

# Domestic Church *at* Prayer

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## Morning Prayer, Evening Prayer, & Night Prayer

“It is of great advantage for the family, the domestic sanctuary of the Church, not only to pray together to God but also to celebrate some parts of the Liturgy of the Hours as occasion offers, in order to enter more deeply into the life of the Church. · Those taking part in the Liturgy of the Hours have access to holiness of the richest kind through the life-giving word of God. · When the Church offers praise to God in the Liturgy of the Hours, it unites itself with that hymn of praise sung throughout all ages in the halls of heaven.”

GENERAL INSTRUCTION of the LITURGY of the HOURS, nos. 27, 14, & 16

### AIDS FOR PRAYER

- † **eBreviary** | Morning & Evening Prayer, Sundays & Feasts · Night Prayer, daily (*full texts & directions*)\*  
<https://www.ebreviary.com/ebreviary/ebreviary.nsf/prayersforeveryone.html>
  - † **Give Us This Day** | Morning, Evening, & Night Prayer, daily (*abbreviated rites*)\*\*  
<https://giveusthisday.org/Digital>
  - † **Magnificat** | Morning, Evening, & Night Prayer, daily (*abbreviated rites*)\*\*  
<https://us.magnificat.net/free>
- \*free resource | \*\*free resource during COVID-19 crisis

## Lectio Divina

*Lectio divina*, which means "divine reading" or "sacred reading," is a very ancient practice of reading the Scriptures in order to enter into a deep and personal relationship with God.

**Read** a short passage of Scripture,  
slowly, carefully, several times

**Meditate** on the passage,  
imagine the scene, encounter the word, let the word encounter you

**Pray** to God,  
respond to the passage, offer praise and thanksgiving, seek mercy and healing

**Contemplate**,  
listen with childlike simplicity, experience the mystery

### AIDS FOR PRAYER

- † **The Bible**\*  
<http://www.usccb.org/bible/index.cfm>
  - † **USCCB's Lectio Divina of the Gospels for the Liturgical Year 2019-2020**\*\*  
<https://store.usccb.org/lectio-2020-p/7-627.htm>
  - † **Guide to Lectio Divina**\*  
<https://www.arlingtondiocese.org/lectiodivina/>
- \*free resource | \*\*USCCB Online Store, \$15.<sup>95</sup>

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## Prayers Before & After Meals

### BEFORE MEALS

Bless ✠ us, O Lord, and these your gifts, which we are about to receive from your bounty. Through Christ our Lord. Amen.

### AFTER MEALS

We give you thanks for all your gifts, almighty God, living and reigning now and for ever. Amen.

## Marian Prayer: Regina Caeli

*The antiphon of the Regina Caeli is traditionally sung after Night Prayer during the Season of Easter (Easter Sunday to Pentecost Sunday).*

*Also during the Easter Season, the antiphon with its prayer is said at dawn, noon, or evening in place of the Angelus.*

### ANTIPHON

Queen of Heaven, rejoice, alleluia!  
The Son whom you merited to bear, alleluia,  
has risen as he said, alleluia!  
Rejoice and be glad, O Virgin Mary, alleluia!  
For the Lord has truly risen, alleluia!

### PRAYER

Let us pray. O God, who through the resurrection of your Son, our Lord Jesus Christ, did vouchsafe to give joy to the world; grant, we beseech you, that through his Mother, the Virgin Mary, we may obtain the joys of everlasting life.

Through the same Christ our Lord. Amen.

### AIDS FOR PRAYER

#### † **Regina Caeli Antiphon, Sung (Latin)**

Daughters of St. Paul Choir

<https://www.youtube.com/watch?v=6oncdNKUK8U>

#### † **Regina Caeli with Pope Francis**

LIVE Sundays, 6:00am EDT (+ scheduled days)

<https://www.vaticannews.va/en/pope-francis/regina-coeli/2020-04/pope-regina-caeli-monday-easter-angel.html>



## Openness to God's Mercy

*Our prayer is itself the work of God's grace, and it is an expression of our openness to God. Certain works of prayer, called "indulgences," express in a special way our openness to God's mercy. Through a "partial indulgence," God grants the prayer of the Church that the "temporal penalty for sin" due to someone be reduced. In Baptism and Penance, we receive forgiveness for sins, and the guilt and eternal penalty for sin are taken away. However, because sin causes suffering and broken relationships, there remain consequences. Those who have been forgiven still undergo a painful process, the "temporal penalty for sin," to be purified and restore broken relationships. A partial indulgence removes part of the temporal penalty for sin, either for ourselves or for those who have died.*

*~cf. USCCB's "Popular Devotional Practices"*

### SELECTED PARTIAL INDULGENCES

- † Read the Scriptures spiritually with reverence from an approved text (e.g. *lectio divina*)
- † Before and after meals, devoutly offer an approved prayer of supplication and act of thanksgiving
- † At dawn, noon, or evening during the Easter Season, devoutly recite the *Regina Caeli*
- † Devoutly recite the Marian Rosary
- † Devoutly use religious articles blessed by a Priest or Deacon
- † Make an Act of Spiritual Communion
- † Visit the Blessed Sacrament for Adoration

*\*Partial indulgences do not require the additional four conditions necessary for a "plenary indulgence," namely, Confession, Communion, prayer for the intention of the Pope, and detachment from all sin.*