

Praying the LITURGY OF HOURS at Home

Pray in the morning, in the evening around supper time and at night before bed.

Prayer these prayers together as a household
or pray them as your own personal prayer.

Morning Prayer *This order of prayer may be prayed upon waking or before or during breakfast*

O LORD, OPEN MY LIPS, and my mouth shall declare your praise.

The Sign of the Cross ✠

Psalm 63

God, my God, you I crave;
my soul thirsts for you,
my body aches for you
like a dry and weary land.
Let me gaze on you in your temple:
a vision of strength and glory.

Your love is better than life,
my speech is full of praise.
I give you a lifetime of worship,
my hands raised in your name.
I feast at a rich table,
my lips sing of your glory.

On my bed I lie awake,
your memory fills the night.
You have been my help,
I rejoice beneath your wings.
Yes, I cling to you,
your right hand holds me fast.

The Canticle of Zechariah

Praise the Lord, the God of Israel,
who shepherds the people and sets them free.

God raises from David's house
a child with power to save.
Through the holy prophets
God promised in ages past
to save us from enemy hands,
from the grip of all who hate us.

The Lord favored our ancestors
recalling the sacred covenant,
the pledge to our ancestor Abraham,
to free us from our enemies,
so we might worship without fear
and be holy and just all our days.

And you, child, will be called
Prophet of the Most High,
for you will come to prepare
a pathway for the Lord
by teaching the people salvation
through forgiveness of their sin.

Out of God's deepest mercy
a dawn will come from on high,
light for those shadowed by death,
a guide for our feet on the way to peace.

The Lord's Prayer

You may join hands with others or hold your hands with palms facing upward while praying the Lord's Prayer.



Evening Prayer *This order of Prayer may be prayed before or after dinner.*

O GOD, COME TO MY ASSISTANCE, O Lord make haste to help me

THE LIGHTING OF A CANDLE *a candle may be lit to welcome the evening while saying:*

**JESUS CHRIST IS THE LIGHT OF THE WORLD,
A light no darkness can overcome!**

Psalm 141:1-5, 8

Hurry, Lord! I call and call!
Listen! I plead with you.
Let my prayer rise like incense,
my upraised hands, like an evening sacrifice.

Lord, guard my lips,
watch my every word.
Let me never speak evil
or consider hateful deeds,
let me never join the wicked
to eat their lavish meals.

If the just correct me,
I take their rebuke as kindness,
but the unktion of the wicked
will never touch my head.
I pray and pray
against their hateful ways.

Lord my God, I turn to you,
in you I find safety.
Do not strip me of life.

The Canticle of Mary

I acclaim the greatness of the Lord,
I delight in God my savior,
who regarded my humble state.
Truly from this day on
all ages will call me blest.

For God, wonderful in power,
has used that strength for me.
Holy the name of the Lord!
whose mercy embraces the faithful,
one generation to the next.

The mighty arm of God
scatters the proud in their conceit,
pulls tyrants from their thrones,
and raises up the humble.
The Lord fills the starving,
and lets the rich go hungry.

God rescues lowly Israel,
recalling the promise of mercy,
the promise made to our ancestors,
to Abraham's heirs for ever.

Prayers of INTERCESSION and LORD'S PRAYER

At day's end we offer our petitions in Jesus' name.

**We make intercession for our church, our world, our parish, our neighbors,
our family and friends and ourselves.**

Pray the General Intercessions from Sunday's Mass.

They are available at blessedtrinitymissoula.org
Click on the Worship tab then Sunday Intercessions.

We seal all our prayers with the Lord's Prayer.

In conclusion, all may share the SIGN OF PEACE.

FRIDAY Prayer Friday is our weekly fast day (during lent we abstain from meat on Friday), our day of special prayer and almsgiving.

Use this prayer on FRIDAY, either as Evening or Night Prayer. It could also be prayer as the GRACE before your Friday meal.

**LORD, BY YOUR CROSS AND RESURRECTION YOU HAVE SET US FREE;
You are the Savior of the world!**

Psalm 145:13-18, 21

The Lord's words are faithful.
The Lord's deeds are gracious.
The Lord upholds all who are falling,
and raises up all who are bowed down.

The eyes of all look to you,
and you give them their food in due season.
You open your hand,
you satisfy the desire of every living thing.

All the Lord's ways are just,
all the Lord's doings are kind.
The Lord is near to all who call,
to all who call upon the Lord in truth.

My mouth will speak the praise of the Lord;
let all flesh bless God's holy name forever and ever.

Prayer of the Day

All praise be yours, God our Creator,
as we wait in joyful hope
for the flowering of justice
and the fullness of peace.

All praise for this day, this Friday.
By our weekly fasting and prayer,
cast out the spirit of war, of fear and mistrust,
and make us grow hungry for human kindness,
thirsty for solidarity
with all the people of your dear earth.

May all our prayers, our fasting and our deeds
be done in the name of Jesus. Amen.



Night Prayer *This order of Prayer may be prayed before going to sleep at bedtime.*

O GOD, COME TO MY ASSISTANCE, O Lord make haste to help me.

**GLORY BE 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**

Examination of Conscience

**I CONFESS TO ALMGHTY GOD, and to you, my brothers and sisters, that I have sinned through my own fault in my thoughts and in my words, in what I have done and in what I have failed to do; and I ask blessed Mary, every virgin, all the angels and saints, and you my brothers and sisters to pray for me to the Lord our God.
AMEN**

Psalm 131

Lord, I am not proud,
holding my head too high,
reaching beyond my grasp.

No, I am calm and tranquil
like a weaned child
resting in its mother's arms:
my whole being at rest.
Let Israel rest in the Lord,
now and for ever.

Invocation to Mary

The final prayer of the day is customarily to Mary.

Hail, holy Queen, Mother of mercy,
our life, our sweetness, and our hope!
To you we cry, the children of Eve;
to you we send up our sighs,
mourning and weeping in this land of exile.
Turn, then, most gracious advocate,
your eyes of mercy toward us;
lead us home at last
and show us the blessed fruit of your
womb, Jesus:
O clement, O loving, O sweet Virgin Mary!

The Canticle of Simeon

Lord, let your servant
now die in peace,
for you kept your promise.

With my own eyes
I see the salvation
you prepared for all peoples:
a light of revelation for the Gentiles
and glory to your people Israel.

After a moment of quiet reflection....

Protect us Lord, as we stay awake;
watch over us as we sleep,
that awake,
we may keep watch with Christ,
and asleep, rest in his peace.

The Sign of the Cross

*We end the day the way we began it,
with the sign of the cross.*

May the almighty and merciful Lord,
the Father and the Son and the Holy Spirit,
bless and keep us. Amen.

Building Households of Faith ...

