Introduction to Liturgy of the Hours Retreat
Various names: Canonical Hours, the Divine Office, Prayer of the Hours, the Divine Hours, Liturgy of the Hours

Scripture

Old Testament

- At midnight I rise to give you thanks. Psalm 119:62
- Seven times a day I praise you. Psalm 119:164
- Evening, morning, and at noon, I cry out. Psalm 55:17
- I meditate day and night. Psalm 1:2

New Testament

- In the morning long before dawn, Jesus got up and left the house, and went off to a lonely place and prayed there. Mark 1:32-35
- As we look at the gospels it is crystal clear Jesus had a rhythm of prayer in his life.
- Jesus lived mindfully, consciously, intentionally, awake.

Special Hours of Prayer are Honored by Many Traditions

- Islam-Pre-dawn, noon, afternoon, sunset, night. Face Mecca 5x day to kneel and pray
- Judaism- Morning, noon, night
- When early Christian began to detach themselves from Judaism, they kept the practice of praying at fixed times of the day. As monastic communities began to form, other hours of the day were eventually added to the monastic day.
- Thus the Liturgy of the Hours was developed. The hours have been revised and expanded in many ways in the course of history.

Why Pray the Hours Today

- Praying the hours calls us back to center, life in God, in a different way seven times a day.
- Praying the hours offers a way of awareness, a way to move mindfully through the hours of the day.
- Praying the hours helps us to consecrate time. Each hour has its own particular grace, invitation and spirit.
- Praying the hours helps us see ordinary daily moments as sacred.
- Praying the hours calls us to live the paschal mystery/living/dying/rising cycle.

Prayer of the Hours consecrates time, not by changing it and making it other than it is, but by admitting it to be what it already is-God's time." -Gabriel O'Donnell

The Liturgy of the Hours is medicine of deep listening taken seven times a day. They help us live in a way that is kind to our soul and keeps vigil with our life. - Macrina Wiederkehr