

Habits of the Holy

Name: _____

What we choose to include or omit from our daily lives can reveal what we value and what we deem to be most important. But sometimes daily habits become ingrained unintentionally. We do not mean to spend so much time doing a particular activity, but it grows and becomes habitual. Likewise, sometimes we may not intend for something to be omitted from our days, yet it decreases over time until it no longer holds a place.

Spend some time thinking about a typical day in your life. On the chart below, record how you spend your time in a normal day by writing the activity (or activities) that you regularly do during each hour. Include activities such as school, homework, practice, meals, prayer, and family time.

Time	Activities
6:00 A.M.	<i>Examples: Pray before breakfast, eat with siblings, get ready for school</i>
7:00 A.M.	
8:00 A.M.	
9:00 A.M.	
10:00 A.M.	
11:00 A.M.	
12:00 P.M.	
1:00 P.M.	
2:00 P.M.	
3:00 P.M.	
4:00 P.M.	
5:00 P.M.	
6:00 P.M.	
7:00 P.M.	
8:00 P.M.	
9:00 P.M.	
10:00 P.M.	

Reflection Questions

If someone looked at your daily schedule, what would he know about what you find important?

Answers may vary.

Where in your day do you commit time to your relationship with God?

Answers may vary.

Are you happy with the time you give to God each day? Why or why not?

Answers may vary.

The Divine Office

Name: _____

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The following is an abbreviated version of the Morning Prayer said on Wednesdays of Week 1 in the four-week cycle of the Liturgy of the Hours (also called the Divine Office).¹

Praying with the Divine Office

The antiphon is a verse first read by the leader before the Psalm and then repeated by everyone at the conclusion of the psalm. The antiphon is unique for each psalm.

When the Divine Office is said in community, the psalms are prayed in a call-and-response manner.

Your teacher will designate one side of the classroom to be Side 1 and the other side to be Side 2.

Wednesday, Week 1 Morning Prayer

LEADER: Lord, open my lips.

ALL: And my mouth will proclaim your praise.

(Psalm 100)

LEADER: Come, let us worship before the Lord,
our maker.

SIDE 1: Cry out with joy to the Lord, all the earth.
Serve the Lord with gladness.
Come before him, singing for joy.

SIDE 2: Know that he, the Lord, is God.
He made us, we belong to him,
We are his people, the sheep of his flock.

SIDE 1: Go within his gates, giving thanks.
Enter his courts with songs of praise.
Give thanks to him and bless his name.

SIDE 2: Indeed, how good is the Lord,
Eternal his merciful love.
He is faithful from age to age.

Glory to the Father, and to the Son, and to the Holy Spirit:
As it was in the beginning, is now, and will be for ever.
Amen.

ALL: Come, let us worship before the Lord, our maker.

¹ "Wednesday, Week 1: Morning Prayer," in *Shorter Christian Prayer* (New York: Catholic Book Publishing, 1988), 24–30, 74–79.

(Tobit 4:15a, 16a, 18a, 19)

Do to no one what you yourself dislike. Give to the hungry some of your bread, and to the naked some of your clothing. Seek counsel from every wise man. At all times bless the Lord God, and ask him to make all your paths straight and to grant success to all your endeavors and plans.

Each celebration of the Divine Office is centered around the Psalms but also includes other readings from Scripture.

(Responsory)

LEADER: Incline my heart according to your will,
O God.

ALL: Incline my heart according to your will, O God.

LEADER: Speed my steps along your path,

ALL: According to your will, O God.

LEADER: Glory to the Father, and to the Son, and to
the Holy Spirit

ALL: Incline my heart according to your will, O God.

There is a brief silence after the reading.

The Responsory is then the community's response to the Word of God.

(Canticle of Zechariah)

The Canticle of Zechariah is taken from the Gospel of Luke. Mary's Magnificat is proclaimed during Evening Prayer.

LEADER: Show us your mercy, Lord: remember your holy covenant.

SIDE 1: Blessed be the Lord, the God of Israel:
He has come to his people and set them free.
He has raised up for us a mighty savior,
Born of the house of his servant David.

SIDE 2: Through his holy prophets he promised of old
That he would save us from our enemies,
From the hands of all who hate us.

SIDE 1: He promised to show mercy to our fathers
And to remember his holy covenant.

SIDE 2: This was the oath he swore to our father
Abraham:
To set us free from the hands of our enemies,
Free to worship him without fear,
Holy and righteous in his sight
All the days of our life.

SIDE 1: You, my child, shall be called the prophet of the
Most High,
For you will go before the Lord to prepare his way,
To give his people knowledge of salvation
By the forgiveness of their sins.

SIDE 2: In the tender compassion of our God
The dawn from on high shall break upon us,
To shine on those who dwell in darkness and the
shadow of death,
And to guide our feet into the way of peace.

Glory to the Father, and to the Son, and to the Holy Spirit:
As it was in the beginning, is now, and will be for ever.
Amen.

ALL: Show us your mercy, Lord: remember your holy covenant.

ALL: Our Father . . .

LEADER: May the Lord bless us, protect us from all evil,
and bring us to everlasting life.

ALL: Amen.

Morning Prayer closes with Intercessions, the Our Father, and a concluding prayer.

Reflection Questions

What do you think it would be like to pray this style of prayer seven times each day? How would it affect your spiritual life?

Answers may vary.

The Liturgy of the Hours is intended to provide a rhythm of prayer in a monk's daily life. As a layperson, how could you incorporate a rhythm of prayer into your own life?

Answers may vary.

The Rule of My Life

Name: _____

The Rule of Saint Benedict is full of instructions for how monks should live even the smallest details of their lives—how they should work, pray, eat, sleep, and obey. Although we are not monks in a monastery, it is still incredibly beneficial to have our own rule of life. Many of the categories Saint Benedict discusses can be applied to our lives. We all need to work, pray, eat, sleep, and obey. How well you live the tiny moments of your day will affect how well you will live the larger moments of your life. You can be a saint by doing all things with love for God and your neighbor and taking even the smallest opportunity to grow closer to God.

Aspect of my life	During the week	On the weekend
The virtues I will work on		
Morning prayers—what time I will pray and what prayers I will pray		
Evening prayers—what time I will pray and what prayers I will pray		
Bedtime prayers—what time I will pray and what prayers I will pray		
How I will show reverence at prayer		
The day each month I will go to confession		
How I will show diligence in my schoolwork		
How I will serve my family members		
What I will do when I am tempted to disobey or be disrespectful		
My bedtime		

Aspect of my life	During the week	On the weekend
How long before bed will I practice silence, including no phone, TV, etc.		
How I will show hospitality to those in my home, whether friends or family		