



### Invitatory

The invitatory begins each day. It is recited prior to [OR] or [MP], whichever is first.

- While making a small Sign of the Cross on your lips say
- Lord open my lips, and my mouth will proclaim your praise.
- Recite the antiphon.
- Recite Psalm 95.
- After each stroph, repeat the antiphon.
- At the conclusion of the Psalm, recite the *Glory to the Father*.
- Repeat the antiphon.

### Morning [MP] and Evening Prayer [EP]

Introductory Verse [While making the Sign of the Cross say]

- *God Come to my assistance, Lord make haste to help me.*
- *Glory to the Father, to the Son, and to the Holy Spirit, as it was in the beginning, is now and will be forever. Amen! Alleluia!*
- Recite or sing a hymn.
- Recite the first antiphon.
- Recite the Psalm.
- The Psalm concludes with the *Glory to the Father*.
- Repeat the first antiphon.
- Repeat for the 2<sup>nd</sup> and 3<sup>rd</sup> Antiphons and Psalms/Canticle.
- Read the passage from Sacred Scripture.
- Recite the responsory; Repeating verses.
- Note: during the responsory, *the Glory to the Father* ends at Spirit...
- Recite the antiphon for the Canticle of Zachariah [MP]/Mary [EP].
- Recite the Canticle of Zachariah [MP]/Mary [EP].
- The Canticle concludes with the *Glory to the Father*.
- Recite the antiphon.
- Recite the intercessions.
- Pray the *Our Father*.
- Pray the closing prayer.

Concluding Verse [While making the sign of the cross say]

- *May the Lord bless us, protect us from all evil, and bring us to everlasting life! Amen!*

Morning Prayer and Evening Prayer are known as the “hinge” hours. They are the most important hours of the day as they literally bind one’s day with prayer from beginning to end.

### Office of Readings [OR] and Daytime Prayer [DP]

Introductory Verse [While Making the Sign of the Cross say]

- *God Come to my assistance, Lord make haste to help me.*
- *Glory to the Father, to the Son, and to the Holy Spirit, as it was in the beginning, is now and will be forever. Amen! Alleluia!*
- Recite or sing a hymn
- Recite the first antiphon
- Recite the Psalm
- The Psalm concludes with the *Glory to the Father*
- Repeat the first antiphon
- Repeat for the 2<sup>nd</sup> and 3<sup>rd</sup> Antiphons and Psalms/Canticle.
- Note: If the Psalm is continuous, you need not repeat the antiphons, and the *Glory to the Father* may be omitted.
- Read the passage from Sacred Scripture. [OR] and [DP]
- Read the passage from the treasury of the Church. [OR]
- Recite the concluding antiphon and response.
- Pray the closing prayer.

Concluding Verse [While making the sign of the cross say]

- *Let us praise the Lord and give Him thanks.*
- On all Sundays (except the Sundays of Lent), Feasts, and Solemnities, the *Te Deum* follows [OR].

There are three different hours of Daytime Prayer(s) - Midmorning, Midday and Midafternoon. A cleric is required to pray only one of the hours. All three hours may be prayed. The normal times for each office are: Midmorning Prayer 9 a.m., Midday Prayer 12:00, and Midafternoon Prayer 3 p.m.

Please cut along the dotted line



## Night Prayer

Introductory Verse [While making the Sign of the Cross say]

- *God Come to my assistance, Lord make haste to help me.*
- Glory to the Father, to the Son, and to the Holy Spirit, as it was in the beginning, is now and will be forever. Amen! Alleluia!
- Take a brief moment to examine your conscience, then pray a prayer of contrition.
- Recite or sing a hymn.
- Recite the first antiphon.
- Recite the Psalm.
- The Psalm concludes with the *Glory to the Father*.
- Repeat the first antiphon.
- Repeat if there is a second Psalm.
- Read the passage from Sacred Scripture.
- Recite the responsory; Repeating verses.
- Note: during the responsory, *the Glory to the Father* ends at Spirit...
- Recite the antiphon for the Canticle of Simeon.
- Recite the Canticle of Simeon.
- The Canticle concludes with the *Glory to the Father*.
- Recite the antiphon.
- Pray the closing prayer.

Concluding Verse [While making the sign of the cross say]

- May the all powerful Lord grant us a restful night and a peaceful death.
- Pray a Marian Prayer



*The Presentation of Jesus in the Temple*

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## Learning to Pray the Liturgy of the Hours



## A Guide for Beginners