Liturgy of the Hours – A Simple Option

Sign of the Cross

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

## Invitatory

God, come to my assistance, Lord make haste to help me.

Glory be to the Father and to the Son and to the Holy Spirit

As it was in the beginning, is now, and ever shall be. Amen

## Psalm

Psalm 119:129-136

Side A

Your decrees are wonderful; therefore my soul keeps them.

Side B

The unfolding of your words gives light; it imparts understanding to the simple.

Side A

With open mouth I pant, because I long for your commandments.

Side B

Turn to me and be gracious to me, as is your custom toward those who love your name.

Side A

Keep my steps steady according to your promise, and never let iniquity have dominion over me.

Side B

Redeem me from human oppression, that I may keep your precepts.

Make your face shine upon your servant, and teach me your statutes.

Side A

My eyes shed streams of tears because your law is not kept.

## Doxology

Glory be to the Father and the Son and the Holy Spirit

As it was in the beginning, is now, and ever shall be. Amen

## Scripture

For the grace of God has appeared, bringing salvation to all, training us to renounce impiety and worldly passions, and in the present age to live lives that are self-controlled, upright, and godly, while we wait for the blessed hope and the manifestation of the glory of our great God and Savior, Jesus Christ. (Titus 2:11-13)

## Canticle of Zechariah (Morning Prayer)

“Blessed be the Lord God of Israel, for he has looked favorably on his people and redeemed them. He has raised up a mighty savior for us in the house of his servant David, as he spoke through the mouth of his holy prophets from of old, that we would be saved from our enemies and from the hand of all who hate us. Thus he has shown the mercy promised to our ancestors, and has remembered his holy covenant, the oath that he swore to our ancestor Abraham, to grant us that we, being rescued from the hands of our enemies, might serve him without fear, in holiness and righteousness before him all our days. And you, child, will be called the prophet of the Most High; for you will go before the Lord to prepare his ways, to give knowledge of salvation to his people by the forgiveness of their sins. By the tender mercy of our God, the dawn from on high will break upon us, to give light to those who sit in darkness and in the shadow of death, to guide our feet into the way of peace” (Luke 1:68-79).

## Canticle of Mary (Evening Prayer)

“My soul magnifies the Lord, and my spirit rejoices in God my Savior, for he has looked with favor on the lowliness of his servant. Surely, from now on all generations will call me blessed; for the Mighty One has done great things for me, and holy is his name. His mercy is for those who fear him from generation to generation. He has shown strength with his arm; he has scattered the proud in the thoughts of their hearts. He has brought down the powerful from their thrones, and lifted up the lowly; he has filled the hungry with good things, and sent the rich away empty. He has helped his servant Israel, in remembrance of his mercy, according to the promise he made to our ancestors, to Abraham and to his descendants forever”(Luke 1:46-55).

## Doxology

Glory be to the Father and to the Son and to the Holy Spirit

As it was in the beginning is now and ever shall be. Amen

## Intercessions

Prayerfully offer at this time prayers of intercession for the needs of the church, the world, your local community, your family and friends.

## Lord’s Prayer

Our Father . . .

## Closing Prayer

God of all goodness, we praise and thank you for calling us to prayer this day. May all that we do give glory to your name that all may come to know you and your love for them. Amen.

## Blessing

May the Lord bless us, protect us from evil,

and bring us to everlasting life.

Glory be to the Father and the Son and the Holy Spirit

As it was in the beginning, is now and ever shall be. Amen

# Handout #1.

# Catholic Prayer Cards

## Designing

The front and back side of this handout need to line up so that the prayers and their instructions can be printed double sided on card stock and hole punched in the left hand corner of each prayer card so they can be attached by participants to a single binder ring, forming a prayer ring.

For example, the meal blessing prayer is on the front of the card and information about it is lined up to print on the back. When they are cut out as individual cards, the information is lined up: prayer on front, info on back. The prayer cards should be about 5 inches high and 3 inches wide.

Give one set of prayer cards to each participant or household.

## Meal Blessing

Bless us O Lord and these your gifts

which we are about to receive from your goodness through Christ our Lord.

Amen.

## Meal Blessing

This simple meal blessing is common to most Catholics and is a simple way to nurture gratitude in our hearts for God’s meal time blessings. “. . . . for Jews and Christians, the notion of blessing is bound up with praising God and giving thanks to God; bound up with our way of seeing, understanding, and being in this world and in the human community.” (*Catholic Household Blessings and Prayers,* 16)

## Novena to St. Martin de Porres

St. Martin, patron saint of social justice, call forth from us hearts open to the needs of those around us. Help us to live simple lives and to share our resources with others. Bless us with courage to reach out to the poor and to spend time in solidarity with them. Call us to prayer, that our hearts may be transformed to love and serve others.

Amen.

## Novena to St. Martin de Porres

A novena is a private or public prayer prayed nine successive times—nine consecutive days, nine specific weekdays (e.g., nine Mondays in a row), or nine specific days of the month (e.g., nine first Fridays). The practice probably originated in Spain and France where Christians used nine days of prayer to prepare for the feast of Christmas.

## Glory Be

Glory be to the Father,

and to the Son,

and to the Holy Spirit:

as it was in the beginning,

is now and ever shall be,

world without end. Amen.

## Glory Be

The Glory Be is a form of doxology, which is simply defined as a listing of praise to God.

In the Catholic tradition, doxologies are found at the end of liturgical prayers such as the Eucharistic prayer and the Liturgy of the Hours. The Glory Be is a simple way to give praise to God!

## Hail Mary

Hail Mary, full of grace,

The Lord is with you.

Blessed are you among women and blessed is the fruit of your womb Jesus.

Holy Mary, Mother of God,

Pray for us sinners now

And at the hour of our death. Amen.

## Hail Mary

This prayer is based on the angel Gabriel’s greeting to Mary at the Annunciation (Luke 1:28) and on Elizabeth’s greeting when Mary visited her. Forms of this prayer date from the eleventh century in the West and perhaps from as early as the sixth century in the East. Catholics are most familiar with the prayer as recited in the context of praying the rosary.

## A Prayer for Eucharistic Adoration

Bread of life, Jesus of life,

thank you for the gift of your presence in the Eucharist.

May your presence here feed my heart and challenge me to see you in all those I meet, that I may love others as you love me, giving my life in service of the kingdom. Amen

## A Prayer for Eucharistic Adoration

“Eucharistic adoration is prayer before the Blessed Sacrament housed within the tabernacle. Eucharistic exposition is the ritual by which the Blessed Sacrament is displayed outside the tabernacle in a monstrance or ciborium for public veneration by the faithful…There are three purposes of Eucharistic exposition: ‘to acknowledge Christ’s marvelous presence in the sacrament,’ to lead us to fuller participation in the celebration of the Eucharist, culminating in Holy Communion, and to foster ‘the worship which is due to Christ in spirit and in truth’” (*Thirty-One Questions on Adoration of the Blessed Sacrament*, Bishops’ Committee on the Liturgy, p. 5-6).

## Angelus

V. The angel spoke God’s message to Mary,

R. and she conceived of the Holy Spirit.

Hail Mary ….

V. “I am the lowly servant of the Lord:

R. let it be done to me according to your word.”

Hail Mary ….

V. And the Word became flesh

R. and lived among us.

Hail Mary …

V. Pray for us, holy Mother of God,

R. that we may become worthy of the promises of Christ.

Let us pray.

Lord, fill our hearts with your grace:

Once, through the message of an angel you revealed to us the incarnation of your Son; now, through his suffering and death, lead us to the glory of his resurrection.

We ask this through Christ our Lord.

R. Amen.

(*Catholic Household Blessings and Prayers* p.363-364)

Celebrating the incarnation, this prayer is believed to have originated in the tenth century during the practice of the evening tolling of the bell for Compline (evening prayer) in monasteries or the curfew bell in a town.

# Handout #2.

# Decorating a Home Cross

Use the instructions below to decorate a cross for your home or prayer center.

On the top portion of the vertical beam of the cross write words or draw images that describe who God the Father is for you.

On the lower portion of the vertical beam of the cross write words or draw images that describe Jesus for you.

On the horizontal beam of the cross write words or draw images that describe how you see the Spirit of God and Jesus visible in the people and world around you.

## Handout #3

## Morning Ritual Prayer Movements

Create the same size “cards” as Handout #1. Cut out the Morning Prayer Ritual cards and hole punch them in the top left hand corner so the participants can add them to their prayer ring.

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| Morning Prayer Ritual1. I stretch my arms as far above my head as I can reach, and I thank God for the gift of a new day—“Thank you God for this new day.”
2. I stretch both arms out on each side, forming my body into the shape of a cross—“May I reach out with love to all people.”
3. I stretch out my arms out in front of me, waist high. I give to God all that I am and have, and ask God to open my heart to receive all that is offered to me this day.
4. I place my hands over my heart as a gesture of desiring union with God in all moments of my life.
5. I bow in adoration and humility to God who has given all and who holds me in his love.
6. I close my prayer by making the Sign of the Cross.
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# Handout #4.

# Prayer with the Blessed Sacrament

Create the same size “cards” as Handout #1. Cut out the Prayer With the Blessed Sacrament Prayer cards and hole punch them in the top left hand corner so the participants can add them to their prayer ring.

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| Prayer with the Blessed Sacrament1. Reflect on your experience of Christ in the Eucharist and celebration of Mass. How are you nurtured and challenged through participation in Eucharist?
2. Reflect on the many ways you see Jesus revealed in the world around you: people, places, events.
3. Read Luke 9:10-17. What does the passage say to you about Eucharist?
4. Present your needs and the needs of others to Jesus.
5. Close your prayer time by offering prayers of gratitude for the time you were blessed to spend in prayer with Jesus. Close by praying the Glory Be.
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# Handout #5.

# A Form of Lectio Divina

Create the same size “cards” as Handout #1. Cut out the Prayer With the Blessed Sacrament Prayer cards and hole punch them in the top left hand corner so the participants can add them to their prayer ring.

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| Vocal Prayer: Sharing Scripture1. Read a Scripture passage out loud. Reflect on it silently for a few minutes to pray with it and to ponder what it might be saying.
2. Read the same passage again, followed by a few minutes of silence. Then speak out loud (or if alone, record in a journal) a word or two from the passage that is echoing in your heart or stands out for you in any way.
3. Read the Scripture passage one final time and briefly share or journal about what challenge or insight the passage is speaking to you.
4. Close your prayer time by praying the Glory Be.
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# Handout #6.

# Creation Canticle

“Bless the Lord, sun and moon;

sing praise to him and highly exalt him forever.

Bless the Lord, stars of heaven;

sing praise to him and highly exalt him forever.

Bless the Lord, all rain and dew;

sing praise to him and highly exalt him forever.

Bless the Lord, all you winds;

sing praise to him and highly exalt him forever.

Bless the Lord, fire and heat;

sing praise to him and highly exalt him forever.

Bless the Lord, winter cold and summer heat;

sing praise to him and highly exalt him forever.

Bless the Lord, dews and falling snow;

sing praise to him and highly exalt him forever”

(Daniel 3:62-68).

# Closing Prayer Service

## Gather

Pray together the Hail Mary followed by the Glory Be, found on your prayer ring.

## Listen

**Reading One: A reading from the Letter of James**

“Are any among you suffering? They should pray. Are any cheerful? They should sing songs of praise. Are any among you sick? They should call for the elders of the church and have them pray over them, anointing them with oil in the name of the Lord. The prayer of faith will save the sick, and the Lord will raise them up; and anyone who has committed sins will be forgiven. Therefore confess your sins to one another, and pray for one another, so that you may be healed. The prayer of the righteous is powerful and effective” (James 5:13-16).

**Reading Two: A reading from the *Catechism of the Catholic Church***

“…the life of prayer is the habit of being in the presence of the thrice-holy God and in communion with him. This communion of life is always possible because, through Baptism, we have already been united with Christ. Prayer is *Christian* insofar as it is communion with Christ and extends throughout the Church, which is his Body” (2565).

## Respond

Hold out your prayer ring for a blessing:

Creator God, bless these prayer rings that we have created. May they be tools for us to renew our relationship with you, and to strengthen us to be your love in the world. Bless them in the name of the Father, and of the Son, and of the Holy Spirit, Amen.

## Go Forth

Pray together the prayer to St. Martin de Porres (found on your prayer ring). Continue to pray the prayer for the next eight days like a novena.

**Novena to St. Martin de Porres**

St. Martin, patron saint of social justice,

Call forth from us hearts open to the needs of those around us.

Help us to live simple lives and to share our resources with others.

Bless us with courage to reach out to the poor and to spend time in solidarity with them.

Call us to prayer, that our hearts may be transformed to love and serve others.

Amen.

Close prayer with the Sign of the Cross.