

## **Spiritual Boot Camp: Keeping God in Mind throughout the Day with Liturgy of the Hours**

*Use this complete prayer service with the Chapter 7, section 1 of Your Christian Vocation. You may also choose to use only individual parts of the prayer service.*

Needs:

- copies as needed or projection

### *Prayer Introduction*

**Leader:** In this chapter you have been learning about the habits of prayer and formation that men preparing for the priesthood utilize. One of the markers of prayer for men in seminary and especially for those who have become priests is the universal prayer of the Church, sometimes called the Divine Office, or the Liturgy of the Hours. Priests make a commitment to praying the Liturgy of the Hours at several key points in their day, often this includes Morning Prayer, Daytime Prayer, Evening Prayer, and Night Prayer. The Liturgy of the Hours draws the person back throughout the day to the words of Scripture, so that they are constantly keeping in mind God's saving action. Today we will be praying Daytime Prayer together as a way to keep Christ beside us and the words of Scripture in our hearts. Are you looking for a way to pray more regularly, or to read the Bible? Liturgy of the Hours might be a type of prayer that you could try. There are several ways to access it online, or through apps.

(The leader should split the class into two groups, Side 1 and Side 2, for the Psalms. Choose to do either the readings from Midmorning, Midday, or Midafternoon. There should also be a designated person to be the reader.)

### *Daytime Prayer*

#### *Opening Prayer*

**Leader:** (Have students stand, make the Sign of the Cross) God, come to my assistance,

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

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

**All:** As it was in the beginning, is now, and will be forever. Amen.

*Hymn: Holy God, We Praise Thy Name*

**All:** Holy God, we praise Thy Name;  
Lord of all, we bow before Thee!  
All on earth Thy scepter claim,  
All in Heaven above adore Thee;  
Infinite Thy vast domain,  
Everlasting is Thy reign.

Hark! the loud celestial hymn  
Angel choirs above are raising,  
Cherubim and Seraphim,  
In unceasing chorus praising;  
Fill the heavens with sweet accord:  
Holy, holy, holy, Lord.

*Psalmody*

*Psalm 119: 105-112*

**Leader:** Whoever follows me does not walk in the dark; he will have the light of life.

**Side 1:** Your word is a lamp for my steps and a light for my path. I have sworn and have made up my mind to obey your decrees.

**Side 2:** LORD, I am deeply afflicted: by your word give me life. Accept, LORD, the homage of my lips and teach me your decrees.

**Side 1:** Though I carry my life in my hands, I remember your law. Though the wicked try to ensnare me I do not stray from your precepts.

**Side 2:** Your will is my heritage forever, the joy of my heart. I set myself to carry out your statutes in fullness, forever.

**Side 1:** Glory to the Father, and to the Son, and to the Holy Spirit.

**Side 2:** As it was in the beginning, is now, and will be forever. Amen.

**Leader:** Let your Word, Father, be a lamp for our feet and a light to our path, so that we may understand what you wish to teach us and follow the path your light marks out for us.

**All:** Whoever follows me does not walk in the dark: he will have the light of life.

*Psalm 70*

**Leader:** Help me, O God, for I am poor and needy.

**Side 1:** O God, make haste to my rescue, LORD, come to my aid! Let there be shame and confusion on those who seek my life.

**Side 2:** O let them turn back in confusion, who delight in my harm, let them retreat, covered with shame, who jeer at my lot.

**Side 1:** Let there be rejoicing and gladness for all who seek you. Let them say forever: "God is great," who love your saving help.

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

**Side 1:** As it was in the beginning, is now, and will be forever. Amen.

**Leader:** God, our help and deliverer, do not abandon us among the many temptations of life but deliver us from evil and turn our tears and struggles into joy.

**All:** Help me, O God, for I am poor and needy.

*Psalm 75*

**Leader:** God, who is justice and truth, does not judge by appearances.

**Side 1:** We give thanks to you, O God, we give thanks and call upon your name. We recount your wonderful deeds.

**Side 2:** “When I reach the appointed time, then I will judge with justice. Though the earth and all who dwell in it may rock, it is I who uphold its pillars.

**Side 1:** To the boastful I say: ‘Do not boast,’ to the wicked; ‘Do not flaunt your strength, do not flaunt your strength on high. Do not speak with insolent pride.’”

**Side 2:** For neither from the east nor from the west, nor from desert nor mountains comes judgment, but God himself is the judge. One he humbles, another he exalts.

**Side 1:** The LORD holds a cup in his hand, full of wine, foaming and spiced. He pours it; they drink it to the dregs; all the wicked on earth must drain it.

**Side 2:** As for me, I will rejoice forever and sing psalms to Jacob’s God. He shall break the power of the wicked, while the strength of the just shall be exalted.

**Side 1:** Glory to the Father, and to the Son, and to the Holy Spirit.

**Side 2:** As it was in the beginning, is now, and will be forever. Amen.

**Leader:** Father, by the passion of your Son you proclaimed the final judgment of the world; when you raised Christ upon the cross you deposed the prince of darkness. Strike down the pride that rules our hearts and raise us to the glory of the Resurrection.

**All:** God, who is justice and truth, does not judge by appearances.

**Leader:** (Choose to do either the readings from Midmorning, Midday, or Midafternoon)

*Midmorning*

*Reading (1 Cor 13:4-7)*

**Reader 1:** Love is patient; love is kind. Love is not jealous, it does not put on airs, it is not snobbish. Love is not rude, it is not self-seeking, it is not prone to anger; neither does it brood over injuries. Love does not rejoice in what is wrong but rejoices with the truth. There is no limit to love’s forbearance, to its trust, its hope, its power to endure.

**Reader 1:** All who seek you, Lord, will dance for joy.

**All:** They will proclaim your greatness forever.

**Leader:** God of truth, Father of all, you send your Spirit as you promised to bring together in love all whom sin has driven apart. Strengthen us to work for your blessings of unity and peace in the world. Grant this through Christ our Lord.

**All:** Amen.

**Leader:** Let us praise the Lord.

**All:** And give him thanks.

*Midday*

*Reading (1 Cor 13: 8-9, 13)*

**Reader 1:** Love never fails. Prophecies will cease, tongues will be silent, knowledge will pass away. Our knowledge is imperfect and our prophesying is imperfect. There are in the end three things that last: faith, hope, and love, and the greatest of these is love.

**Reader 1:** Lord, show us your love and mercy.

**All:** For we put our trust in you.

**Leader:** God of mercy, this midday moment of rest is your welcome gift. Bless the work we have begun, make good its defects and let us finish it in a way that pleases you. Grant this through Christ our Lord.

**All:** Amen.

**Leader:** Let us praise the Lord.

**All:** And give him thanks.

*Midafternoon*

*Reading (Col 3: 14-15)*

**Reader 1:** Over all other virtues put on love, which binds the rest together and makes them perfect. Christ's peace must reign in your hearts, since as members of the one body you have been called to that peace. Dedicate yourselves to thankfulness.

**Reader 1:** The gentle will inherit the earth.

**All:** They will have peace to their hearts' content.

**Leader:** Lord Jesus Christ, to save mankind you stretched out your arms on the cross. Let our work be pleasing to you: may it proclaim your salvation to the world, for you live and reign forever and ever.

**All:** Amen.

**Leader:** Let us praise the Lord.

**All:** And give him thanks.