



Liturgy of the Hours

The **Liturgy of the Hours** is the daily prayer of the Church, marking the hours of each day and sanctifying the day with reflective prayer. The Hours are a meditative dialogue on the mystery of Christ, using [scripture](#) and [prayer](#). At times the dialogue is between the Church or individual soul and God; at times it is a dialogue among the members of the Church; and at times it is even between the Church and the world. The dialogue is always held, however, in the presence of God and using the words and wisdom of God. Each of the five canonical Hours includes selections from the Psalms that culminate in a scriptural proclamation.

The two most important Hours are Morning and Evening Prayer. These each include a Gospel canticle: the Canticle of Zechariah from Luke 1:68-79 for Morning Prayer (known as the *Benedictus*), and the Canticle of Mary from Luke 1:46-55 for Evening Prayer (known as the *Magnificat*). The Gospel canticle acts as a kind of meditative extension of the scriptural proclamation in light of the Christ event. Morning and Evening Prayer also include intercessions that flow from the scriptural proclamation just as the Psalms prepare for it.

Resources

- [USCCB: Liturgy of the Hours](#)
- [DivineOffice.org](#)
- [Universalis](#)
- [The Catholic Liturgical Library General Instruction on Liturgy of the Hours](#)
- [Liturgy of the Hours iPhone app](#)
- [Young Catholics & Praying the Liturgy of the Hours](#) (video)

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