

The Liturgy of the Hours



The Liturgy, or official public worship of the Church is comprised of:

The holy sacrifice of the Mass, the Sacraments and Sacramentals and the canonical hours, the official daily prayer of the Church which is also known as the Divine office and is also known as the Liturgy of the Hours.

Its purpose is to sanctify each hour of the day through praise to God.

Although it can be prayed as a personal prayer, the Liturgy of the Hours is not primarily a personal prayer.

It, like the Mass, is a liturgical prayer in which the body of Christ, the Church, its members at that moment in time are all joined together with its Divine Head, Jesus Christ to pay worship to the Father.

It is second in importance only to the sacrifice of the Mass.

The Liturgy of the Hours is comprised of seven specific times of the day in which prayer is offered to God. Each time of day in which prayer is offered is called an “office” and is given a name. For example the 6PM office is called “Evening Prayer” or “Vespers”.

The times are patterned after the hours of prayer in the Old Testament as are the prayers themselves of which the majority come from the Psalms.



The ordained religious such as priests and deacons as well as other religious such as monks and nuns are required to pray a certain number of the offices each day. The laity are encouraged to pray what they can, usually Morning, Evening and Night.

The designated hours in the ***Liturgy of the Hours*** are:

The Morning office, which is prayed after sunrise

The Midmorning office, prayed around 9AM

The Midday office, prayed around Noon

The Midafternoon office, prayed around 3PM

The Evening office, prayed around 6PM

The Night office, prayed before going to sleep for the day

Mantis, prayed around 3AM

The office of Readings - A meditation on scripture or the writings of the Saints or Church Councils

The prayers themselves can be found in books ([4 Volume set](#) or [One Volume](#)), on websites such as [DivineOffice.org](#) in apps for your iPhone or Android phone such as iBreviary ([On the Apple App Store](#) or [On the Google Play Store](#)), Divine Office ([On the Apple App Store](#) or [On the Google Play Store](#)) or by organizations like Bishop Barron's [Word on Fire](#)

The Liturgy of the Hours is unlike other prayers which, when prayed in a group, are all prayed together. The Liturgy of the Hours is prayed antiphonally, that is in an “alternating” fashion where each person or group of persons take turns reading verses of each psalm being prayed.

Although the Liturgy of the Hours is meant to be prayed with others in a group, it can be prayed individually and is a wonderful spiritual experience when a husband and wife pray it or when prayed as a family.

For more information watch the following **on YouTube**

- [Praying the Liturgy of the Hours](#)
- [How \(and Why\) to Pray the Liturgy of the Hours - The Burrowshire Podcast](#)
- [How to Start Praying the Liturgy of the Hours – Word on Fire Show](#)
- [A Guide to 7 Traditional Hours of the Divine Office – Catholic Chant](#)

Or

Join us after each daily Mass