

Praying the Hours—Introduction

Praying the Hours does not mean that you pray for an hour, but you could. It is more about having a regular connection to God throughout the day. It is an ancient practice by Christians, Muslims, and Jews. While some may stop and pray 7 times a day we will pray three times, Morning, Noon and Night. Each fixed hour prayer will take about 5-7 minutes if the words are simply prayed. You may stop and ponder the words in each section, read them silently and meditate on the words. You may pause and just listen for God. Some days you will just pray the words for the sake of the words themselves.

This is a practice of honoring God. If you have a prayer partner, each person can pray out loud every other section of an fixed prayer. It will change you over time. Holding hands during the Lord's prayer is a good idea.

If you miss a prayer time don't be concerned. This is a process of praying. If praying the Hour's becomes habit for you, you may purchase the recommended 3 Set books by Phyllis Tickle,

Divine Hours Vol1: Prayers for Summertime: A Manual for Prayer, Divine Hours Vol 2: Prayers for Autumn and Wintertime-A Manual for Prayer, Divine Hours Vol 3: Prayers for Springtime-A Manual for Prayer Eastertide

Please note Kindle edition while portable is not as user friendly as the actual books.

This 40 Day Lent Journey is to introduce you to this wonderful habit. Jan and I have prayed the hours since Jan 1st and it is connecting us closer to each other and closer to God. I highly recommend this practice as a spiritual exercise, please let me know how it is working for you. I have written these Fixed Hour Prayers borrowing from many prayer sources and the Psalms which is normal for Fixed Hour Praying.

Enjoy this practice, Day 1-3 is listed below!

Pastor Glenn

Lent Day 1 Ash Wednesday

Morning Office (observed between 6-9am)

The Call to Prayer

¹ Have mercy on me, O God,
according to your steadfast love;
according to your abundant mercy
blot out my transgressions. Ps 51:1

The Request for Presence

You show me the path of life.
In your presence there is fullness of joy;
in your right hand are pleasures for evermore Ps. 16:11

The Greeting

³ But you, O LORD, are a shield around me,
my glory, and the one who lifts up my head. Ps 3:3

The Refrain for Morning Lesson

⁷ Rise up, O LORD!
Deliver me, O my God! Ps 3:7

The Reading

Matthew 6:1-6

Beware of practicing your piety before others in order to be seen by them; for then you have no reward from your Father in heaven.² 'So whenever you give alms, do not sound a trumpet before you, as the hypocrites do in the synagogues and in the streets, so that they may be praised by others. Truly I tell you, they have received their reward. ³But when you give alms, do not let your left hand know what your right hand is doing, ⁴so that your alms may be done in secret; and your Father who sees in secret will reward you.⁵ 'And whenever you pray, do not be like the hypocrites; for they love to stand and pray in the synagogues and at the street corners, so that they may be seen by others. Truly I tell you, they have received their reward.⁶But whenever you pray, go into your room and shut the door and pray to your Father who is in secret; and your Father who sees in secret will reward you

The Refrain for Morning Lesson

⁷ Rise up, O LORD!
Deliver me, O my God! Ps 3:7

Morning Psalm

³ For I know my transgressions,
and my sin is ever before me.
⁴ Against you, you alone, have I sinned,
and done what is evil in your sight,
so that you are justified in your sentence
and blameless when you pass judgement.
⁵ Indeed, I was born guilty,
a sinner when my mother conceived me. Ps 51:3-5

The Refrain for Morning Lesson

⁷ Rise up, O LORD!
Deliver me, O my God! Ps 3:7

Lord's Prayer

Prayer for the Week

As we mark ourselves with ashes and the sign of the cross, we admit our wrongdoings and our human weaknesses. Remember the forgiveness and new life we have in Jesus Christ. Amen.

Concluding Prayer

I thank You, my heavenly Father, through Jesus Christ, Your dear Son, that You have kept me this night from all harm and danger; and I pray that You would keep me this day also from sin and every evil, that all my doings and life may please You. For into Your hands I commend myself, my body and soul, and all things. Let Your holy angel be with me, that the evil foe may have no power over me. Amen

Midday Office (observed 11am to 2 PM)

The Call to Prayer

The LORD has heard my supplication;
the LORD accepts my prayer Ps.6:9

The request for Presence

You bestow on him blessings forever;
you make him glad with the joy of your presence Ps. 21:6

Greeting

² Listen to the sound of my cry,
my King and my God,
for to you I pray Ps. 5:2

Refrain for Midday Lesson

¹¹ But let all who take refuge in you rejoice;
let them ever sing for joy. Ps. 5:11

Reading

Matthew 6:16-21

‘And whenever you fast, do not look dismal, like the hypocrites, for they disfigure their faces so as to show others that they are fasting. Truly I tell you, they have received their reward. But when you fast, put oil on your head and wash your face, so that your fasting may be seen not by others but by your Father who is in secret; and your Father who sees in secret will reward you. ‘Do not store up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal; but store up for yourselves treasures in heaven, where neither moth nor rust consumes and where thieves do not break in and steal. For where your treasure is, there your heart will be also.

Refrain for Midday Lesson

¹¹ But let all who take refuge in you rejoice;
let them ever sing for joy. Ps. 5:11

Midday Psalm

⁶ You desire truth in the inward being;
therefore teach me wisdom in my secret heart.

⁷ Purge me with hyssop, and I shall be clean;
wash me, and I shall be whiter than snow.

⁸ Let me hear joy and gladness;
let the bones that you have crushed rejoice.

⁹ Hide your face from my sins,
and blot out all my iniquities. Ps 51:6-9

Refrain for Midday Lesson

¹¹ But let all who take refuge in you rejoice;
let them ever sing for joy. Ps. 5:11

Lord's Prayer

Prayer for the Week

As we mark ourselves with ashes and the sign of the cross, we admit our wrongdoings and our human weaknesses. Remember the forgiveness and new life we have in Jesus Christ. Amen.

Concluding Prayer of the Church

By the miraculous and simple actions of God in the world, we are moved to offer thanks and glory for the light that the Son of God, Jesus Christ, shines in the world. Amen.

Vespers Office (to be observed 7-10 pm)

Call to Prayer

⁴ Turn, O LORD, save my life;
deliver me for the sake of your steadfast love. Ps. 6:4

Request for Presence

The LORD has heard my supplication;
the LORD accepts my prayer Ps. 6:9

Greeting

¹⁰ God is my shield,
who saves the upright in heart. Ps 7:10

Hymn: In The Cross of Christ I Glory

Verse 1

**In the cross of Christ I glory
Tow'ring o'er the wrecks of time
All the light of sacred story
Gathers round its head sublime**

Verse 2

**When the woes of life o'ertake me
Hopes deceive and fears annoy
Never shall the cross forsake me
Lo it glows with peace and joy**

Verse 3

**When the sun of bliss is beaming
Light and love upon my way**

**From the cross the radiance streaming
Adds more luster to the day**

Verse 4

**Bane and blessing pain and pleasure
By the cross are sanctified
Peace is there that knows no measure
Joys that through all time abide**

Refrain for Vesper Lesson

¹² Restore to me the joy of your salvation,
and sustain in me a willing spirit.

Vesper Psalm

¹⁵ O Lord, open my lips,
and my mouth will declare your praise.

¹⁶ For you have no delight in sacrifice;
if I were to give a burnt-offering, you would not be pleased.

¹⁷ The sacrifice acceptable to God is a broken spirit;
a broken and contrite heart, O God, you will not despise. Ps 51:15-17

Refrain for Vesper Lesson

¹² Restore to me the joy of your salvation,
and sustain in me a willing spirit.

Lord's Prayer

Prayer of the week

As we mark ourselves with ashes and the sign of the cross, we admit our wrongdoings and our human weaknesses. Remember the forgiveness and new life we have in Jesus Christ. Amen.

Concluding Prayer of the Church

Lent leads us – invites us – to have conversations about faith, our humanness, what it means to be Lutheran Christians, and the good news of Jesus Christ. We pray that God's Spirit will guide our discussions and free us to be curious, respectful and attentive to each person, and inspired to action. Amen.

Lent Day 2

Morning Office (observed between 6-9am)

The Call to Prayer

Hear a just cause, O LORD; attend to my cry;
give ear to my prayer from lips free of deceit Ps. 17:1

The Request for Presence

You prepare a table before me
in the presence of my enemies;
you anoint my head with oil;
my cup overflows Ps.23:5

The Greeting

¹ O LORD, our Sovereign,
how majestic is your name in all the earth! Ps.8:1

The Refrain for Morning Lesson

¹ I will give thanks to the LORD with my whole heart;
I will tell of all your wonderful deeds. Ps. 9:1

The Reading

2 Corinthians 5:20-6:10²⁰So we are ambassadors for Christ, since God is making his appeal through us; we entreat you on behalf of Christ, be reconciled to God.²¹For our sake he made him to be sin who knew no sin, so that in him we might become the righteousness of God.As we work together with him, we urge you also not to accept the grace of God in vain. ²For he says,

‘At an acceptable time I have listened to you,
and on a day of salvation I have helped you.’

See, now is the acceptable time; see, now is the day of salvation! ³We are putting no obstacle in anyone’s way, so that no fault may be found with our ministry, ⁴but as servants of God we have commended ourselves in every way: through great endurance, in afflictions, hardships, calamities, ⁵beatings, imprisonments, riots, labours, sleepless nights, hunger; ⁶by purity, knowledge, patience, kindness, holiness of spirit, genuine love, ⁷truthful speech, and the power of God; with the weapons of righteousness for the right hand and for the left; ⁸in honour and dishonour, in ill repute and good repute. We are treated as impostors, and yet are true; ⁹as unknown, and yet are well known; as dying, and see—we are alive; as punished, and yet not killed; ¹⁰as sorrowful, yet always rejoicing; as poor, yet making many rich; as having nothing, and yet possessing everything.

The Refrain for Morning Lesson

¹ I will give thanks to the LORD with my whole heart;
I will tell of all your wonderful deeds. Ps 9:1

Morning Psalm

You have set your glory above the heavens.

² Out of the mouths of babes and infants
you have founded a bulwark because of your foes,
to silence the enemy and the avenger.

³ When I look at your heavens, the work of your fingers,
the moon and the stars that you have established;

⁴ what are human beings that you are mindful of them,
mortals that you care for them?

⁵ Yet you have made them a little lower than God,
and crowned them with glory and honour.

⁶ You have given them dominion over the works of your hands;
you have put all things under their feet,

⁷ all sheep and oxen,
and also the beasts of the field,

⁸ the birds of the air, and the fish of the sea,
whatever passes along the paths of the seas. Ps. 8:1-8

The Refrain for Morning Lesson

¹ I will give thanks to the LORD with my whole heart;
I will tell of all your wonderful deeds. Ps 9:1

Lord's Prayer

Prayer for the Week

As we mark ourselves with ashes and the sign of the cross, we admit our wrongdoings and our human weaknesses. Remember the forgiveness and new life we have in Jesus Christ. Amen

Concluding Prayer

Father God, who has raised me from my bed and from sleep, enlighten my mind and heart, and open my lips that I may praise You today. Amen.

Midday Office (observed 11am to 2 PM)

The Call to Prayer

The LORD answer you in the day of trouble!
The name of the God of Jacob protect you! Ps. 20:1

The request for Presence

But you have upheld me because of my integrity,
and set me in your presence forever. Ps. 41:12

Greeting

² I will be glad and exult in you;
I will sing praise to your name, O Most High Ps. 9:2

Refrain for Midday Lesson

¹¹ Sing praises to the LORD, who dwells in Zion.
Declare his deeds among the peoples. Ps. 9:11

Reading Isaiah 51:1-12

Listen to me, you that pursue righteousness,
you that seek the LORD.

Look to the rock from which you were hewn,
and to the quarry from which you were dug.

² Look to Abraham your father
and to Sarah who bore you;
for he was but one when I called him,
but I blessed him and made him many.

³ For the LORD will comfort Zion;
he will comfort all her waste places,
and will make her wilderness like Eden,
her desert like the garden of the LORD;
joy and gladness will be found in her,
thanksgiving and the voice of song.

⁴ Listen to me, my people,
and give heed to me, my nation;
for a teaching will go out from me,
and my justice for a light to the peoples.

⁵ I will bring near my deliverance swiftly,
my salvation has gone out
and my arms will rule the peoples;
the coastlands wait for me,
and for my arm they hope.

⁶ Lift up your eyes to the heavens,

and look at the earth beneath;
for the heavens will vanish like smoke,
the earth will wear out like a garment,
and those who live on it will die like gnats;
but my salvation will be for ever,
and my deliverance will never be ended.

⁷ Listen to me, you who know righteousness,
you people who have my teaching in your hearts;
do not fear the reproach of others,
and do not be dismayed when they revile you.

⁸ For the moth will eat them up like a garment,
and the worm will eat them like wool;
but my deliverance will be for ever,
and my salvation to all generations.

⁹ Awake, awake, put on strength,
O arm of the LORD!
Awake, as in days of old,
the generations of long ago!
Was it not you who cut Rahab in pieces,
who pierced the dragon?
¹⁰ Was it not you who dried up the sea,
the waters of the great deep;
who made the depths of the sea a way
for the redeemed to cross over?
¹¹ So the ransomed of the LORD shall return,
and come to Zion with singing;
everlasting joy shall be upon their heads;
they shall obtain joy and gladness,
and sorrow and sighing shall flee away.

¹² I, I am he who comforts you;
why then are you afraid of a mere mortal who must die,
a human being who fades like grass?

Refrain for Midday Lesson

¹¹ Sing praises to the LORD, who dwells in Zion.
Declare his deeds among the peoples. Ps. 9:11

Midday Psalm

To the leader. Of David.

- ¹ In the LORD I take refuge; how can you say to me,
‘Flee like a bird to the mountains;
² for look, the wicked bend the bow,
they have fitted their arrow to the string,
to shoot in the dark at the upright in heart.
³ If the foundations are destroyed,
what can the righteous do?’
⁴ The LORD is in his holy temple;
the LORD’s throne is in heaven.
His eyes behold, his gaze examines humankind.
⁵ The LORD tests the righteous and the wicked,
and his soul hates the lover of violence.
⁶ On the wicked he will rain coals of fire and sulphur;
a scorching wind shall be the portion of their cup.
⁷ For the LORD is righteous;
he loves righteous deeds;
the upright shall behold his face Psalm 11

Refrain for Midday Lesson

- ¹¹ Sing praises to the LORD, who dwells in Zion.
Declare his deeds among the peoples. Ps. 9:11

Lord’s Prayer

Prayer for the Week

As we mark ourselves with ashes and the sign of the cross, we admit our wrongdoings and our human weaknesses. Remember the forgiveness and new life we have in Jesus Christ. Amen

Concluding Prayer of the Church

Creator God, thank you for this morning and walking with me today. Fill me with your presence and open my eyes to the needs of your people. Amen.

Vespers Office (to be observed 7-10 pm)

Call to Prayer

To you, O LORD, I lift up my soul. Ps. 25:1

Request for Presence

Do not cast me away from your presence,
and do not take your holy spirit from me. Ps. 51:11

Greeting

⁶ I will sing to the LORD,
because he has dealt bountifully with me. Ps. 14:6

Hymn

Verse 1

**For the beauty of the earth
For the glory of the skies
For the love which from our birth
Over and around us lies**

Chorus 1

**Lord of all to Thee we raise
This our hymn of grateful praise**

Verse 2

**For the beauty of each hour
Of the day and of the night
Hill and vale and tree and flower
Sun and moon and stars of light**

Verse 3

**For the joy of ear and eye
For the heart and mind's delight
For the mystic harmony
Linking sense to sound and sight**

Verse 4

**For the joy of human love
Brother sister parent child
Friends on earth and friends above
For all gentle thoughts and mild**

Refrain for Vesper Lesson

¹ Protect me, O God, for in you I take refuge. Ps 16:1

Vesper Psalm

A Prayer of David.

¹ Hear a just cause, O LORD; attend to my cry;
give ear to my prayer from lips free of deceit.

² From you let my vindication come;
let your eyes see the right.

³ If you try my heart, if you visit me by night,
if you test me, you will find no wickedness in me;
my mouth does not transgress.

⁴ As for what others do, by the word of your lips
I have avoided the ways of the violent.

⁵ My steps have held fast to your paths;
my feet have not slipped.

⁶ I call upon you, for you will answer me, O God;
incline your ear to me, hear my words.

⁷ Wondrously show your steadfast love,
O saviour of those who seek refuge
from their adversaries at your right hand. Ps 17:1-7

Refrain for Vesper Lesson

¹ Protect me, O God, for in you I take refuge. Ps 16:1

Lord's Prayer

Prayer of the week

As we mark ourselves with ashes and the sign of the cross, we admit our wrongdoings and our human weaknesses. Remember the forgiveness and new life we have in Jesus Christ. Amen

Concluding Prayer of the Church

Almighty God, thank you for your love and presence throughout this day. May the night be filled with good refreshing sleep and may our night prepare us for the next day of serving you. Amen.

Lent Day 3

Morning Office (observed between 6-9am)

The Call to Prayer

The LORD answer you in the day of trouble!

The name of the God of Jacob protect you! Ps. 20:1

The Request for Presence

O God, you are my God, I seek you,

my soul thirsts for you;

my flesh faints for you,

as in a dry and weary land where there is no water Ps. 63:1

The Greeting

² The LORD is my rock, my fortress, and my deliverer,

my God, my rock in whom I take refuge,

my shield, and the horn of my salvation, my stronghold.

The Refrain for Morning Lesson

³¹ For who is God except the LORD?

And who is a rock besides our God?— Ps 18:31

The Reading

Romans 3:21-26

But now, irrespective of law, the righteousness of God has been disclosed, and is attested by the law and the prophets, ²²the righteousness of God through faith in Jesus Christ for all who believe. For there is no distinction, ²³since all have sinned and fall short of the glory of God; ²⁴they are now justified by his grace as a gift, through the redemption that is in Christ Jesus, ²⁵whom God put forward as a sacrifice of atonement by his blood, effective through faith. He did this to show his righteousness, because in his divine forbearance he had passed over the sins previously committed; ²⁶it was to prove at the present time that he himself is righteous and that he justifies the one who has faith in Jesus

The Refrain for Morning Lesson

³¹ For who is God except the LORD?

And who is a rock besides our God?— Ps 18:31

Morning Psalm

- ¹ The heavens are telling the glory of God;
and the firmament proclaims his handiwork.
- ² Day to day pours forth speech,
and night to night declares knowledge.
- ³ There is no speech, nor are there words;
their voice is not heard;
- ⁴ yet their voice goes out through all the earth,
and their words to the end of the world.
- In the heavens he has set a tent for the sun,
⁵ which comes out like a bridegroom from his wedding canopy,
and like a strong man runs its course with joy.
- ⁶ Its rising is from the end of the heavens,
and its circuit to the end of them;
and nothing is hidden from its heat. Ps. 19:1-6

The Refrain for Morning Lesson

- ³¹ For who is God except the LORD?
And who is a rock besides our God?— Ps 18:31

Lord's Prayer

Prayer for the Week

As we mark ourselves with ashes and the sign of the cross, we admit our wrongdoings and our human weaknesses. Remember the forgiveness and new life we have in Jesus Christ. Amen

Concluding Prayer

I thank you creator of the universe, for your love, for your grace, for your mercy, for your presence. Walk with me today in the name of Jesus your Son our Lord, Amen.

Midday Office (observed 11am to 2 PM)

The Call to Prayer

To you, O LORD, I call;
my rock, do not refuse to hear me,
for if you are silent to me,
I shall be like those who go down to the Pit Ps. 28:1

The request for Presence

O LORD, God of my salvation,
when, at night, I cry out in your presence Ps. 88:1

Greeting

¹⁴ Let the words of my mouth and the meditation of my heart
be acceptable to you,
O LORD, my rock and my redeemer. Ps. 20:14

Refrain for Midday Lesson

¹³ Be exalted, O LORD, in your strength!
We will sing and praise your power Ps. 21:13

Reading

Matthew 10:24-32

²⁴ 'A disciple is not above the teacher, nor a slave above the master; ²⁵it is enough for the disciple to be like the teacher, and the slave like the master. If they have called the master of the house Beelzebul, how much more will they malign those of his household!²⁶ 'So have no fear of them; for nothing is covered up that will not be uncovered, and nothing secret that will not become known. ²⁷What I say to you in the dark, tell in the light; and what you hear whispered, proclaim from the housetops. ²⁸Do not fear those who kill the body but cannot kill the soul; rather fear him who can destroy both soul and body in hell. ²⁹Are not two sparrows sold for a penny? Yet not one of them will fall to the ground unperceived by your Father. ³⁰And even the hairs of your head are all counted. ³¹So do not be afraid; you are of more value than many sparrows.³² 'Everyone therefore who acknowledges me before others, I also will acknowledge before my Father in heaven;

Refrain for Midday Lesson

¹³ Be exalted, O LORD, in your strength!
We will sing and praise your power Ps. 21:13

Midday Psalm

¹ The LORD is my shepherd, I shall not want.
² He makes me lie down in green pastures;
he leads me beside still waters;
³ he restores my soul.
He leads me in right paths
for his name's sake.
⁴ Even though I walk through the darkest valley,
I fear no evil;
for you are with me;
your rod and your staff—
they comfort me.
⁵ You prepare a table before me
in the presence of my enemies;
you anoint my head with oil;
my cup overflows.
⁶ Surely goodness and mercy shall follow me
all the days of my life,
and I shall dwell in the house of the LORD
my whole life long Ps. 23

Refrain for Midday Lesson

¹³ Be exalted, O LORD, in your strength!
We will sing and praise your power Ps. 21:13

Lord's Prayer

Prayer for the Week

As we mark ourselves with ashes and the sign of the cross, we admit our wrongdoings and our human weaknesses. Remember the forgiveness and new life we have in Jesus Christ. Amen

Concluding Prayer of the Church

Loving Lord, help me to see the joy in the simple things in life. Open my eyes, ears, and heart to the needs of those around me. Whatever happens today, remind me of your love and care. Amen.

Vespers Office (to be observed 7-10 pm)

Call to Prayer

In you, O LORD, I seek refuge;
do not let me ever be put to shame;
in your righteousness deliver me. Ps. 31:1

Request for Presence

Let us come into his presence with thanksgiving;
let us make a joyful noise to him with songs of praise Ps. 95:2

Greeting

¹ The earth is the LORD's and all that is in it,
the world, and those who live in it Ps. 24:1

Hymn

Verse 1

**Immortal invisible God only wise
In light inaccessible
Hid from our eyes
Most blessed most glorious
The Ancient of Days
Almighty victorious
Thy great name we praise**

Verse 2

**Unresting unhasting
And silent as light
Nor wanting nor wasting
Thou rulest in might
Thy justice like mountains**

**High soaring above
Thy clouds which are fountains
Of goodness and love**

Verse 3

**To all life Thou givest
To both great and small
In all life Thou livest
The true life of all
We blossom and flourish
As leaves on the tree
And wither and perish
But naught changeth Thee**

Verse 4

**Great Father of glory
Pure Father of light
Thine angels adore Thee
All veiling their sight
All praise we would render
O help us to see
'Tis only the splendor
Of light hideth Thee
Amen**

Refrain for Vesper Lesson

¹⁰ Who is this King of glory?
The LORD of hosts,
he is the King of glory. Ps. 24:10

Vesper Psalm

¹ To you, O LORD, I lift up my soul.

² O my God, in you I trust;
do not let me be put to shame;
do not let my enemies exult over me.

³ Do not let those who wait for you be put to shame;

let them be ashamed who are wantonly treacherous.

⁴ Make me to know your ways, O LORD;
teach me your paths.

⁵ Lead me in your truth, and teach me,
for you are the God of my salvation;
for you I wait all day long Ps. 25:1-5

Refrain for Vesper Lesson

¹⁰ Who is this King of glory?
The LORD of hosts,
he is the King of glory. Ps. 24:10

Lord's Prayer

Prayer of the week

As we mark ourselves with ashes and the sign of the cross, we admit our wrongdoings and our human weaknesses. Remember the forgiveness and new life we have in Jesus Christ. Amen

Concluding Prayer of the Church

I thank You, my heavenly Father, through Jesus Christ, Your dear Son, that You have graciously kept me this day; and I pray that You would forgive me all my sins where I have done wrong, and graciously keep me this night. For into Your hands I commend myself, my body and soul, and all things. Let Your holy angel be with me, that the evil foe may have no power over me. Amen