



- A RESOURCE FOR ONGOING FORMATION -

Part 3: Prayer

Chapter 4. How to Pray the Divine Office



The brothers and sisters as well as the fraternities should adhere to the indications of the Ritual with respect to the different forms of participation in the liturgical prayer of the Church, giving priority to the celebration of the liturgy of the Hours.

Constitutions art 14.4

Let them join in liturgical prayer in one of the forms proposed by the Church, reliving the mysteries of the life of Christ.
Rule 8

WHAT IS THE DIVINE OFFICE OR THE LITURGY OF THE HOURS?

The Church, fulfilling the priestly function of Christ, celebrates the liturgy of the hours, where by hearing God speaking to his people and memorialising the mystery of salvation, the Church praises him in song and prayer without interruption and intercedes for the salvation of the world.

Clerics are obliged to perform the liturgy of the hours...members of institutes of consecrated life are bound according to the norm of their constitutions. Other members of the Christian faithful according to circumstances are earnestly invited to participate in the liturgy of the hours inasmuch as it is the action of the Church.

In performing the liturgy of the hours the true time of each hour is to be observed as much as possible.

(Code of Canon Law 1173-1175)

The English printed form of the Divine Office is to be found in three volumes, the binding usually coloured so: **Volume I Advent, Christmastide and Weeks 1-9 in Ordinary Time**

Volume II Lent and Eastertide

Volume III Weeks 6-34 in Ordinary Time

Instructions regarding the saying of the Office are to be found in the Apostolic Constitution printed at the start of Volume I. For those who acquire the whole set, and wish to get to know how to go about saying the Office in the prescribed way, this is invaluable. The Ordo is always printed in the diocesan Year Book and this will help you find your way about. The Offices for each day are as follows: Office of Readings [which may be done at any convenient time of the day]; Lauds or Morning Prayer; Prayer During the Day, or the Little Hours [Terce, Sext, None in monasteries/religious houses]; Vespers or Evening Prayer; Compline or Night Prayer. Of this total of seven, it is customary to do just one of the Little Hours; a total of five. The Divine Office is also commonly referred to as the Breviary.

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Scripture—

Phil 4. 4-6

Rejoice in the Lord always; again I will say, Rejoice. Let your gentleness be known to everyone, The Lord is near. Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.