

How to Pray the
Liturgy of the Hours

step-by-step instructions

Night Prayer

Psalm Sandwich

Antiphon

Psalm or
Canticle

Glory to...

Psalm prayer

Antiphon

Night Prayer

Instructions on page 1034 - within the NP Psalter

***Not in the Ordinary*

- ◆ GILH - §84 - 92 — link on webpage

Night Prayer

Pattern of Night Prayer

- ♦ Introduction
- ♦ *Examination of Conscience*
 - ♦ *Penitential Rite*
- ♦ Hymn
- ♦ Psalmody (1 or 2 Psalms)
- ♦ Scriptural Reading
- ♦ Responsory
- ♦ Antiphon for Canticle of Simeon
- ♦ Gospel Canticle - Simeon (+)
- ♦ *repeat Antiphon for Canticle of Simeon*
- ♦ Concluding Prayer
- ♦ Blessing/Conclusion
- ♦ Antiphon in Honor of the Blessed Virgin (p1056)

Night Prayer

- ◆ Nighttime prayer is on a one-week rotation.
- ◆ Instruction, p1034
- ◆ After the Introduction, there is a brief EXAMINATION OF CONSCIENCE
 - ◆ then say: Penitential Rite

Night Prayer

- ♦ REMEMBER - *liturgically*, Sunday begins at sundown on Saturday night.
- ♦ Therefore, on p 1034, there is Night Prayer after Evening Prayer 1 for Sunday
 - ♦ (but prayed on Saturday Night)

Night Prayer

- Start with the **Introduction**
 - God + come to my assistance, Make haste to help me. Glory to the Father...
- **Examination of Conscience**
 - **Penitential Rite** - use formula of Mass
 - Lord have mercy, Christ have mercy, Lord have mercy
 - I confess to Almighty God, and to you....
 - Lord Jesus Christ, have mercy on me, a sinner.
- **Hymn** - *see list of recommendations* - choice given: #33, 34, 42, 48-53, 99, 184

Night Prayer

- ◆ Go to the correct Night p 1034 - 1055
- ◆ Psalmody:
 - ◆ Psalms: 1 most nights, or 2 short (Sat & Wed)
 - ◆ Short Pause after each Psalm and Canticle

Antiphon

Psalm

Glory to...

Psalm prayer

Antiphon

Night Prayer

- ◆ Scripture Reading
- ◆ Responsory
- ◆ Short Pause, silence, for reflection

Night Prayer

- ◆ Gospel Canticle = Canticle of Simeon (+),
(*Nunc Dimitis*)
 - ◆ Read story of the **Presentation of Jesus at the Temple**, and the encounter with Simeon (Luke 2:22-35)
 - ◆ Gospel Antiphon
 - ◆ Canticle of Simeon (given every night)
 - ◆ Doxology
 - ◆ *repeat* Gospel Antiphon



Night Prayer

- ◆ Concluding Prayer
- ◆ Blessing
 - ◆ *May the all-powerful Lord grant us a restful night and a peaceful death. Amen*
- ◆ Close with praying any one of the **Antiphons in Honor of the Blessed Virgin (1056)**

Night Prayer

EXAMPLE - Wednesday Night Prayer

- Start p1034
 - Introduction
 - Examination of Conscience
 - Penitential Rite
 - Hymn
- Go to Wednesday night - p1046
 - Ps 31
 - Ps 130
 - Reading
- Responsory
- Gospel Canticle of Simeon (+), with Night Antiphon: “Protect us, Lord,...”
- Prayer
- Blessing, p 1649
 - May the all-powerful Lord grant us a restful night and a peaceful death.
Amen
- Close with praying any one of the Antiphons in Honor of the Blessed Virgin (1056-1057)

Antiphon

Psalm

Glory to...

Psalm prayer

Antiphon

A wide-angle photograph of a dramatic sky at dusk or dawn. The upper half of the image is dominated by large, billowing cumulus clouds, their edges catching the light in shades of orange, yellow, and white. Below these, the sky transitions into a darker, more uniform blue-grey. The horizon line is visible at the bottom, showing a layer of smaller, more uniform clouds. The overall effect is one of a powerful, natural scene.

PEACEFUL NIGHT