



EVENING PRAYER

Thursday, June 25, 2020

LITURGY OF THE HOURS

Also known as the Divine Office, the Liturgy of the Hours is the daily prayer of the Church that sanctifies the entire day by marking the hours of the day with prayer.

This is FOR EVERYBODY! Although priests, deacons, and religious usually take a vow to pray the Hours daily, all people are invited to pray them.

VOCABULARY

- 5 Canonical Hours (with Short Name):
 - Office of the Readings (Matins; done anytime)
 - Morning prayer (Lauds)
 - Daytime Prayer (Terce, Sext, None)
 - Evening Prayer (Vespers)
 - Night Prayer (Compline)
- Invitatory* - Introduction to the first hour
- Antiphon* - A short verse that is usually chanted or sung before/after a Psalm
- Psalmody* - The chanting of Psalms, which came from the synagogue to the early Church
- Capitula* - A short reading (it's called *lectio* or lesson if its long) after the Psalmody
- Magnificat* - Mary's prayer from Lk. 1:46-55
- Canticle* - A chant from Scripture not from the Psalms.
- 5 HOURS of Prayer!? No, each "hour" may only take 10 mins.; it depends mostly on how fast you pray.
- What time?* There's no specific time, just generalities (e.g. pray Lauds when you wake, Compline before bed)

DEEP THEOLOGY

- The Hours are a meditative dialogue on the mystery of Christ. The royal priesthood of all the baptized is exercised in the Hours and is connected to the sacrifice of the Eucharist. -*uscgb.org*
- "The [Hours] is intended to become the prayer of the whole People of God. [Their celebration] demands not only harmonizing the voice with the praying heart, but also a deeper understanding of the liturgy and of the Bible." -CCC 1175
- "The [Hours] seek to provide God's people with a wider selection of passages from sacred Scripture for meditation, together with the finest excerpts from spiritual writers." -*GILH, no. 55*

Leader: *God, come to my assistance.*

All: ***Lord, make haste to help me.***

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. Alleluia***

HYMN


*Let all things now living a song of thanksgiving
To God our creator triumphantly raise.
Who fashioned and made us, protected and stayed us,
Who guideth us on to the end of our days.
God's banners are o'er us, His light goes before us,
A pillar of fire shining forth in the night.
Till shadows have vanished and darkness is banished
As forward we travel from light into Light.
His law he enforces, the stars in their courses
And sun in his orbit obediently shine;
The hills and the mountains, the rivers and fountains,
The deeps of the ocean proclaim him divine.
We too should be voicing our love and rejoicing;
With glad adoration a song let us raise
Till all things now living unite in thanksgiving:
"To God in the highest, Hosanna and praise!"*

PSALMODY

(Antiphon 1)

Leader: *He is my comfort and my refuge. In him I put my trust.
(from Psalm 144: Prayer for Victory & Peace)*

Leader: *Christ learned the art of warfare when he overcame
the world, as he said, "I have overcome the world."
-Saint Hilary*



"Public and common prayer
by the people of God is rightly considered
to be among the primary duties of the Church.
From the very beginning those who were baptized
'devoted themselves to the teaching of the apostles and to the
community, to the breaking of the bread, and to prayer' (Acts 2:42)."
-General Instruction on the Liturgy of Hours, 1

I.

All: *Blessed be the Lord, my rock,
who trains my arms for battle,
who prepares my hands for war.
He is my love, my fortress;
he is my stronghold, my savior
my shield, my place of refuge.
He brings peoples under my rule.
Lord, what is man that you care for him,
mortal man, that you keep him in mind;
man, who is merely a breath
whose life fades like a passing shadow?
Lower your heavens and come down;
touch the mountains; wreath them in smoke.
Flash your lightnings; rout the foe,
shoot your arrows and put them to flight.
Reach down from heaven and save me;
draw me out from the mighty waters,
from the hands of alien foes
whose mouths are filled with lies,
whose hands are raised in perjury.
Glory to the Father, and to the Son, and to the Holy Spirit*
(Antiphon 1)

Leader: *He is my comfort and my refuge. In him I put my trust.*

II.

(Antiphon 2)

Leader: *Blessed are the people whose God is the Lord.*

All: *To you, O God, will I sing a new song;
I will play on the ten-stringed harp
to you who give kings their victory,
who set David your servant free.
You set him free from the evil sword; (continues ↗)*

II. (cont.)

All: *you rescued him from alien foes
whose mouths were filled with lies,
whose hands were raised in perjury.
Let our sons then flourish like saplings
grown tall and strong from their youth,
our daughters graceful as columns,
adorned as though for a palace.
Let our barns be filled to overflowing
with crops of every kind;
our sheep increasing by thousands,
myriads of sheep in our fields,
our cattle heavy with young,
no ruined wall, no exile,
no sound of weeping in our streets.
Happy the people with such blessings;
happy the people whose God is the Lord.
Glory to the Father, and to the Son, and to the Holy Spirit*
(Psalm Prayer)

Leader: *Lord, God of strength, You gave your Son victory over
death. Direct Your Church's fight against evil in the
world. Clothe us with the weapons of light and unite
us under one banner of love, that we may receive our
eternal reward after the battle of earthly life.*

(Antiphon 2)

Leader: *Blessed are the people whose God is the Lord.*


CANTICLE

(Antiphon 3)

Leader: *Now the victorious reign of our God has begun*

(Revelation 11:17-18; 12:10b-12a)

All: *The judgment of God
We praise you, the Lord God Almighty,
Who is and who was. (continues ↘)*



"The Liturgy of the Hours,
which is like an extension of the
Eucharistic Celebration, does not exclude but rather
in a complimentary way calls forth the various devotions of the
People of God, especially adoration and worship of the Blessed Sacrament."
-Catechism of the Catholic Church, 1178

CANTICLE (cont.)

All: *You have assumed your great power,
You have begun your reign.
The nations have raged in anger,
But then came your day of wrath
And the moment to judge the dead:
The time to reward your servants the prophets
And the holy ones who revere you,
The great and the small alike.
Now have salvation and power come,
The reign of our God and the authority
Of his Anointed One,
For the accuser of our brothers is cast out,
Who night and day accused them before God.
They defeated him by the blood of the Lamb
And by the word of their testimony;
Love for life did not deter them from death.
So rejoice, you heavens,
And you that dwell therein!
Glory to the Father, and to the Son, and to the Holy Spirit*

(Antiphon 3)

Leader: Now the victorious reign of our God has begun

LECTIO

Leader: A READING from Colossians 1:21-23

Leader: *You yourselves were once alienated from him; you
nourished hostility because of your evil deeds. But
Christ has achieved reconciliation for you in his mortal
body through his death, to present you holy, without
blemish, and irreproachable before him, provided that
you persevere in the faith, firmly grounded, stable, and
not shifting from the hope of the gospel that you heard,
which has been preached to every creature under
heaven, of which I, Paul, am a minister.*

RESPONSORY

Leader: *The Lord is my shepherd, I shall want for nothing.*
All: *The Lord is my shepherd, I shall want for nothing.*
Leader: *He has brought me to green pastures.*
All: *The Lord is my shepherd, I shall want for nothing.*
Leader: *Glory to the Father, and to the Son, and to
the Holy Spirit,*
All: *The Lord is my shepherd, I shall want for nothing.*


MAGNIFICAT (CANTICLE OF MARY)

(Antiphon)

Leader: *If you hunger for holiness, God will satisfy your
longing, good measure, and flowing over.*
All: *My soul proclaims the greatness of the Lord,
My Spirit rejoices in God my Savior
For He has looked with favor on His lowly servant.
From this day all generations will call me blessed:
The Almighty has done great things for me,
And holy is His Name.
He has mercy on those who fear Him
In every generation.
He has shown the strength of His arm,
He has scattered the proud in their conceit.
He has cast down the mighty from their thrones,
And has lifted up the lowly.
He has filled the hungry with good things,
And the rich He has sent away empty.
He has come to the help of His servant Israel
For He has remembered His promise of mercy,
The promise He made to our fathers,
To Abraham and his children forever.*

(Antiphon)

Leader: *If you hunger for holiness, God will satisfy your
longing, good measure, and flowing over.*



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.

INTERCESSIONS

Leader: *Let us pray to Christ, the light of the nations and the joy of every living creature. Give us light, peace and security, Lord.*

All: **Lord, hear our prayer.**

Leader: *Brilliant light, Word of the Father, you came to save all people, lead the catechumens of your Church into your marvelous light.*

All: **Lord, hear our prayer.**

Leader: *Overlook our sins, Lord, for you are the source of forgiveness.*

All: **Lord, hear our prayer.**

Leader: *Lord, it is your will that we use our minds to unlock nature's secrets and master the world, may the arts and sciences advance your glory and the happiness of all peoples.*

All: **Lord, hear our prayer.**

Leader: *Look kindly on those who have dedicated themselves to the service of their fellow men, may they fulfill their work freely and completely.*

All: **Lord, hear our prayer.**

Leader: *Lord, you open the way and no one can close it; lead into your perpetual light those who have fallen asleep in the hope of resurrection.*

All: **Lord, hear our prayer.**

Leader: *[Intercession for an end to the Coronavirus Pandemic]*

All: **Lord, hear our prayer.**

Leader: *[Intercession for an end to racism]*

All: **Lord, hear our prayer.**

Leader: *[Small Group 1 Intercession]*

All: **Lord, hear our prayer.**

INTERCESSIONS (cont.)

Leader: *[Small Group 2 Intercession]*

All: **Lord, hear our prayer.**

Leader: *[Small Group 3 Intercession]*

All: **Lord, hear our prayer.**

Leader: *[Small Group 4 Intercession]*

All: **Lord, hear our prayer.**

CLOSING

All: **Our Father, Who art in Heaven,
hallowed be Thy name;
Thy Kingdom come, Thy will be done
on earth as it is in Heaven.
Give us this day our daily bread;
and forgive us our trespasses
as we forgive those who trespass against us;
And lead us not into temptation,
but deliver us from evil.
Amen.**

Leader: *Lord, hear the evening prayers we bring before you: help us to follow in the footsteps of your Son so that we may produce an abundant harvest of goodness in patience and in faith. We ask this through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen*

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

