

*Then they came to a place named Gethsemane, and he said to his disciples,  
“Sit here while I pray.”*

MARK 14: 32



# LITURGY OF THE HOURS

- I. INTRODUCTION
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# LITURGY OF THE HOURS

## I. INTRODUCTION

“Public and common prayer by the people of God is rightly considered to be among the primary duties of the Church. The Acts of the apostles give frequent testimony to the fact that the Christian Community prayed with one accord. Then, in different places, became the established practice soon to assign special times for common prayer. This kind of common prayer took shape in the form of an ordered round of Hours. This liturgy of hours or divine office, enriched by readings, is principally a prayer of praise and petition. Indeed, it is the prayer of the Church with Christ and to Christ.” (*General Instruction of the Liturgy of Hours, 1 and 2*)

## II. PARISH CELEBRATIONS

**LH 1. Pastors/ pastoral leaders or their delegate shall promote parish celebrations of the Liturgy of the Hours celebrated with the prescribed ritual texts given in the *Liturgy of the Hours* according to the Roman Rite. The Monastic or Cathedral style may be used as deemed appropriate.**

Most especially, Liturgy of the Hours should be celebrated in common during the seasons of Advent, Lent, and during the Triduum.

## III. ORDINARY MINISTER

**LH 2. The ordinary presider at the Liturgy of the Hours is the Bishop, priest or deacon.**

Lay ministers may also be trained and appointed to preside in the absence of the Ordinary Presider.