Lesson 3 Liturgy of Hours

The Liturgy of the Hours is intended to become the prayer of the whole people of God will see this on repeat it over and over again Christ members participate according to their own place in the church and the circumstances of their lives.

Many of the religious communities most especially the monastic Community great all of the hours but other communities ask them to pray morning and night prayer only.

Once the churches were able to get together way back in the 4th Century, they started Gathering 2 times a day for morning prayer and evening prayer.

The format was similar to what we do today.

this was called The People's office and sometimes called the cathedral office because it might be prayed with the bishop in a cathedral.

Parallel to that we had the beginnings of monasticism the origins of monasticism in the centuries and the monks also we're praying the Divine Office or the Liturgy of the Hours

In time, for some reason, the praying moved almost exclusively to the monasteries, and since they had so much time many other hours of the day were created.

what about fifteen hundred years to or the second Vatican Council and with the Vatican council did was the origins of the Liturgy of the Hours as a prayer for the whole church

there is one quote in Vatican 2 that is really directed everything, we'll also look at some comments from the catechism and popes. what I'd like to share with you is what the church says about praying the Liturgy of the Hours. in other words, in the eyes of the church what is the Liturgy of the Hours?

Following sentence from the Vatican 2 documents opens up the heart of the Liturgy of the Hours. The council says, Christ Jesus high priest of the new and eternal Covenant (so you had priests in the old Covenant amongst the lights and there was a high priest a high priest. So Jesus is the new high priest in the New Testament. )

Taking Human Nature introduced into this Earthly Exile our world that him which is sung throughout all ages in the halls of Heaven

So there is a hin which is sung throughut all ages in the halls of Heaven Sun eternally there for some within the communion of the Trinity and this is a remarkable thing that this Hymn of Divine Praise.

Second sentence: "He Christ joins the entire community of mankind to himself associating it with his own singing of this Canticle of Divine Praise."

In other words: from all eternity there is an ongoing hymn of praise within the communion of the Trinity. An example:  we have a family that gets together every Union or just Sunday afternoon and you have several family members together and they just enjoy being with each other and they find ways to Delight in one another. the law that they see their the goodness the talents wisdom something very joyful is being expressed now take that to Infinity we have the three Divine persons gathered together living together in the community of the Trinity each delighting in the infant of love you have the eternal... You have the Eternal hymn of praise that is sung within the womb of the Trinity ...

What happens, the council says, that when Jesus becomes man, the word comes Flesh that Eternal hymn of praise is now introduced into our world and for the first time that Eternal hymn a praise is sung from a human heart and on human lips and the Liturgy of the Hours  is our association with Christ ; that is the real heart of the Liturgy of the Hours.

When we awake, regardless of how tired we are, the spirit that comes to the aid of our weakness, in Romans 8 , Paul says, we do not know how to pray as we ought but the spirit comes with sighs to aid us.

So the spirit takes my sincere, but maybe somewhat distracted and tired prayer, and comes to the aid of my weakness and raises up my prayer and Unites it with Christ who is our mediator with the father. Christ Associates my prayer of the Liturgy of the Hours with his own in that Eternal humn of praise and races It Up made beautiful and Powerful as it's United with his praise to the father - that's what's happening when we pray the Liturgy of the Hours.

so the council says "Christ joins the entire community of mankind to himself associating it with his own singing of this Canticle of Divine Praise."

if we go no further and meditating on those two sentences, we can be inspired to give our prayers and praise... And you can see the power in this prayer because my weak or  meager prayer of the Liturgy of the Hours is made powerful and beautiful and filled with effacacityy as it is united with Christ and raised to the father.

The council goes on with two more sentences: for Christ continues his Priestly work through the agency of the church which is ceaselessly engaged in doing two things:  in praising the Lord and interceding for the Salvation of the whole world.

these are the two fundamental elements in the Liturgy of the Hours it is first and above all a prayer praise and then secondly and almost immediately after that a prayer of intercession for the Salvation of the whole world for all the needs of all the members of the church and all the people of the world.

and if we look at our prayer those are the two things which are always at the heart of our prayers: we're praying for others and asking her help and giving thanks.

The church does this not only by celebrating the Eucharist which will always be the primary way in which the church this is the heart of liturgical prayer but also in other ways especially  by praying the Divine Office or the Liturgy of the Hours.

a few sentences of the catechism of the Catholic Church: the mystery of Christ is Incarnation and Passover,  which we celebrate in the Eucharist especially at the Sunday assembly. So here is the link between the mass and the Liturgy of the Hours: so the mystery of Christ which we celebrate in the Eucharist everyday but especially at The Sunday Assembly permeates and transfigures the time of each day through the celebration of the Liturgy of the Hours.

so that what we celebrate at One Moment In the day, in the Holy Eucharist, now moves out and fills all the hours of the day through the  Associated liturgical prayer of the Liturgy of the Hours.

In other words, even if we go to daily mass, there's something in us that wants more, more connection, and a Liturgy of the Hours is something that is a gift that continues to reverberate throughout the day. Here is this rhythmic liturgical return, which begins and arises from the mass and returns back to the Holy Eucharist.

the celebration of the Liturgy of the Hours faithful to the apostolic exhortation to pray constantly 1 Thessalonians 5: 17 or Paul says pray constantly or Luke 18 where he says to pray constantly without losing heart, the question is, how do we do that?

The Liturgy of the Hours is not the only way, however it is the primary way because it is the liturgical prayer with all the power that we've been unfolding.

we pray constantly by filling the hours of the day with this liturgical prayer the church.

The hole course of the day and the night is made Holy by the praise of God.

in this public prayer of the church, which is what the Liturgy the hours is, the faithful and the catechism specifies clergy religious and lay people, in other words,l all the members of the church exercise the royal priesthood of the baptized which is another powerful thing. we have the sense and understandably because for about 1500 years it was you this way that the Liturgy of the Hours is really something for the priest and the churches answer is  absolutely right the Liturgy of the Hours is something for the priest, but we are all all priests. There is the ministerial priesthood which is derived from the sacrament of holy orders, but we all share the royal priesthood.

Remember at baptism, those beautiful words with a special chrism oil, made priest prophet and King, now I feel particularly called to practice that priesthood.

We all share a priesthood that opens to us the invitation to pray the Liturgy of the Hours.

that's why the council is so insistent that this is a prayer for all in the church. All the baptized.

the Liturgy of the Hours is truly the voice of the Bride the church (members of the church) address to the bridegroom. (Our lord Jesus)

It is the very prayer that Christ himself, together with his body, and it is also the prayer then that we address to Christ.

, Christ gathers our prayer and Associate it with own prayer and raises it up to the father--16:18