

Do you pray the Liturgy of the Hours?

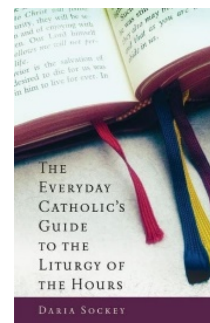
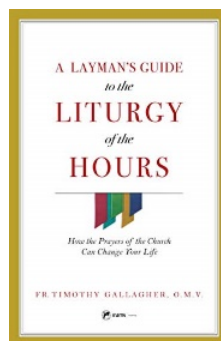
“From the rising of the sun to its setting the name of the Lord is to be praised!” Psalm 113:3

The Second Vatican Council, in its document on the Sacred Liturgy, specifically commends the Liturgy of the Hours to all people, not just the religious. This Council, convened by the grace of the Holy Spirit, invited laity to make this form of prayer their preferred form of personal prayer.

As a member of the Discalced Carmelite Secular Order, I pray the Liturgy of the Hours using the single volume *Christian Prayer* as opposed to the four-volume breviary used by priests and religious. I say Morning Prayer, Evening Prayer, and Night Prayer. The Carmelite formation book says:

“When reciting the Liturgy of the Hours, resolve to do so as reflectively, fervently and reverently as possible. Pay close attention to the words and their meaning. Offer your praises on behalf of all humankind. Say your praises with all the love in your heart. Appreciate this wonderful prayer that God has called you to recite united with the entire Church and the Order to give him worship and praise on behalf of all creation.”

It can be very confusing. You must be patient and willing to suffer a bit! Persevere and this practice will change your life in the best of ways. There are books to guide you in this beautiful practice (see below). If you prefer, there are apps for the phone that do all of the work for you (iBreviary, Divine Office). Personally, I love to use the actual book with the ribbons. I am more reverent, and do not risk the distraction of a text, or call.



If you are ready to plug into the prayer and life of Mother Church more deeply, grow in holiness, and mature in your faith, visit the Pastoral Centre for resources!