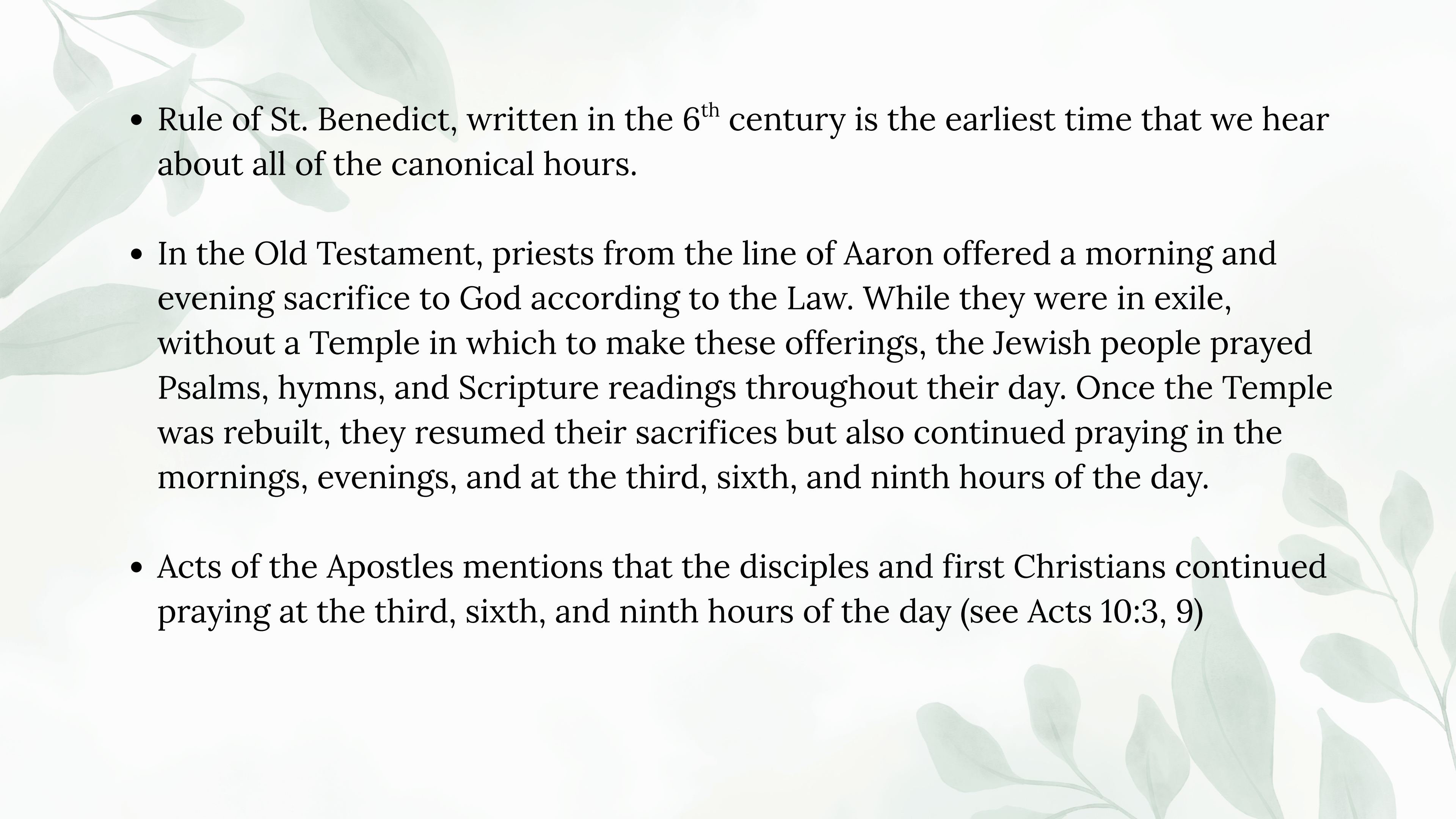


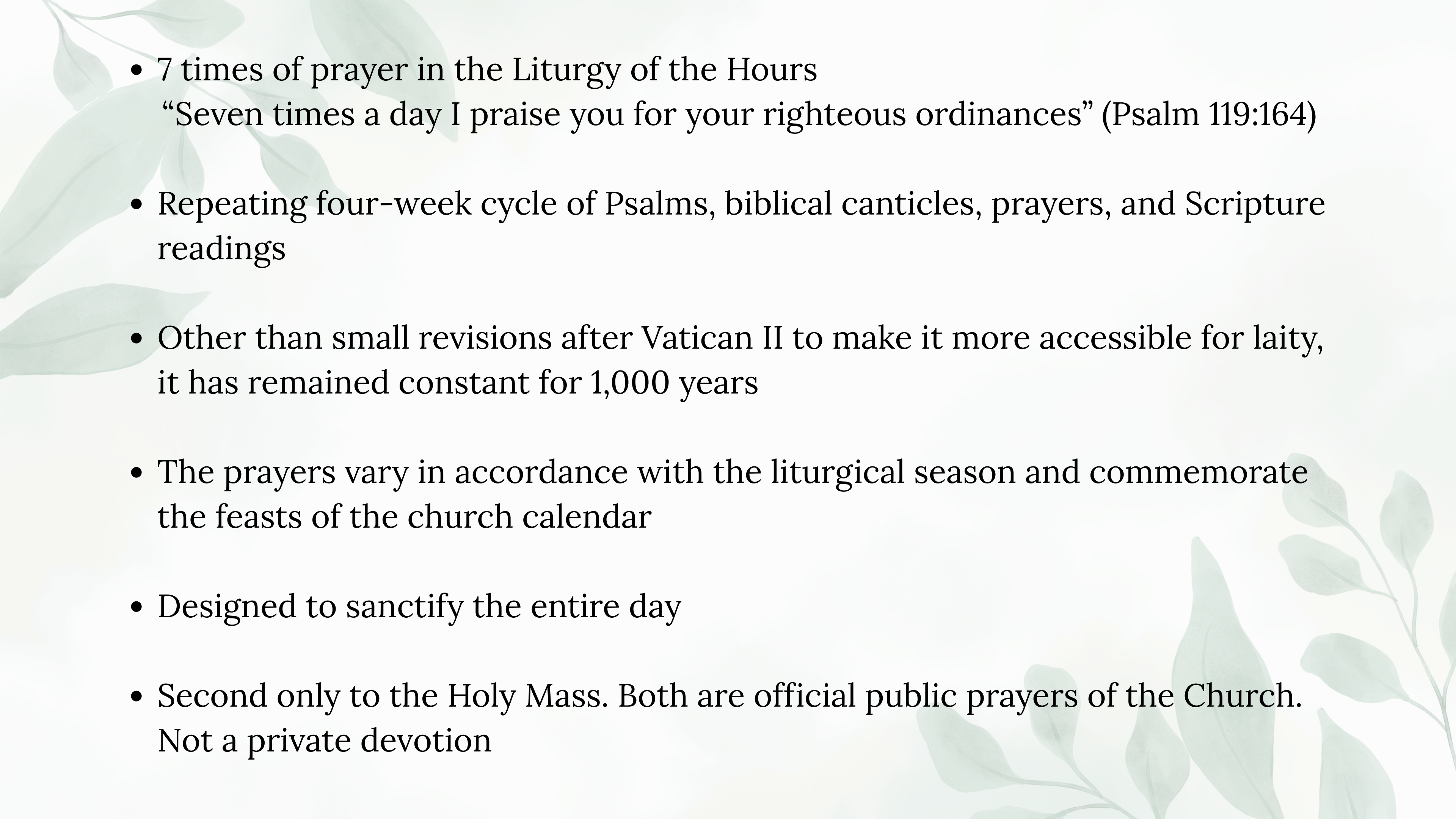
“One of the most enjoyable tasks of catechetical ministry is forming children into the liturgical life of the Church.”

– Sister Linda Gaupin CDP, Ph.D.

The General Directory for Catechesis identifies a weak link between catechesis and liturgy as one of the problems affecting the vitality of catechesis in recent years (GDC 30).

As catechists, we can develop a liturgical sense in children by celebrating the rich treasury of liturgical prayer, directing catechesis on liturgical symbols, keeping the liturgical year, and respecting repetition.

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- Rule of St. Benedict, written in the 6th century is the earliest time that we hear about all of the canonical hours.
 - In the Old Testament, priests from the line of Aaron offered a morning and evening sacrifice to God according to the Law. While they were in exile, without a Temple in which to make these offerings, the Jewish people prayed Psalms, hymns, and Scripture readings throughout their day. Once the Temple was rebuilt, they resumed their sacrifices but also continued praying in the mornings, evenings, and at the third, sixth, and ninth hours of the day.
 - Acts of the Apostles mentions that the disciples and first Christians continued praying at the third, sixth, and ninth hours of the day (see Acts 10:3, 9)

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- 7 times of prayer in the Liturgy of the Hours
“Seven times a day I praise you for your righteous ordinances” (Psalm 119:164)
 - Repeating four-week cycle of Psalms, biblical canticles, prayers, and Scripture readings
 - Other than small revisions after Vatican II to make it more accessible for laity, it has remained constant for 1,000 years
 - The prayers vary in accordance with the liturgical season and commemorate the feasts of the church calendar
 - Designed to sanctify the entire day
 - Second only to the Holy Mass. Both are official public prayers of the Church.
Not a private devotion

Liturgy of the Hours

Divine Office: Another name for LoH. “Work of God”, duty

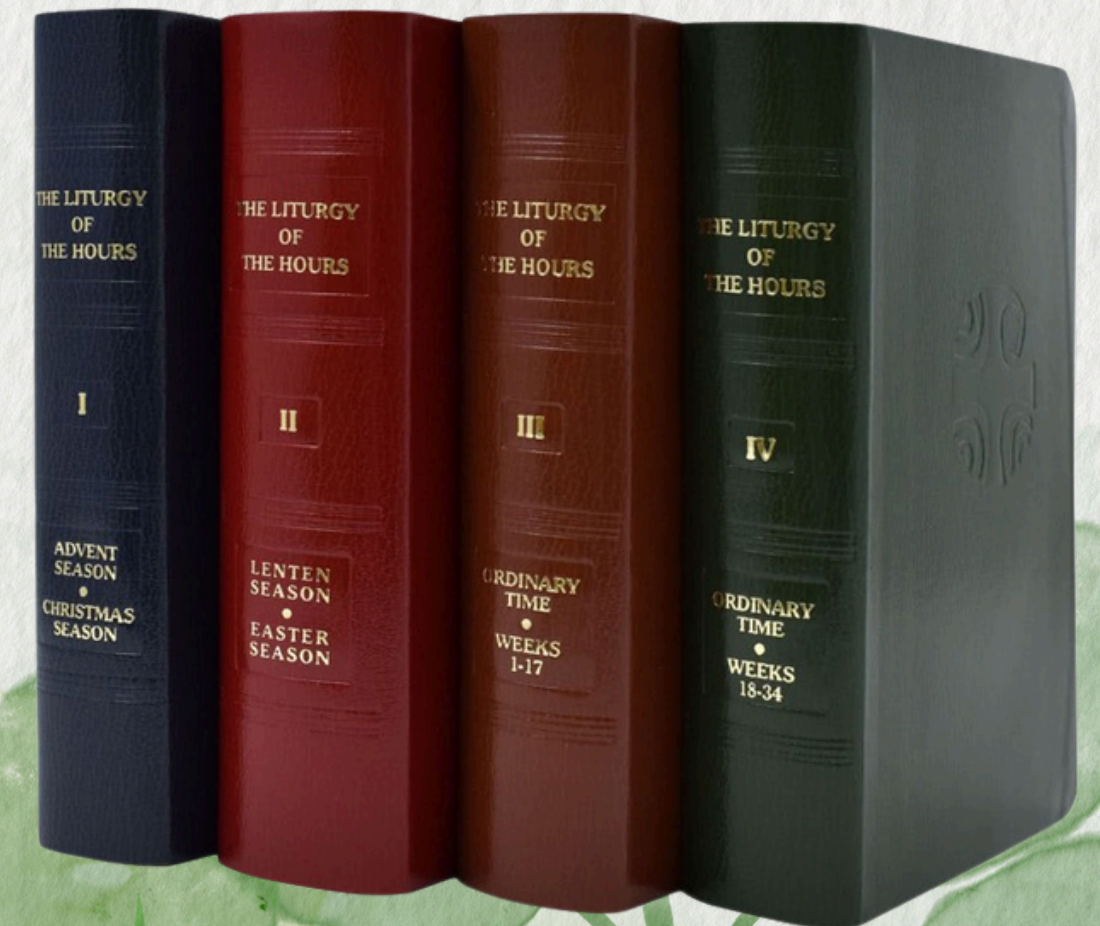
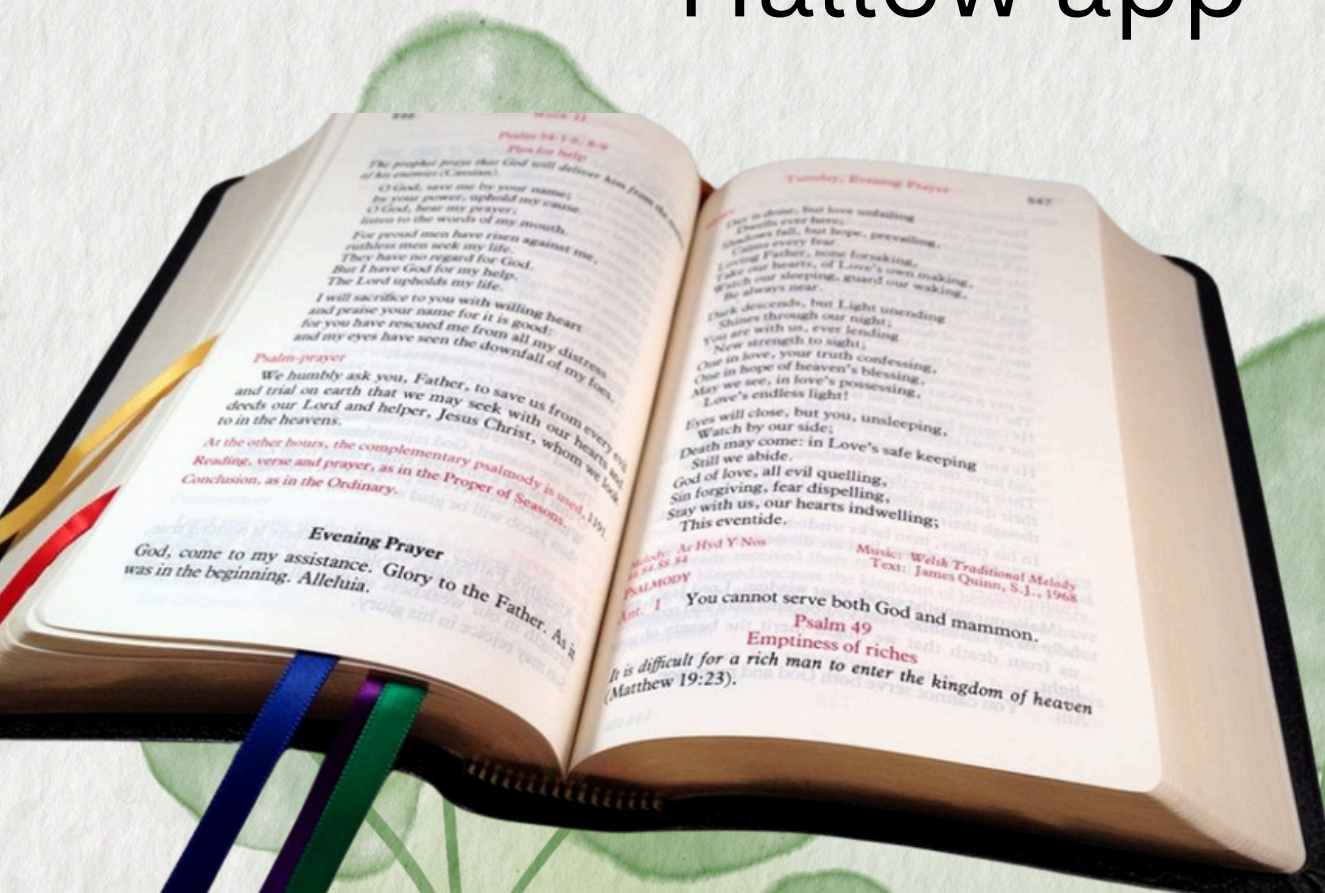
Breviary: Set of 4 books that contains all the prayers and texts of the canonical hours

iBreviary

Hallow app

divineoffice.org

Laudate app



Hours and Structure

Major hours

- Office of Readings (**Matins**): Traditionally prayed in the middle of the night or early morning.
- Morning Prayer (**Lauds**): Prayed to begin the day.
- Evening Prayer (**Vespers**): Prayed as evening approaches.

Minor hours

- Midmorning Prayer (Terce): Around 9 a.m.
- Midday Prayer (Sext): Around noon.
- Midafternoon Prayer (None): Around 3 p.m.
- Night Prayer (Compline): Prayed just before going to sleep.

Hours and Structure

- Evening Prayer for Tuesday in Ordinary Time

Leader: God, come to my assistance. (Sign of the Cross)

— Lord, make haste to help me.

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

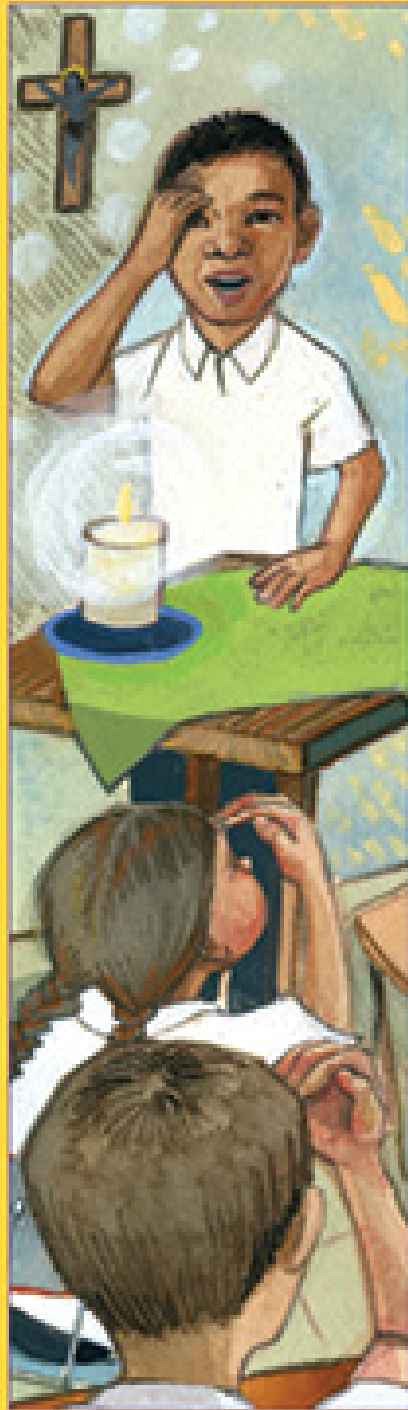
— as it was in the beginning, is now, and will be for ever. Amen. Alleluia.

- Commonly prayed “choir style”

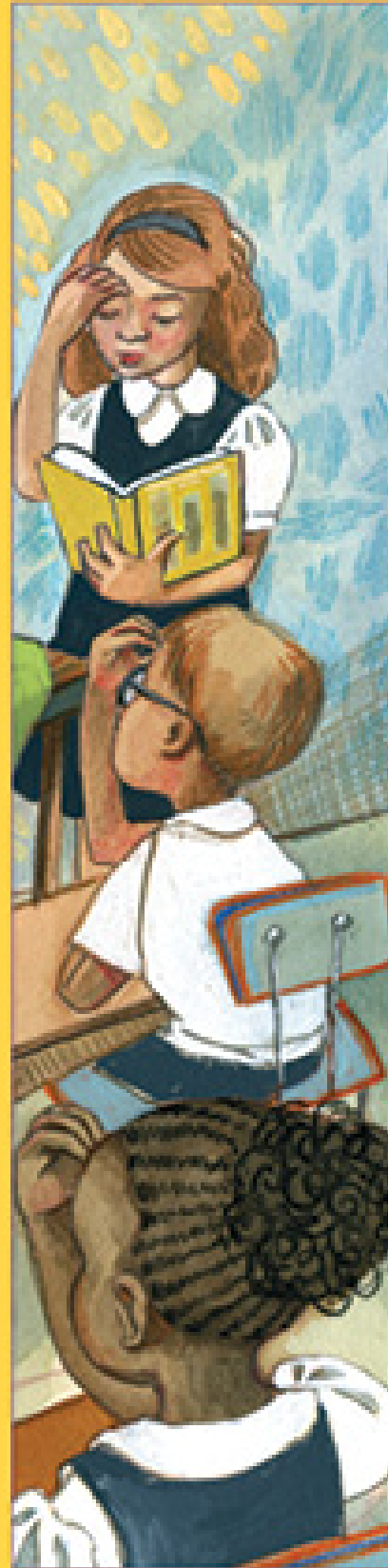
Side A, side B taking turns reading a section of the Psalm

CHILDREN'S DAILY PRAYER

2025–2026



LTP



REPRODUCIBLE PSALMS ORDINARY TIME, AUTUMN; ADVENT



ORDINARY TIME, AUTUMN

Psalm for Sunday, November 2—Wednesday, November 26

Psalm 98:1, 2–3, 3–4

LEADER: The LORD has made known his victory.

ALL: The LORD has made known his victory.

LEADER: O sing to the LORD a new song,
for he has done marvelous things.
His right hand and his holy arm
have gotten him victory.

ALL: The LORD has made known his victory.

Short version: use above only; long version: use above and below.

SIDE A: The LORD has made known his victory;
he has revealed his vindication in the
sight of the nations.
He has remembered his steadfast love
and faithfulness to the house of Israel.

SIDE B: All the ends of the earth have seen the
victory of our God.
Make a joyful noise to the LORD,
all the earth;
break forth into joyous song and
sing praises.

ALL: The LORD has made known his victory.

ADVENT

Psalm for Sunday, November 30—Wednesday, December 24

Psalm 85:4a, 8, 10–11, 12–13

LEADER: Restore us again,
O God of our salvation!

ALL: Restore us again,
O God of our salvation!

LEADER: Let me hear what God the LORD
will speak,
for he will speak peace to his people,
to his faithful, to those who turn to
him in their hearts.

ALL: Restore us again,
O God of our salvation!

Short version: use above only; long version: use above and below.

SIDE A: Steadfast love and faithfulness will meet;
righteousness and peace will kiss
each other.
Faithfulness will spring up from
the ground,
and righteousness will look down
from the sky.

SIDE B: The LORD will give what is good,
and our land will yield its increase.
Righteousness will go before him
and will make a path for his steps.

ALL: Restore us again,
O God of our salvation!

PRAYER FOR THE WEEK

WITH A READING FROM THE GOSPEL FOR **SUNDAY, OCTOBER 19, 2025**

OPENING

Today's Gospel encourages us to be steadfast and persistent in prayer. Our Father, who loves us and knows all our needs, is waiting to answer our pleas. Nothing will be withheld from those with faith.

✙ All make the sign of the cross.

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

PSALM

(For a longer psalm, see page xi.)
Psalm 145:2–3

I will praise your name for ever, LORD.

I will praise your name for ever, LORD.

Every day I will bless you,
and praise your name forever and ever.
Great is the LORD, and greatly to be praised;
his greatness is unsearchable.

I will praise your name for ever, LORD.

◆ All stand and sing **Alleluia.**

GOSPEL

Luke 18:1–8

A reading from the holy Gospel according to Luke.

Jesus told them a parable about their need to pray always and not to lose heart. He said, "In a certain city there was a judge who neither feared God nor had respect for people. In that city there was a widow who kept coming to him and saying, 'Grant me justice against my accuser.' For a while he refused, but later he said to himself, 'Though I have no fear of God and no respect for anyone, yet because this widow keeps bothering me, I will grant her

justice, so that she may not wear me out by continually coming.'" And the Lord said, "Listen to what the unjust judge says. And will not God grant justice to his chosen ones who cry to him day and night? Will he delay long in helping them? I tell you, he will quickly grant justice to them. And yet, when the Son of Man comes, will he find faith on earth?"

The Gospel of the Lord.

◆ All sit and observe silence.

FOR SILENT REFLECTION

Think about this silently in your heart. What might you be asking God over and over again?

CLOSING PRAYER

Let us pray to God for our needs and the needs of others: our family, neighborhood, and the world. For each need we say, "Lord, hear our prayer."

◆ All may add their own prayers here.

Let us pray: **Our Father . . . Amen.**

God who listens,
you know our prayers even before we make them.

Grant what we ask in faith
so that your will may be done
today and always.

Through Christ our Lord.

Amen.

✙ All make the sign of the cross.



amazon



Guided Prayer - Psalm 23



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