

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 Dimittis*)
 - ♦ 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

Antiphon

Psalm

Glory to...

Psalm prayer

Antiphon

- ♦ 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)



PEACEFUL NIGHT