

Daily Prayer Regimen Based on the Liturgy of the Hours (Level 1)

Morning Prayer (Lauds)

Upon waking, pray:

Dómine, lábia mea apéries.
Et os meum annuntiábit laudem tuam.

Benedíctus Dóminus Deus Israel,*
quia visitávit et fecit redemptionem plebi suæ
et eréxit cornu salútis nobis*
in domo David púeri sui,
sicut locútus est per os sanctórum,*
qui a sæculo sunt, prophetárum eius,
salútem ex inimícis nostris*
et de manu ómnium, qui odérunt nos;
ad faciendam misericórdiam cum pátribus nostris*
et memorári testaménti sui sancti,
iusiurándum, quod iurávit ad Abraham patrem nostrum,*
datúrum se nobis,
ut sine timóre, de manu inimicórum liberáti,*
serviámus illi
in sanctitáte et iustítia coram ipso*
ómnibus diébus nostris.

Et tu, puer, prophéta Altíssimi vocáberis:*
præíbis enim ante faciém Dómini paráre vias eius,
ad dandam sciéntiam salútis plebi eius*
in remissionem peccatórum eórum,
per víscera misericórdiæ Dei nostri,*
in quibus visitábit nos óriens ex alto,
illumináre his, qui in ténebris et in umbra mortis sedent*
ad dirigéndos pedes nostros in viam pacis.

Glória Patri et Fílio*
et Spirítui Sancto.
Sicut erat in princípío et nunc et semper*
et in sæcula sæculórum.
Amen.

Lord, open my lips.
And my mouth will proclaim your praise.

Blèssed be the Lórd, the Gód of Ísrael! *
He has vísited his péople and redéemed them.
He has raised úp for ús a mighty sáviour *
in the hóuse of Dávid his sérvant,
as he prómised by the líps of holy mén, *
thóse who were his próphets from of óld.
A sáviour who would frée us from our fóes, *
from the hánds of áll who háte us.
So his lóve for our fáthers is fulfilled *
and his hólý covenant remémbered.
He swóre to Ábraham our fáther to gránt us, *
that frée from féar, and sáved from the hánds
of our fóes,
we might sérve him in hóliness and jústice *
all the dáy's of our life in his présence.

As for yóu, little child, *
you shall be cálded a próphet of Gód, the Most High.

You shall go ahéad of the Lórd *
to prépare his wáys befóre him,
To make knówn to his péople their salvátion *
through forgíveness of áll their síns,
the loving-kindness of the héart of our Gód *
who vísits us like the dáwn from on hígh.
He will give líght to those in dárkness, †
those who dwéll in the shádw of déath, *
and gúide us into the wáy of péace.

Glory be to the Father and to the Son
and to the Holy Spirit,
as it was in the beginning,
is now, and ever shall be,
world without end.
Amen.

Morning Offering

Then pray the Morning Offering:

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| <p>Domine Iesu Christe, in unione illius divinae intentionis, quia in terris per sanctissimum Cor tuum laudes Deo persolvisti et nunc in Eucharistiae Sacramento ubique terrarum persolvis usque ad consummationem saeculi, ego per hanc diem integram, ad imitationem sanctissimi Cordis beatae Mariae semper Virginis immaculatae, tibi libentissime offero omnes meos intentiones et cogitationes, omnes meos affectus et desideria, omnia mea opera et verba. Amen.</p> | <p>Lord Jesus Christ, in union with that divine intention wherewith on earth Thou didst offer to God Thy praises through Thy Most Sacred Heart, and dost now offer them in the Sacrament of the Eucharist everywhere on earth even to the end of time, I most gladly offer Thee throughout this entire day, all my thoughts and intentions, all my affections and desires, all my words and deeds, in imitation of the most sacred Heart of the blessed and ever Virgin Mary Immaculate. Amen.</p> |
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At this time, make your daily:

Meditation

Linking the resolution to your daily:

Particular Examen

Midday Prayer (Terce, Sext, None)

During the middle of the day, one of the following complementary psalms is prayed, after making the Sign of the Cross:

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| <p>Ps 119:1-7</p> <p>Ad Dóminum, cum tribulárer, clamávi,* et exaudívit me.</p> <p>Dómine, líbera ánimam meam a lábiis mendácii,* a lingua dolósa.</p> <p>Quid detur tibi aut quid apponátur tibi,* lingua dolósa?</p> <p>Sagíttæ poténtis acútæ* cum carbónibus iuniperórum.</p> <p>Heu mihi, quia peregrinátus sum in Mosoch,*</p> | <p>Ps 119:1-7</p> <p>To the Lórd in the hóur of my distréss * I cáll and he ánsvers me. 'O Lórd, save my sóul from lying líps, * from the tóngue of the decéitful.'</p> <p>Whát shall he páy you in retúr, * O tréacherous tóngue? The wárrior's árrows shárpener * and cóals, red-hot, blázing. Alas, that I abíde a stránger in Méshech, * dwell among the ténts of Kédar!</p> |
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habitávi ad tabernácula Cedar!
Multum incola fuit ánima mea*
cum his, qui odérunt pacem.
Ego eram pacíficus; *
cum loquébar, illi impugnábant me.

Glória Patri et Filio*
et Spirítui Sancto.
Sicut erat in princípío et nunc et semper*
et in sæcula sæculórum.
Amen.

Ps 120:1-8

Levábo óculos meos in montes: *
unde véniet auxiliúm mihi?
Auxílium meum a Dómino, *
qui fecit cælum et terram.

Non dabit in commotiónem pedem tuum, *
neque dormitábit, qui custódit te.
Ecce non dormitábit neque dórmiet, *
qui custódit Israel.

Dóminus custódit te, †
Dóminus umbráculum tuum, *
ad manum dexteram tuam.
Per diem sol non percútiet te, *
neque luna per noctem.
Dóminus custódiét te ab omni malo; *
custódiét ánimam tuam Dóminus.
Dóminus custódiét intróitum tuum et éxitum tuum *
ex hoc nunc et usque in sæculum.

Glória Patri et Filio*
et Spirítui Sancto.
Sicut erat in princípío et nunc et semper*
et in sæcula sæculórum.
Amen.

Ps 121:1-9

Lætátus sum in eo quod dixérunt mihi: *
«In domum Dómini íbimus».
Stantes iam sunt pedes nostri *
in portis tuis, Ierúsalem.

Ierúsalem, quæ ædificáta est ut civitas, *
sibi compácta in idípsum.
Illuc enim ascendérunt tribus, tribus Dómini, *

Long enóugh have Í been dwélling *
with thóse who hate péace.
Í am for péace, but when I spéak, *
théy are for fíghting.

Glory be to the Father and to the Son
and to the Holy Spirit,
as it was in the beginning,
is now, and ever shall be,
world without end.
Amen.

Ps 120:1-8

Ilíft up my éyes to the móuntains: *
from whére shall come my hélp?
My hélp shall cóme from the Lórd *
who made héaven and éarth.

May he néver állow you to stúmb! *
Let him sléep not, your gúard.
Nó, he sléeps not nor slúmbers, *
Ísrael's gúard.

The Lórd is your gúard and your sháde; *
at your ríght side he stánds.
By dáy the sún shall not smíte you *
nor the móon in the níght.

The Lórd will gúard you from évil, *
he will gúard your sóul.
The Lord will gúard your góing and cóming *
both nów and for éver.

Glory be to the Father and to the Son
and to the Holy Spirit,
as it was in the beginning,
is now, and ever shall be,
world without end.
Amen.

Ps 121:1-9

Irejóiced when I héard them sáy: *
‘Let us gó to God's hóuse.’
And nów our féet are stánding *
within your gátes, O Jerúsalem.

Jerúsalem is búilt as a cítý *
stróngly cómpact.
It is thére that the tríbes go úp, *

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| <p>testimónium Israel, ad confiténdum nómini Dómini. Quia illic sedérunt sedes ad iudícium,* sedes domus David.</p> <p>Rogáte, quæ ad pacem sunt Ierúsalem:* «Secúri sint diligéntes te! Fiat pax in muris tuis,* et secúritas in túrribus tuis!».</p> <p>Propter fratres meos et próximos meos* loquar: «Pax in te!». Propter domum Dómini Dei nostri* exquíram bona tibi.</p> <p>Glória Patri et Fílio* et Spirítui Sancto. Sicut erat in princípío et nunc et semper* et in sæcula sæculórum. Amen.</p> | <p>the tribes of the Lórd.</p> <p>For Ísrael's lów it is, * there to práise the Lord's náme. Thére were set the thrónes of júdgement * of the hóuse of Dávid. For the péace of Jerúsalem pray: * 'Péace be to your hómes! May péace réign in your wálls, * in your pálaces, péace!'</p> <p>For lóve of my bréthren and fríends * I say: 'Péace upon yóu!' For lóve of the hóuse of the Lórd * I will ásk for your góod.</p> <p>Glory be to the Father and to the Son and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen.</p> |
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Then perform your:

Midday Examination:

1. Ask God for light.
2. Consider your transgressions.
3. Bring forth acts of sorrow for your transgressions.
4. Exhort oneself against your transgressions.
5. Renew your resolution.

Evening Prayer (Vespers)

Around sunset, pray the following:

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| <p>Deus, in adiutórium meum inténde. <i>Dómine, ad adiuvándum me festína.</i> Glória Patri et Fílio* et Spirítui Sancto. Sicut erat in princípío et nunc et semper* et in sæcula sæculórum. Amen.</p> | <p>O God, come to our aid. <i>O Lord, make haste to help us.</i> Glory be to the Father and to the Son and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen.</p> |
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| <p>Magnificat*</p> <p>ánima mea Dóminum, et exultávit spíritus meus* in Deo salvatóre meo, quia respéxit humilitátem ancillæ suæ.* Ecce enim ex hoc beátam me dicent omnes generatiónes, quia fecit mihi magna, qui potens est,* et sanctum nomen eius, et misericórdia eius in progénies et progénies* timéntibus eum.</p> <p>Fecit poténtiam in bráchio suo,* dispérsit supérbos mente cordis sui; depósuit poténtes de sede* et exaltávit húmiles; esuriéntes implévit bonis* et dívites dimísit inánes.</p> <p>Suscépit Israel púerum suum,* recordátus misericórdiæ, sicut locútus est ad patres nostros,* Abraham et sémini eius in sæcula.</p> <p>Glória Patri et Filio* et Spíritui Sancto. Sicut erat in princípio et nunc et semper* et in sæcula sæculórum. Amen.</p> | <p>My soul glóries the Lórd, * my spirit rejóices in Gód, my Sáviour. He looks on his sérvant in her lówliness; * henceforth all áges will cáll me bléssed.</p> <p>The Almíghty works márvels for me. * Hóly his náme! His mércy is from age to áge, * on thóse who féar him.</p> <p>He púts forth his árm in stréngth * and scátters the proud-héarted. He casts the míghty from their thrónes * and ráises the lówly.</p> <p>He fills the stárving with good thíngs, * sends the rích away émpy.</p> <p>He protects Ísrael, his sérvant, * remémbering his mércy, the mércy prómised to our fáthers, * to Ábraham and his sóns for éver.</p> <p>Glory be to the Father and to the Son and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen.</p> |
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Rosary

Now pray five decades of the Rosary.

Spiritual Reading (≈ Office of Readings)

Spend at least 15 min reading a chosen devotional book , entering into meditation when prompted to do so, e.g.

[The Imitation of Christ](#) by Thomas a Kempis

[Humility of Heart](#) by Fr. Gaetano Maria da Bergamo

[Preparation for Death](#) by St. Alphonsus Ligouri

[The Sacred Heart of Jesus](#) by St. John Eudes

[Devotion to the Sacred Heart of Jesus](#) by Fr. Jean Croiset, SJ

[Abandonment to the Divine Providence](#) by Fr. Jean Caussade

[Confidence in the Mercy of God](#) by Fr. Jean Languet

The time at which this is done can be moved, if necessary or convenient.

Night Prayer (Compline)

Before retiring to bed, perform your:

Night Examination:

1. Ask God for light.
2. Consider your transgressions.
3. Bring forth acts of sorrow for your transgressions.
4. Exhort oneself against your transgressions.
5. Renew your resolution.

Then conclude:

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| <p>Confiteor Deo omnipotenti, beatæ Mariæ semper Virgini, beato Michaeli Archangelo, beato Iohanni Baptistæ, sanctis Apostolis Petro et Paulo, et omnibus Sanctis, quia peccavi nimis cogitatione, verbo et opere: mea culpa, mea culpa, mea maxima culpa. Ideo precor beatam Mariam semper Virginem, beatum Michaellem Archangelum, beatum Iohannem Baptistam, sanctos Apostolos Petrum et Paulum, et omnes Sanctos, orare pro me ad Dominum Deum nostrum. Amen.</p> <p>Nunc dimittis servum tuum, Dómine,* secúndum verbum tuum in pace, quia vidérunt óculi mei* salutáre tuum, quod parásti* ante fáciem ómnium populórum, lumen ad revelatiónem géntium* et glóriam plebis tuæ Israel.</p> <p>Glória Patri et Fílio* et Spirítui Sancto. Sicut erat in princípío et nunc et semper* et in sæcula sæculórum. Amen.</p> | <p>I confess to almighty God, to blessed Mary ever Virgin, to blessed Michael the Archangel, to blessed John the Baptist, to the holy apostles Peter and Paul, and to all the saints that I have sinned exceedingly in thought, word, and deed, through my fault, through my fault, through my most grievous fault. Therefore, I beseech blessed Mary ever Virgin, blessed Michael the Archangel, blessed John the Baptist, the holy apostles Peter and Paul, and all the saints, to pray for me to the Lord our God. Amen.</p> <p>Now dismiss Thy servant, O Lord, * in peace, according to Thy word: For mine own eyes hath seen * Thy salvation, Which Thou hast prepared * in the sight of all the peoples, A light to reveal Thee to the nations * and the glory of Thy people Israel.</p> <p>Glory be to the Father and to the Son and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen.</p> |
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