

**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.

January
2013

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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.usa@radiomaria.org, 601 Washington St., Alexandria, LA 71301

ORDER OF THE LITURGY

Morning Prayer

Daytime Prayer

Opening:
God, come to my assistance
Lord, make haste to help me
Glory to Y
Hymn

Opening:
God, come to my assistance
Lord, make haste to help me
Glory to Y
Hymn

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

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

Antiphon 2
Canticle
* *Glory to Y*
Antiphon 2

Antiphon 2
Psalm 2
* *Glory to Y*
Psalm Prayer
Antiphon 2

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

Antiphon 3
Psalm 3
* *Glory to Y*
Psalm Prayer
Antiphon 3

Reading
***The Word of the Lord*
Responsory

Midday Reading
***The Word of the Lord*
Prayer

Canticle of Zechariah
Antiphon
Canticle B Blessed be the Lord Y
* *Glory to Y*
Antiphon

Conclusion

Intercessions
Intercessions
Our Father
Concluding Prayer
Dismissal

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 Y*

Hymn

Psalmody

Antiphon 1

Psalm 1

**Glory to Y*

Psalm Prayer

Antiphon 1

Antiphon 2

Psalm 2

**Glory to Y*

Psalm Prayer

Antiphon 2

Antiphon 3

Canticle

**Glory to Y*

Antiphon 3

Reading

***The Word of the Lord*

Responsory

Y

Canticle of Mary

Antiphon

Canticle *B My soul proclaims...*

**Glory to Y*

Antiphon

Intercessions

Our Father...

Concluding Prayer

Dismissal

Night Prayer

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

*(Brief Examination of conscience
may be made)*

Hymn

Psalmody

Antiphon 1

Psalm 1

**Glory to...*

Antiphon 1

Antiphon 2

Psalm 2

**Glory to...*

Antiphon 2

Reading

***The Word of the Lord...*

Responsory

Antiphon

Gospel Canticle

**Glory to Y*

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 B Antiphons

White - Psalms & Canticle

Gold B Reading

Green B 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. B Canticle
NP - Night Prayer	page B page
Prayer B Prayer(s)	Rem B Remaining
Concl. B 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 B Response:

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

3. For the Responsory: Only *AGlory 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. Tue. MARY MOTHER OF GOD (SOL) 175
 - MP: Psalms & Canticle - page 707
Antiphons & Remaining Prayers - page 175
Hymn #80.
 - DP: Antiphons - page 1003
Psalms - page 1029
Midday Reading - page 1007
Prayer - page 177
Conclusion - page 1008
Hymn #83.
 - EP: Psalms & Canticle - page 1378
Antiphons & Remaining Prayers - page 178
Hymn #79.
 - NP: Page 1037.

2. Wed. STS. BASIL & GREGORY NAZIANZEN
(MEM) 1060
 - MP: Cant. of Zech. Ant. & Concluding Prayer - page 1060
Psalms & Canticle - page 739
Antiphons & Remaining Prayers - page 1426
Hymn #175.
 - DP: Antiphons & Psalms - page 1008
Midday Reading & Prayer – page 1011
Conclusion - page 1012
Hymn #68.
 - EP: Concluding Prayer – page 1060
Canticle of Mary Antiphon – page 1061
Psalms & Canticle – page 743
Antiphons & Remaining Prayers – page 1430
Hymn #140.
 - NP: Page 1046.

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3. Thur. THURSDAY BEFORE EPIHANY
MP: Antiphons, Psalms & Canticle – page 748
Reading & Remaining Prayers – page 198
Hymn #3.
DP: Antiphons & Psalms - page 1012
Midday Reading - page 1015
Prayer & Conclusion - page 1016
Hymn #11.
EP: Antiphons, Psalms & Canticle – page 754
Reading & Remaining Prayers – page 200
Hymn #84.
NP: Page 1049.
- 4 Fri. ST. ELIZABETH ANN SETON (MEM) 1061
MP: Concluding Prayer – page - 1061
Canticle of Zechariah Antiphon – page 1470
Psalms & Canticle – page 760
Antiphons & Remaining Prayers – page 1463
Hymn #178.
DP: Antiphons & Psalms – page 1017
Midday Reading & Prayer - page 1020
Conclusion - page 1021
Hymn #70.
EP: Concluding Prayer - page 1061
Canticle of Mary Antiphon – page 1471
Psalms & Canticle - page 765
Antiphons & Remaining Prayers - page 1466
Hymn #179.
NP: Page 1052.

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5. **Sat. ST. JOHN NEUMAN (MEM) 1062**
MP: Concluding Prayer – page 1062
Psalms & Canticle - page 770
Antiphons & Remaining Prayers – page 1426
Hymn #174.
- DP: Antiphons & Psalms – page 1022
Midday Reading & Prayer – page 1025
Conclusion – page 1026
Hymn #72.
- EP: All prayers begin on page 207
Hymn #81.
- NP: Page 1037.
6. **Sun. EPIPHANY (SOL) 211**
MP: Psalms & Canticle - page 707
Antiphons & Remaining Prayers - page 211
Hymn #3.
- DP: Antiphons - page 994
Psalms - page 1029
Midday Reading - page 997
Prayer - page 213
Conclusion - page 998
Hymn #11.
- EP: All prayers begin on page 214
Hymn #81.
- NP: Page 1037.

JANUARY

7. Mon. ST. RAYMOND OF PENAFORT 1063
 - MP: Concluding Prayer – page 1063
Psalms & Canticle – page 707
Antiphons & Remaining Prayers – page 1426
Hymn #84.
 - DP: Antiphons & Psalms - page 998
Midday Reading - page 1002
Prayer & Conclusion - page 1003
Hymn #82.
 - EP: Concluding Prayer - page 1063
Antiphons & Remaining Prayers – page 1430
Hymn #83.
 - NP: Page 1041.

8. Tue. TUESDAY AFTER EPIPHANY
 - MP: Antiphons, Psalms & Canticle - page 802
Reading & Remaining Prayers – page 222
Hymn #3.
 - DP. Antiphons & Psalms – page 1003
Midday Reading & Prayer – page 1007
Conclusion – page 1008
Hymn - #11.
 - EP: Antiphons, Psalms & Canticle - page 808
Reading & Remaining Prayers - page 223
Hymn #81.
 - NP: Page 1044.

JANUARY

9. Wed. WEDNESDAY AFTER EPIPHANY
MP: Antiphons, Psalms & Canticle – page 812
Reading & Remaining Prayers – page 225
Hymn #84.
DP: Antiphons & Psalms - page 1008
Midday Reading & Prayer - page 1011
Conclusion - page 1012
Hymn #3.
EP: Antiphons, Psalms & Canticle – page 818
Reading & Remaining Prayers - page 226
Hymn #81.
NP: Page 1046.
10. Thur. THURSDAY AFTER EPIPHANY
MP: Antiphons, Psalms & Canticle – page 824
Reading & Remaining Prayers – page 228
Hymn #3.
DP: Antiphons & Psalms - page 1012
Midday Reading - page 1015
Prayer & Conclusion - page 1016
Hymn #11.
EP: Antiphons, Psalms & Canticle – page 830
Reading & Remaining Prayers – page 229
Hymn #81.
NP: Page #1049.

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11. Fri. FRIDAY AFTER EPIPHANY
MP: Antiphons, Psalms & Canticle - page 835
Reading & Remaining Prayers - page 231
Hymn #84.
DP: Antiphons & Psalms - page 1017
Midday Reading & Prayer - page 1020
Conclusion - page 1021
Hymn #3.
EP: Antiphons, Psalms & Canticle - page 841
Reading & Remaining Prayers - page 233
Hymn #11.
NP: Page 1052.
12. Sat. SATURDAY AFTER EPIPHANY
MP: Antiphons, Psalms & Canticle B page 845
Reading & Remaining Prayers Bpage 235
Hymn #84.
DP: Antiphons & Psalms - page 1022
Midday Reading & Prayer - page 1025
Conclusion - page 1026
Hymn #3
EP: Psalms & Canticle - 207
Antiphons & Remaining Prayers - page 237
Hymn #84.
NP: Page 1034.

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13. Sun. **BAPTISM OF THE LORD 239**

MP: Psalms & Canticle - 707
Antiphons & Remaining Prayers - page 239
Hymn #82.

DP: Antiphons & Psalms - page 994
Midday Reading & Prayer - page 997
Conclusion - page 998
Hymn #83.

EP: Psalms & Canticle - 214
Antiphons & Remaining Prayers - page 242
Hymn #84.

NP: Page 1037.

14. Mon. MONDAY - 1ST 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 #24.

EP: All prayers begin on page 723
Hymn #3.

NP: Page 1041.

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15. Tue. TUESDAY – 1ST WEEK IN ORDINARY TIME
MP: All prayers begin on page 728
Hymn #4.
DP: Antiphons & Psalms - page 1003
Midday Reading & Prayer - page 1007
Conclusion - page 1008
Hymn #25.
EP: All prayers begin on page 734
Hymn #33.
NP: Page 1044.
16. Wed. WEDNESDAY – 1ST WEEK IN ORDINARY TIME
MP: All prayers begin on page 738
Hymn #6.
DP: Antiphons & Psalms - page 1008
Midday Reading & Prayer - page 1011
Conclusion - page 1012
Hymn #26.
EP: All prayers begin on page 743
Hymn #37.
NP: Page 1046.

JANUARY

17. Thur. ST. ANTHONY (MEM) 1064
MP: Concluding Prayer – page - 1064
Canticle of Zechariah Antiphon – page 1470
Psalms & Canticle – page 749
Antiphons & Remaining Prayers – page 1452
Hymn #176.
- DP: Antiphons & Psalms - page 1012
Midday Reading - page 1015
Prayer & Conclusion - page 1016
Hymn #27.
- EP: Concluding Prayer – page 1064
Canticle of Mary Antiphon – page 1471
Psalms & Canticle – page 754
Antiphons & Remaining Prayers – page 1455
Hymn #31.
- NP: Page 1049.
18. Fri. FRIDAY – 1ST WEEK IN ORDINARY TIME
MP: All prayers begin on page 759
Hymn #8.
- DP: Antiphons & Psalms - page 1017
Midday Reading & Prayer - page 1020
Conclusion - page 1021
Hymn #24.
- EP: All prayers begin on page 765
Hymn #32.
- NP: Page 1052.

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19. Sat. SATURDAY – 1ST WEEK IN ORDINARY TIME

MP: All prayers begin on page 770

Hymn #9.

DP: Antiphons & Psalms - page 1022

Midday Reading & Prayer - page 1025

Conclusion - page 1026

Hymn #25.

EP: Canti. of Mary Ant. & Concluding Prayer. - page 246

Antiphons & Remaining Prayers - page 775

Hymn #39.

NP: Page 1034.

20. Sun. 2ND SUNDAY IN ORDINARY TIME 246

MP: Canti. of Zech. Ant. & Concluding Prayer - page 246

Antiphons & Remaining Prayers - page 780

Hymn #9.

DP: Antiphons & Psalms - page 994

Midday Reading & Prayer - page 997

Conclusion - page 998

Hymn #26.

EP: Canti. of Mary Ant. & Concluding Prayer - page 246

Antiphons & Remaining Prayers - page 786

Hymn #32.

NP: Page 1037.

JANUARY

21. Mon. ST. AGNES (MEM) 1065
MP: Psalms & Canticle B page 707
Intercessions - page 1415
Antiphons & Remaining Prayers B page 1066
Hymn #170.
DP: Antiphons & Psalms - page 998
Midday Reading - page 1002
Prayer & Conclusion - page 1003
Hymn #25.
EP: Concluding Prayer – page 1067
Psalms & Canticle – page 1418
Intercessions – page 1420
Antiphons & Remaining Prayers – page 1067
Hymn #173.
NP: Page 1041.
22. Tue. DAY OF PRAYER FOR THE
LEGAL PROTECTION OF UNBORN
MP: All prayer begin on page 802
Hymn #12.
DP: Antiphons & Psalms - page 1003
Midday Reading & Prayer - page 1007
Conclusion - page 1008
Hymn #27.
EP: All prayers begin on page 807
Hymn #34.
NP: Page 1044.

JANUARY

23. Wed. ST. VINCENT 1068
MP: Concluding Prayer - page 1068
Psalms & Canticle - page 707
Antiphons & Remaining Prayers - page 1414
Hymn #171.
DP: Antiphons & Psalms - page 1008
Midday Reading & Prayer - page 1011
Conclusion - page 1012
Hymn #26.
EP: Concluding Prayer - page 1068
Antiphons & Remaining Prayers - page 1418
Hymn #172.
NP: Page 1046.
24. Thur. ST. FRANCIS DE SALES (MEM) 1068
MP: Concluding Prayer - page 1069
Psalms & Canticle - page 825
Antiphons & Remaining Prayers - page 1426
Hymn #174.
DP: Antiphons & Psalms - page 1012
Midday Reading - page 1015
Prayer & Conclusion - page 1016
Hymn #24.
EP: Concluding Prayer – page 1069
Psalms & Canticle – page 830
Antiphons & Remaining Prayers – page 1430
Hymn #140.
NP: Page 1049.

JANUARY

25. Fri. CONVERSION OF ST. PAUL 1069
MP: Psalms & Canticle - page 707
Antiphons & Remaining Prayers - page 1069
Hymn #169.
- DP: Antiphons & Psalms - page 1017
Midday Reading & Prayer - page 1020
Conclusion - page 1021
Hymn #25.
- EP: Psalms & Canticle – page 1394
Antiphons & Remaining Prayers – page 1071
Hymn #168.
- NP: Page 1052.
26. Sat. STS. TIMOTHY & TITUS (MEM) 1073
MP: Cant. of Zech Ant. & Concluding Prayer – page 1073
Psalms & Canticle – page 845
Antiphons & Remaining Prayers – page 1426
Hymn #175.
- DP: Antiphons & Psalms - page 1022
Midday Reading & Prayer - page 1025
Conclusion - page 1026
Hymn #27.
- EP: Cant. of Mary Ant. & Concluding Prayer – page 247
Antiphons & Remaining Prayers – page 851
Hymn #32.
- NP: Page 1034.

JANUARY

27. Sun. 3RD SUNDAY IN ORDINARY TIME 247

MP: Cant. of Zech. Ant. & Concluding Prayer - page 247
Antiphons & Remaining Prayers - page 856
Hymn #1.

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

EP: Cant. of Mary Ant. & Concluding Prayer - page 247
Antiphons & Remaining Prayers - page 861
Hymn #33.

NP: Page 1037.

28. Mon. ST. THOMAS AQUINAS (MEM) 1075

MP: Cant. of Zech. Ant. & Concluding Prayer - page 1075
Psalms & Canticle - page 867
Intercessions - page 1427
Antiphons - page 1426
Reading & Remaining Prayers - page 1435
Hymn #157.

DP: Antiphons & Psalms B page 998
Midday Reading & Prayer - page 1002
Conclusion - page 1003
Hymn #26.

EP: Cant. of Mary Ant. & Concluding Prayer – page 1075
Psalms & Canticle - page 873
Intercessions – page 1432
Antiphons - page 1430
Reading & Remaining Prayers – page 1436
Hymn #177.

NP: Page 1041.

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29. Tue. TUESDAY – 3RD WEEK IN ORDINARY TIME
MP: All prayers begin on page 877
Hymn #3.
DP: Antiphons & Psalms - page 1003
Midday Reading & Prayer - page 1007
Conclusion - page 1008
Hymn #27.
EP: All prayers begin in page 882
Hymn #35.
NP: Page 1044.
30. Wed. WEDNESDAY – 3RD WEEK IN ORDINARY TIME
MP: All prayers begin on page 887
Hymn #4.
DP: Antiphons & Psalms - page 1008
Midday Reading & Prayer - page 1011
Conclusion - page 1012
Hymn #24.
EP: All prayers begin on page 892
Hymn #36.
NP: Page 1046.

JANUARY

31. Thur. ST. JOHN BOSCO (MEM) 1076
MP: Concluding Prayer - page 1076
Psalms & Canticle - page 897
Antiphons & Remaining Prayers - page 1426
Hymn #170.
- DP: Antiphons & Psalms - page 1012
Midday Reading - page 1015
Prayer & Conclusion - page 1016
Hymn #27.
- EP: Concluding Prayer - page 1076
Psalms & Canticle – page 902
Antiphons & Remaining Prayers - page 1430
Hymn #140.
- NP: Page 1049.

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