**

***Liturgy of the Hours***

**Monastic Version – Morning Prayer**

**Outline and Sample Template**

**Nineteenth Week of Ordinary Time**

***Monday Week 3***

***Monastic Version***

The ‘Monastic’ version of the *Liturgy of the Hours*, is the form most commonly prayed by Religious, clergy and many others. The ‘typical’ structure for the Monastic version is outlined below. A sample template follows.

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| **Morning Prayer** | **Evening Prayer** |
| **Introductory Rite**  **Introduction**  **Introductory Verse**  **Hymn**  (appropriate to the hour and with copyright acknowledgement) | |
| **Psalmody** | |
| **First Psalm**  **Canticle**  **Second Psalm** | **First Psalm**  **Second Psalm**  **Canticle** |
| **Word of God**  **Scripture Reading**  **Short Responsory** | |
| **Praise and Intercession** | |
| **Gospel Canticle: Benedictus** | **Gospel Canticle: Magnifiat** |
| **Intercessions**  **Lord’s Prayer** | |
| **Concluding Rite**  **Concluding Prayer**  **Blessing** | |

Like all liturgy, the Liturgy of the Hours involves various liturgical ministries including the Leader and a person to proclaim the scripture. Instructions to stand and sit may be used depending on the setting. They are most appropriate for a more formal celebration in the Church.

**INTRODUCTORY RITE**

**Introduction**

*The Leader may briefly introduce the prayer. Allow a brief silence after this before beginning.*

**Introductory Verse** *Please Stand*

**Leader:** O God, come to our aid.

*All make the sign of the cross.*

**All:** O Lord, make haste to help us.

Glory be to the Father, and the Son, and the Holy Spirit,

as it was in the beginning, is now and ever shall be,

world without end. Amen.

**Morning Hymn:**

*Choose an appropriate morning hymn – usually a hymn of praise*

**PSALMODY**

**First Psalm: 83**  *Please be seated*

**Antiphon (Reader 1):**They are happy, who dwell in your house, Lord.

**Reader 1:** How lovely is your dwelling place,

**Side 1:** Lord, God of hosts.

**Side 2:** My soul is longing and yearning,

is yearning for the courts of the Lord.

My heart and my soul ring out their joy

to God, the living God.

**Side 1:** The sparrow herself finds a home

and the swallow a nest for her brood;

she lays her young by your altars,

Lord of hosts, my king and my God.

**Side 2:** They are happy, who dwell in your house,

for ever singing your praise.

They are happy, whose strength is in you,

in whose hearts are the roads to Zion.

**Side 1:** As they go through the Bitter Valley

they make it a place of springs

the autumn rain covers it with blessings.

They walk with ever growing strength,

they will see the God of gods in Zion.

**Side 2:** O Lord God of hosts, hear my prayer,

give ear, O God of Jacob.

Turn your eyes, O God, our shield,

look on the face of your anointed.

**Side 1:** One day within your courts

is better than a thousand elsewhere.

The threshold of the house of God

I prefer to the dwellings of the wicked.

**Side 2:** For the Lord God is a rampart, a shield;

he will give us his favour and glory.

The Lord will not refuse any good

to those who walk without blame.

**Side 1:** Lord, God of hosts,

happy the man who trusts in you!

**Side 2:** Glory be to the Father, and the Son, and the Holy Spirit,

as it was in the beginning is now and ever shall be,

world without end. Amen.

**Antiphon (All):**They are happy, who dwell in your house, Lord.

*Allow a brief pause before continuing with the Canticle.*

**Old Testament Canticle: Isaiah 2:2-5**

**Antiphon (Reader 2):**Come, let us go up to the mountain of the Lord.

**Reader 2:** In days to come

**Side 2:** the mountain of the Lord’s house

shall be established as the highest of the mountains,

and shall be raised above the hills;

all the nations shall stream to it.

**Side 1:** Many peoples shall come and say,

‘Come, let us go up to the mountain of the Lord,

to the house of the God of Jacob;

that he may teach us his ways

and that we may walk in his paths.’

**Side 2:** For out of Zion shall go forth instruction,

and the word of the Lord from Jerusalem.

He shall judge between the nations,

and shall arbitrate for many peoples;

they shall beat their swords into ploughshares,

and their spears into pruning hooks;

nation shall not lift up sword against nation,

neither shall they learn war any more.

**Side 1:** O house of Jacob,

come, let us walk in the light of the Lord!

**Side 2:** Glory be to the Father …

**Antiphon (All):** Come, let us go up to the mountain of the Lord.

*Allow a brief pause before continuing with the psalm.*

**Second Psalm: 95**

**Antiphon (Reader 1):**O sing to the Lord, bless his name.

**Reader 1:** O sing a new song to the Lord,

**Side 1:** sing to the Lord all the earth.

O sing to the Lord, bless his name.

**Side 2:** Proclaim his help day by day,

tell among the nations his glory

and his wonders among all the peoples.

**Side 1:** The Lord is great and worthy of praise,

to be feared above all gods;

the gods of the heathens are naught.

**Side 2:** It was the Lord who made the heavens,

his are majesty and state and power

and splendour in his holy place.

**Side 1:** Give the Lord, you families of peoples,

give the Lord glory and power;

give the Lord the glory of his name.

**Side 2:** Bring an offering and enter his courts,

worship the Lord in his temple.

O earth, tremble before him.

**Side 1:** Proclaim to the nations: ‘God is king.’

The world he made firm in its place;

he will judge the peoples in fairness.

**Side 2:** Let the heavens rejoice and earth be glad,

let the sea and all within it thunder praise,

let the land and all it bears rejoice,

all the trees of the wood shout for joy

**Side 1:** at the presence of the Lord for he comes,

he comes to rule the earth.

With justice he will rule the world,

he will judge the peoples with his truth.

**Side 2:** Glory be to the Father …

**Antiphon (All):** O sing to the Lord, bless his name.

*Allow a brief period of silence before the Reading begins.*

**WORD OF GOD**

*Depending on the setting, the reading may be proclaimed from the Ambo, or from the reader’s place.*

**Scripture reading: James 2:12-13**

Speak and so act as those who are to be judged by the law of liberty. For judgment will be without mercy to anyone who has shown no mercy; mercy triumphs over judgment.

*Allow a brief time of silence for personal reflection, or if appropriate for people to share their reflections.*

**Short Responsory**

**Leader:** Blessed be the Lord from age to age.

**All:** Blessed be the Lord from age to age.

**Leader:** He alone has wrought marvellous works.

**All:** Blessed be the Lord from age to age.

**Leader:** Glory be to the Father and to the Son and to the Holy Spirit.

**All:** Blessed be the Lord from age to age.

*Allow a brief pause before continuing with the Canticle.*

**PRAISE AND INTERCESSION**

**Canticle of Zechariah (Benedictus)** *Please Stand*

**Antiphon (Reader 1):** God has chosen us to be his adopted children through Jesus his Son.

*All make the sign of the cross as the first line of the Canticle is prayed.*

**Reader 1:** Praise the Lord the God of Israel,

**Side 1:** who shepherds the people and sets them free

**Side 2:** 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.

**Side 1:** The Lord favoured 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.

**Side 2:** And you child shall be called

prophet of the Most High,

for you will come to prepare

a pathway for the Lord

by teaching the people salvation

through the forgiveness of their sin.

**Side 1:** Out of God’s deepest mercy,

a dawn will come from on high,

Light for those shadowed by death,

a guide to our feet on the way to peace.

**Side 1:** Glory be to the Father …

**Antiphon (All):** God has chosen us to be his adopted children through Jesus his Son.

**Intercessions**

**Leader:** In the life of his incarnate Son, God has shown us the dignity of man's labour. With this in mind we pray:

**All:** Lord, bless our work.

We bless you, Lord, for bringing us to this day: we thank you for protecting our lives and giving us what we need. R.

Be with us, Lord, as we take up our daily tasks: and help us to remember that it is in your world we live and work. R.

You have called us to serve you responsibly in the world: help us to build a just and Christian society. R.

Stay with us and with everyone we meet this day: let us give your joy and your peace to the world. R.

*If appropriate pause to allow for spontaneous prayers.*

**Lord's Prayer**

**Leader:** As sons and daughters of a loving God, we pray in the confident words of his Son:

**All:** Our Father …

**Concluding Prayer**

**Leader**:King of heaven and earth, Lord God,

rule over our hearts and bodies this day.

Sanctify us,

and guide our every thought, word and deed

according to the commandments of your law,

so that now and for ever

your grace may free and save us.

We make our prayer through Christ our Lord.

**All:** Amen.

**Blessing**

*A blessing may conclude the liturgy. The flowing is from the ‘Liturgy of the Hours’.*

**Leader:** May the Lord bless us,

keep us from evil,

and bring us to everlasting life.

**All:** Amen.

**Acknowledgements**

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