

## **St. Therese Adult Study Series**

Liturgy of the Hours with Deacon Michalak

### Reflection Questions for the Liturgy of the Hours

The Liturgy of the Hours not only frames each day in prayer, but it brings Sunday into the rest of the week and makes the rest of the week a preparation for Sunday. The Paschal Mystery pervades ALL time, all time is taken up into the Paschal Mystery. And I am praying now in communion with the entire Body of Christ throughout the world.

**1. Which is my favorite liturgical season of the year? Why?**

**2. Which psalm or psalms (or Old Testament or New Testament canticles) most resonate with me? What does it stir in my heart?**

*Several of the psalms have a "messianic character," that is, they point to some characteristic of the Messiah—God's Anointed One—or to something that he experiences. For Christians, Psalms 1, 2, 16, 22, 40-41, 45, 56-57, 68, 69, 72, 89, 110, 116, 118 stand out as having a "messianic flavor": they prophetically describe our Lord Jesus or might readily be seen as prayed by him. But the Fathers of the Church (and today's General Instruction on the Liturgy of the Hours) claim that the entire psalter is messianic: every psalm is about or is prayed by Christ Jesus and illuminates the mysteries of the Incarnation and of Jesus life, suffering, death, resurrection, and Lordship, and the effect of this messianic action in our own lives.*

**3. Consider one of the more obvious Messianic psalms listed above. When or in what circumstances might Jesus have prayed this psalm, or in what way does it seem to point to him or describe him?**

**What truth or insight into the mystery of Christ and his saving action might this psalm (or canticle) perhaps illuminate?**

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**In what way does he pray it now?**

**4. Is there a dimension of prayer such as praise, adoration, thanksgiving, contrition (sorrow), petition (asking), or commitment that I desire or think I should express more of in my prayer? How might praying morning or evening prayer assist me in that?**

**5. Choose one of the "invitatory psalms" (Psalm 95, 100, 24, 67) that is prayed before any other prayer in the morning. Pray it each morning for a week (Psalm 95 may be most conducive to this). What do I notice about my prayer?**

**6. When might I pray morning or evening or night prayer? That is, how might I begin to incorporate the Church's prayer into life?**

**How might Liturgy of the Hours help me celebrate the Lord's Day (Sunday) more fully?**