

Liturgy of the Hours & The Psalms

VIDEO LINK

<https://www.youtube.com/watch?v=OCqTpcj9tgI>

GOAL SUMMARY

This video serves to explain the Liturgy of the Hours, the prayer of the Church.

VIDEO SUMMARY

This video explains the structure and purpose of the Liturgy of the Hours, which includes Morning prayer, Daytime prayer, Night prayer, Evening prayer, and the Office of Readings.

DISCUSSION QUESTIONS

1. What is the purpose of praying the Liturgy of the Hours?
2. Which two hours of the Liturgy of the Hours are considered the ‘hinges’ of the Liturgy of the Hours? Why?
3. How long does it take to cycle through all of the 150 Psalms while praying the Liturgy of the Hours?
4. What are ways that you can incorporate more prayer into your life even if not praying the Liturgy of the Hours?
5. Though only members of the clergy and religious are required to pray the Liturgy of the Hours, why would it be a good practice for members of the laity to participate in all or part of the Liturgy of the Hours?

SEND

Today we learned a bit about the Liturgy of the Hours. This prayer is a blessing to the Church and a wonderful way to join in the Church and pray. Together, around the world, Catholics join throughout the day, to offer their days to God and realign their lives so as to continually focus on him.

Pray together Psalm 23: 1-4:

“The Lord is my shepherd, I shall not want; he makes me lie down in green pastures. He leads me beside still waters; he restores my soul. He leads me in the paths of righteousness for his name’s sake. Even though I walk through the valley of the shadow of death, I fear no evil; for thou art with me; they rod and they staff, they comfort me.”