COME!
LET'S PRAY!

A LAYPERSON'S GUIDE
For Praying the
LITURGY OF THE HOURS

HOW-TO and WHEN-TO Pray the
Liturgy of the Hours in the

CHRISTIAN PRAYER BOOK.

Instructions made clear, simple and easy.

July
2012

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Heavenly Father,

     Let this little guide be a key that will open the door to a unified prayer of praise, petition and thanksgiving to You for all who desire it.
PERSONAL MESSAGE

Hi!
The inspiration for this guide came about from my YES! To what I believe was a call from Our Lady to pray the Liturgy of the Hours on a Catholic radio station - RADIO MARIA

Being a layperson, the struggle I encountered was learning how and when to pray this Liturgy. My strong desire was to remove any obstacle to praying this prayer with ease, and attaining the joy that results from it has led me, through the grace of the Holy Spirit, to work through and develop this guide.

I lift up this work in praise and thanksgiving, and I encourage and invite you to join me.

Your friend,

Glenda Mathers

Your questions and comments regarding this guide will be deeply appreciated. Contact RADIO MARIA, info@radiomaria.us 601 Washington St., Alexandria, LA 71301
ORDER OF THE LITURGY

Morning Prayer
Opening:
God, come to my assistance
Lord, make haste to help me
Glory to...

Hymn
Psalmody
Antiphon 1
Psalm 1
* Glory to…
Psalm Prayer
   Antiphon 1

   Antiphon 2
Canticle
   * Glory to…
   Antiphon 2

   Antiphon 3
Psalm 2
*Glory to…
Psalm Prayer
   Antiphon 3

Reading
**The Word of the Lord...
Responsory

Canticle of Zechariah
Antiphon
Canticle - Blessed be the Lord...
   * Glory to…
   Antiphon

Intercessions
   Intercessions
   Our Father
   Concluding Prayer
Dismissal

Daytime Prayer
Opening:
God, come to my assistance
Lord, make haste to help me
Glory to...

Hymn
Psalmody
Antiphon 1
Psalm 1
* Glory to…
Psalm Prayer
   Antiphon 1

   Antiphon 2
Psalm 2
* Glory to…
Psalm Prayer
   Antiphon 2

   Antiphon 3
Psalm 3
*Glory to…
Psalm Prayer
   Antiphon 3

Midday Reading
**The Word of the Lord
Prayer
   Conclusion

NOTE: Invitatory (located before Morning Prayer) Recite this prayer before you begin the first hour of prayer. See instructions on page 686.
Evening Prayer

Opening:
God, come to my assistance
Lord, make haste to help me
*Glory to?

Hymn

Psalmody
Antiphon 1
Psalm 1
*Glory to...
Psalm Prayer
Antiphon 1

Antiphon 2
Psalm 2
*Glory to...
Psalm Prayer
Antiphon 2

Antiphon 3
Canticle
*Glory to...
Antiphon 3

Reading
***The Word of the Lord
Responsory

Canticle of Mary
Antiphon
Canticle - My soul proclaims...
*Glory to...
Antiphon

Intercessions

Our Father...
Concluding Prayer
Dismissal

Night Prayer

Opening:
God, come to my assistance
Lord, make haste to help me
*Glory to?
(Brief Examination of conscience may be made)

Hymn

Psalmody
Antiphon 1
Psalm 1
*Glory to...
Antiphon 1

Antiphon 2
Psalm 2
*Glory to...
Psalm Prayer
Antiphon 2

Antiphon 3
Canticle
*Glory to...
Antiphon 3

Reading
**The Word of the Lord...
Responsory

Antiphon
Gospel Canticle
*Glory to...
Antiphon

Prayer
Conclusion

Antiphon of the Blessed Virgin Mary (as on pg. 1056)
SETTING UP YOUR BOOK

It is important to SET UP YOUR BOOK in advance.

To learn the order of the liturgy, it helps to always use the same color ribbon. Example:
Purple ...Hymns (found in the back of your book)
Red .......Antiphons
White.....Psalms & Canticle
Gold .....Reading
Green.....Proper of Saints

You are now set up to pray from color to color in the Order of the liturgy.

Setting up your book this way each day will eliminate much confusion and better prepare you to pray.

NOTE: On the days of choice, (weekday or Saints), I have chosen the Saint.

Abbreviations

MP - Morning Prayer  Ant. - Antiphon
DP - Daytime Prayer   Zech. - Zechariah
EP - Evening Prayer   Cant. - Canticle
NP - Night Prayer     pg - page
Prayer - Prayer(s)   Rem - Remaining
Concl. - Concluding; conclusion
TIPS

1. The Responses after the Psalms and Canticle are **NOT** provided daily.

   "Glory to the Father, and to the Son and to the Holy Spirit, as it was in the beginning, is now and will be forever. Amen"

   is said after each Psalm, (before the Psalm Prayer, if there is one) and after the Canticle. Turn to page 2 or 3 and look for the asterisk that indicates the response.

2. After the Reading Response:

   **The Word of the Lord,**
   Thanks be to God.

3. For the Responsory: Only *Glory to the Father, and to the Son and to the Holy Spirit* is said here; **NOT** the complete prayer.
REGARDING THE CANTICLE OF ZECHARIAH and 
THE CANTICLE OF MARY (Gospel Canticle)

ONLY the canticle antiphons change daily. These antiphons are all you will see in your book.
This is how to pray:

1. CANTICLE OF ZECHARIAH
   Antiphon
   Canticle (page 691*) - Blessed be the Lord...
   Glory to the Father...and will be forever. Amen.
   Repeat same Antiphon

2. CANTICLE OF MARY
   Antiphon
   Canticle (page 696*) - My soul proclaims...
   Glory to the Father...and will be forever. Amen.
   Repeat same Antiphon

*These Canticle are also contained in the insert that comes with your book. (Common Text #1)

DISMISSAL for Morning Prayer (page 694) and Evening Prayer (page 698)
   May the Lord bless us, protect us from all evil, and bring us to everlasting life. Amen.

NOTE: In the Daytime Prayer (DP), I have chosen to pray the Midday Reading & Prayer (Page 994)

REMEMBER: The "General Principles” on how to pray in the Christian Prayer Book begin on page 34.
1. Sun. 13TH SUNDAY IN ORDINARY TIME 617
   MP: Canti. of Zech. Ant. & Concluding Prayer – page 617
       Antiphons & Remaining Prayers – page 707
       Hymn #1.
   DP: Antiphons & Psalms – page 994
       Midday Reading & Prayer – page 997
       Conclusion – page 998
       Hymn #24.
   EP: Canti. of Mary Ant. & Concluding Prayer – page 617
       Antiphons & Remaining Prayers – page 712
       Hymn #33.
   NP: Page 1037.

2. Mon. MONDAY – 13TH WEEK IN ORDINARY TIME
   MP: All prayers begin on page 718
       Hymn #2.
   DP: Antiphons & Psalms - page 998
       Midday Reading & Prayer - page 1002
       Conclusion - page 1003
       Hymn #25.
   EP: All prayers begin on page 723
       Hymn #34.
   NP: Page 1041.
3. Tue.  ST. THOMAS  1186
MP: Concluding Prayer – page 1188
Psalms & Canticle – page 707
Intercessions – page 1393
Antiphons & Remaining Prayers – page 1187
Hymn #169.

DP: Antiphons & Prayers – page 1003
Midday Reading & Prayer – page 1007
Concluding Prayer – page 1008
Hymn #26.

EP: Concluding Prayer – page 1189
Antiphons – page 1187
Psalms & Canticle – page 1394
Intercessions – page 1397
Reading & Remaining Prayers – page 1188
Hymn #168.

NP: Page 1044.

4. Wed.  ST. ELIZABETH OF PORTUGAL 1189
MP: Concluding Prayer - page 1189
Canticle of Zechariah Antiphon - page 1472
Psalms & Canticle - page 707
Antiphons & Remaining Prayers - page 1463
Hymn #178.

DP: Antiphons & Psalms - page 1008
Midday Reading & Prayer- page 1011
Conclusion - page 1012
Hymn #27.

EP: Concluding Prayer – page 1189
Canticle of Mary Antiphon - page 1472
Antiphons & Remaining Prayers - page 1466
Hymn #182.

NP: Page 1046.
### JULY

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<th>Date</th>
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Psalms & Canticle – page 707  
Antiphons & Remaining Prayers – page 1426  
Hymn #175.  
DP: Antiphons & Psalms – page 1012  
Midday Reading – page 1015  
Prayer & Conclusion – page 1016  
Hymn #24.  
EP: Concluding Prayer – page 1190  
Antiphons & Remaining Prayers – page 1430  
Hymn #39.  
NP: Page 1049. |
| 6.   | ST. MARIA GORETTI 1190 | MP: Concluding Prayer – page 1190  
Psalms & Canticle – page 707  
Antiphons & Remaining Prayers – page 1414  
Hymn #44.  
DP: Antiphons & Psalms – page 1017  
Midday Reading & Prayer – page 1020  
Concluding Prayer – page 1021  
Hymn #27.  
EP: Concluding Prayer – page 1190  
Antiphons & Remaining Prayers – page 1418  
Hymn #173.  
NP: Page 1052. |
JULY

7. Sat.  BLESSED VIRGIN MARY ON SAT.  1383
   MP:  Antiphons, Psalms & Canticle - page 770
        Reading & Remaining Prayers - page 1383
        Hymn #158.

   DP:  Antiphons & Psalms – page 1022
        Midday Reading & Prayer – page 1025
        Conclusion – page 1026
        Hymn #25.

   EP:  Canti. of Mary Ant. & Concluding Prayer – page 618
        Antiphons & Remaining Prayers – page 775
        Hymn #168.

   NP:  Page 1034.

8. Sun.  14TH SUNDAY IN ORDINARY TIME 618
   MP:  Canti. of Zech. Ant. & Concluding Prayer B page 618
        Antiphons & Remaining Prayers B page 780
        Hymn #9.

   DP:  Antiphons & Psalms - page 994
        Midday Reading & Prayer - page 997
        Conclusion - page 998
        Hymn #24.

   EP:  Concluding Prayer B page 618
        Canticle of Mary Antiphon – page 619
        Antiphons & Remaining Prayers B page 786
        Hymn #32.

   NP:  Page 1037.
JULY

9. Mon.  MONDAY – 14TH WEEK IN ORDINARY TIME
   MP:  All prayers begin on page 792
         Hymn #10.
   DP:  Antiphons & Psalms - page 998
         Midday Reading & Prayer - page 1002
         Conclusion - page 1003
         Hymn #25.
   EP:  All prayers begin on page 798
         Hymn #41.
   NP:  Page 1041.

10. Tue. TUESDAY – 14TH WEEK IN ORDINARY TIME
    MP:  All prayers begin on page 802
          Hymn #12.
    DP:  Antiphons & Psalms - page 1003
          Midday Reading & Prayer - page 1007
          Conclusion - page 1008
          Hymn #26.
    EP:  All prayers begin on page 807
          Hymn #37.
    NP:  Page 1044.
JULY

11. Wed.  ST. BENEDICT (MEM) 1191  
   MP:  Canti. of Zech. Ant. & Concluding Prayer – page 1191  
        Psalms & Canticle – page 812  
        Antiphons & Remaining Prayers – page 1452  
        Hymn #176.  
   DP:  Antiphons & Psalms - page 1008  
        Midday Reading & Prayer - page 1011  
        Conclusion - page 1012  
        Hymn #25.  
   EP:  Concluding Prayer – page 1191  
        Canticle of Mary Antiphon – page 1192  
        Psalms & Canticle – page 819  
        Antiphons & Remaining Prayers – page 1455  
        Hymn #172.  
   NP:  Page 1046.  

12. Thur.  THURSDAY – 14TH WEEK IN ORDINARY TIME  
   MP:  All prayers begin on page 824  
        Hymn #15.  
   DP:  Antiphons & Psalms – page 1012  
        Midday Reading – page 1015  
        Prayer & Conclusion – page 1016  
        Hymn #24.  
   EP:  All prayers begin on page 830.  
        Hymn #38.  
   NP:  Page 1049.
JULY

13. Fri.  
   ST. HENRY  1192  
   MP: Concluding Prayer – page 1192  
       Psalms & Canticle – page 707  
       Antiphons & Remaining Prayers – page 1452  
       Hymn #183.  
   DP: Antiphons & Psalms – page 1017  
       Midday Reading & Prayer – page 1020  
       Concluding Prayer – page 1021  
       Hymn #27.  
   EP: Concluding Prayer – page 1192  
       Antiphons & Remaining Prayers – page 1455  
       Hymn #31.  
   NP: Page 1052.

   SATURDAY – 14TH WEEK IN ORDINARY TIME  
   MP: All prayers begin on page 845  
       Hymn #11.  
   DP: Antiphons & Psalms - page 1022  
       Midday Reading & Prayer - page 1025  
       Conclusion - page 1026  
       Hymn #24.  
   EP: Canti. of Mary Antiphon – page 619  
       Antiphons & Remaining Prayers – page 851  
       Hymn #5.  
   NP: Page 1034.
JULY

15. Sun.  15TH SUNDAY IN ORDINARY TIME  619
MP:  Canti. of Zech. Ant. & Concluding Prayer – page 619
     Antiphons & Remaining Prayers – page 856
    Hymn #1.
DP:  Antiphons & Psalms - page 994
     Midday Reading & Prayer - page 997
     Conclusion - page 998
    Hymn #24.
EP:  Concluding Prayer – page 619
     Canticle of Mary Antiphon – page 620
     Antiphons & Remaining Prayers – page 861
    Hymn #33.
NP:  Page 1037.

16. Mon.  OUR LADY OF MOUNT CARMEL  1194
MP:  Canti. of Zech. Ant. & Concluding Prayer – page 1194
     Psalms & Canticle – page 707
     Antiphons & Remaining Prayers – page 1372
    Hymn #165.
DP:  Antiphons & Psalms - page 998
     Midday Reading & Prayer - page 1002
     Conclusion - page 1003
    Hymn #25.
EP:  Canti. of Mary Ant. & Concluding Prayer – page 1194
     Antiphons & Remaining Prayers – page 1378
    Hymn #156.
NP:  Page #1041.
17. Tue.  TUESDAY – 15TH WEEK IN ORDINARY TIME
MP: All prayers begin on page 877
    Hymn #7.

DP: Antiphons & Psalms - page 1003
    Midday Reading & Prayer - page 1007
    Conclusion - page 1008
    Hymn #26.

EP: All prayers begin on page 882
    Hymn #40.

NP: Page 1044.

18. Wed.  ST. CAMILLUS de LELLIS  1193
MP: Concluding Prayer – page 1193
    Canticle of Zechariah Antiphon – page 1472
    Psalms & Canticle – page 707
    Antiphons & Remaining Prayers – page 1452
    Hymn #183.

DP: Antiphons & Psalms – page 1008
    Midday Reading & Prayer – page 1011
    Concluding Prayer – page 1012
    Hymn #24.

EP: Concluding Prayer – page 1193
    Canticle of Mary Antiphon – page 1472
    Antiphons & Remaining Prayers – page 1455
    Hymn #31.

NP: Page 1046.
19. Thur.  THURSDAY – 15TH WEEK IN ORDINARY TIME
   MP: All prayers begin on page 897
       Hymn #6.
   DP: Antiphons & Psalms - page 1012
       Midday Reading - page 1015
       Prayer & Conclusion - page 1016
       Hymn #24.
   EP: All prayers begin on page 902
       Hymn #37.
   NP: Page 1049.

20. Fri.   FRIDAY – 15TH WEEK IN ORDINARY TIME
   MP: All prayers begin on page 906
       Hymn #7.
   DP: Antiphons & Psalms – page 1017
       Midday Reading & Prayer – page 1020
       Concluding Prayer – page 1021
       Hymn #25.
   EP: All prayers begin on page 911
       Hymn #38.
   NP: Page 1052.
JULY

21. Sat.  ST. LAWRENCE OF BRINDISI  1195
   MP:  Concluding Prayer – page 1195
        Psalms & Canticle – page 707
        Antiphons & Remaining Prayers – page 1426
        Hymn #175.
   DP:  Antiphons & Psalms - page 1022
        Midday Reading & Prayer - page 1025
        Conclusion - page 1026
        Hymn #26.
   EP:  Canti. of Mary Ant. & Concluding Prayer – page 620
        Antiphons & Remaining Prayers – page 921
        Hymn #182.
   NP:  Page 1034.

22. Sun.  16TH SUNDAY IN ORDINARY TIME  620
   MP:  Canti. of Zech. Ant. & Concluding Prayer – page 620
        Antiphons & Remaining Prayers – page 926
        Hymn #19.
   DP:  Antiphons & Psalms - page 994
        Midday Reading & Prayer - page 997
        Conclusion - page 998
        Hymn #27.
   EP:  Concluding Prayer – page 620
        Canticle of Mary Antiphon – page 621
        Antiphons & Remaining Prayers – page 931
        Hymn #184.
   NP:  Page 1037.
23. Mon.  ST. BRIDGET 1198
   MP:  Concluding Prayer – page 1198
       Canticle of Zechariah Antiphon – page 1470
       Psalms & Canticle – page 707
       Antiphons & Remaining Prayers – page 1463
       Hymn #178.
   DP:  Antiphons & Psalms - page 998
       Midday Reading & Prayer - page 1002
       Conclusion - page 1003
       Hymn #27.
   EP:  Concluding Prayer – page 1198
       Canticle of Mary Antiphon – page 1471
       Antiphons & Remaining Prayers – page 1466
       Hymn #179.
   NP:  Page 1041.

24. Tue.  TUESDAY – 16TH WEEK IN ORDINARY TIME
   MP:  All prayers begin on page 947
       Hymn #13.
   DP:  Antiphons & Psalms - page 1003
       Midday Reading & Prayer- page 1007
       Conclusion - page 1008
       Hymn #25.
   EP:  All prayers begin on page 953
       Hymn #42.
   NP:  Page 1044.
JULY

25. Wed. ST. JAMES 1199
   MP: Psalms & Canticle – page 707
       Intercessions – page 1393
       Antiphons & Remaining Prayers – page 1199
       Hymn #169.
   DP: Antiphons & Psalms – page 1008
       Midday Reading & Prayer – page 1011
       Concluding Prayer – page 1012
       Hymn #26.
   EP: Concluding Prayer – page 1200
       Psalms & Canticle – page 1394
       Intercessions – page 1397
       Antiphons & Remaining Prayers – page 1200
       Hymn #168.
   NP: Page 1046

26. Thur. STS. JOACHIM & ANN (MEM) 1201
   MP: Antiphons, Psalms & Canticle – page 968
       Intercessions – page 973
       Reading & Remaining Prayers – page 1202
       Hymn #180.
   DP: Antiphons & Psalms - page 1012
       Midday Reading - page 1015
       Prayer & Conclusion - page 1016
       Hymn #27.
   EP: Antiphons, Psalms & Canticle – page 973
       Intercessions – page 977
       Reading & Remaining Prayers – page 1203
       Hymn #44.
   NP: Page 1049.
JULY

27. Fri.  FRIDAY – 16\textsuperscript{TH} WEEK IN ORDINARY TIME
   MP:  All prayers begin on page 978
        Hymn #16.
   DP:  Antiphons & Psalms – page 1017
        Midday Reading & Prayer – page 1020
        Concluding Prayer – page 1021
        Hymn #24.
   EP:  All prayers begin on page 984
        Hymn #46.
   NP:  Page 1052.

28. Sat.  BLESSED VIRGIN MARY ON SAT  1383
   MP:  Antiphon, Psalms & Canticle – page 988
        Reading & Remaining Prayer – page 1383
        Hymn #158.
   DP:  Antiphons & Psalms – page 1022
        Midday Reading & Prayer – page 1025
        Concluding Prayer – page 1026
        Hymn #25.
   EP:  Canti. of Mary Ant. & Concluding Prayer – page 621
        Antiphons & Remaining Prayers – page 701
        Hymn #32.
   NP:  Page 1034.
JULY

29. Sun.  17th SUNDAY IN ORDINARY TIME  621
MP:  Canti. of Zech. Ant. & Concluding Prayer – page 621
     Antiphons & Remaining Prayers – page 707
     Hymn #1.

DP:  Antiphons & Psalms - page 994
     Midday Reading & Prayer - page 997
     Conclusion - page 998
     Hymn #25.

EP:  Canti. of Mary Ant. & Concluding Prayer – page 622
     Antiphons & Remaining Prayers – page 712
     Hymn #33.

NP:  Page 1037.

30. Mon.  ST. PETER CHRYSOLOGUS  1204
MP:  Concluding Prayer – page 1205
     Psalms & Canticle – page 707
     Antiphons & Remaining Prayers – page 1426
     Hymn #174.

DP:  Antiphons & Psalms – page 998
     Midday Reading & Prayer – page 1002
     Concluding Prayer – page 1003
     Hymn #26.

EP:  Concluding Prayer – page 1205
     Antiphons & Remaining Prayers – page 1430
     Hymn #140.

NP:  Page 1041.
JULY

31. Tues.  ST. IGNATIUS OF LOYOLA (MEM)  1205
   MP:  Concluding Prayer – page 1206
        Canticle of Zechariah Antiphon – page 1205
        Psalms & Canticle – page 728
        Antiphons & Remaining Prayers – page 1426
        Hymn #175.
   DP:  Antiphons & Prayers – page 1003
        Midday Reading & Prayer – page 1007
        Concluding Prayer – page 1008
        Hymn #27.
   EP:  Canti. of Mary Ant. & Concluding Prayer – page 1206
        Psalms & Canticle – page 734
        Antiphons & Remaining Prayers – page 1430
        Hymn #140.
   NP:  Page 1044.