

## **Homeschool Challenge 2018-19**

### **Liturgy of the Hours**

The theme for the Homeschool Challenge for the 2018-19 school year is the Liturgy of the Hours. This is an ancient prayer tradition of the Church based on the Jewish tradition of daily praying the psalms. Christ prayed the psalms and we hear parts of them quoted many times in the Gospels. When we pray the psalms, we are praying the prayers of countless people before us. The psalms are filled with joy, praise, worship, trust in adversity, along with complaints, grief, and even cursing enemies – the vast range of emotions that we, as humans, experience. Psalm 51 states that God loves truth in the heart; He wants to love us even in our difficult emotions. Experience with the diverse Psalms helps us to ask God to enter into every experience of our lives. When we memorize the psalms, we have the words of Sacred Scripture in our minds to help us express and pray as we realize the different movements of our hearts.

In the Liturgy of the Hours, there are certain songs, psalms and readings prayed together at different points in the day. In religious orders, this can be very structured and happen at exact hours. Otherwise, it may be done more flexibly at certain times of the day (i.e. morning prayer to be done upon waking up). The traditional Hours are listed below, followed by their modern name.

5am Matins – Office of Readings  
6am Lauds – Morning Prayer  
7am Prime – Prayer During the Day  
9am Terce – Complementary Psalms  
12pm Sext – Complementary Psalms  
3pm None – Complementary Psalms  
6pm Vespers – Evening Prayer  
8 or 9pm Compline – Night Prayer

When the Liturgy of the Hours is celebrated, parts of it are often chanted. Chanting is simply a kind of speaking that involves pitch and is used to adorn liturgical readings with a beauty and dignity befitting the Word of God. There is an included information sheet on the basics of chant.

#### The challenge for K-3 is:

- 1) Memorize Psalm 91, the Antiphon and Gospel Canticle for Sunday Night Prayer (parents should use their discretion with their K & 1<sup>st</sup> graders with regards to how much they should memorize to consider the challenge met)
- 2) Review chant basics as appropriate and listen to the audio files to prepare for the communal Night Prayer on March 15<sup>th</sup>.

#### The challenge for grade 4+ is:

- 1) Memorize Psalm 91, the Antiphon, and Gospel Canticle for Sunday Night Prayer
- 2) Memorize another psalm from the following: Psalm 1, 4, 8, 16, 23, 31:1-6, 63:2-9, 130, 134.
- 3) Review chant basics and listen to the audio files to prepare for the communal Night Prayer on March 15<sup>th</sup>.

The Challenge will end on Friday, March 15<sup>th</sup> at 10am, with a communal celebration of Sunday Night Prayer, followed by a celebration with food in the Family Activity Center.

We have chosen Sunday Night Prayer to pray as a community. This may seem like an odd hour to do, but due to scheduling constraints, the difficulty of Lenten Hours being somewhat dark for young children, and because we are not restricted by vows to do a particular hour at a particular time, we have chosen this hour due to its beauty and simplicity.

Notes:

- Please use the included translations, as it is specific for the Liturgy of the Hours commonly used in America.
- Recordings of all the parts to be memorized and chanting for Night Prayer will be available online.
- Please refer to the included program for the music and order of Night Prayer.
- It could also be helpful/fun to create prayer cards for memorization.
- Parents can let me know when their child has completed the memorization.

If you find this exciting, here are some ideas for expanding your challenge into a study:

- Some Psalms to consider further:
  - o Psalm 22 (older students): read through and discuss the crucifixion
  - o Psalm 51 (older students): read through and discuss David's repentance, God's forgiveness and what is pleasing to the Lord.
  - o Psalm 117: memorize the shortest Psalm
  - o Psalm 118: read through and discuss
  - o Psalm 119: the longest Psalm, it is written in a specific form. Look up the formula and tell me if anyone memorizes it ☺
  - o Psalm 139: read through and meditate on how much God loves you.
- Discuss translation differences and compare any psalms included here to their translation in the NAB or RSV or other approved translation (the psalm translation for the Liturgy of the Hours comes from the Grail Translation).
- Attend Evening Prayer at the St Paul Seminary Monday-Thursday at 5pm, September-December, and February-May. Please contact the Seminary to confirm 651-962-5050 <https://www.stthomas.edu/spssod/about/chapel/worship/>
- Download the iBreviary App
- The Little Oratory by David Clayton and Leila Marie Lawler discusses incorporating the Liturgy of the Hours into your family life.
- Explore the psalms and Liturgy of the Hours on you own!

Resources:

The Liturgy of the Hours according to the Roman Rite

The Little Oratory, by David Clayton and Leila Marie Lawler, Sophia Institute Press, 2014.

## Psalm 91

He who dwells in the shelter of the Most High  
and abides in the shade of the almighty  
says to the Lord: "My refuge,  
my stronghold, my God in whom I trust!"

It is he who will free you from the snare  
of the fowler who seeks to destroy you;  
he will conceal you with his pinions  
and under his wings you will find refuge.

You will not fear the terror of the night  
nor the arrow that flies by day,  
nor the plague that prowls in the darkness  
nor the scourge that lays waste at noon.

A thousand may fall at your side,  
ten thousand fall at your right,  
you, it will never approach;  
his faithfulness is buckler and shield.

Your eyes have only to look  
to see how the wicked are repaid,  
you who have said: "Lord, my refuge!"  
and have made the Most High your dwelling.

Upon you no evil shall fall,  
no plague approach where you dwell.  
For you has he commanded his angels,  
to keep you in all your ways.

They shall bear you upon their hands  
lest you strike your foot against a stone.  
On the lion and the viper you will tread  
and trample the young lion and the dragon.

Since he clings to me in love, I will free him;  
protect him for he knows my name.  
When he calls I shall answer: "I am with you."  
I will save him in distress and give him glory.

With length of life I will content him;  
I shall let him see my saving power.

## Antiphon

Protect us, Lord, as we stay awake;  
watch over us as we sleep,  
that awake, we may keep watch with Christ,  
and asleep, rest in his peace.

## Gospel Canticle

Lord, now you let your servant go in peace;  
your word has been fulfilled:  
my own eyes have seen the salvation  
which you have prepared in the sight of all the people:  
a light to reveal you to the nations  
and the glory of your people Israel.

### Notes on Sunday Night Prayer (not for memorization):

The Glory Be prayer in the Liturgy of the Hours is different from the standard prayer. It is said after the initial prayer opening the Liturgy, at the conclusion of every psalm, and at the conclusion of the Gospel Canticle. In this version, the Glory Be prayer is altered at the end of Psalm 91 to fit the type of chant that is used.

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.

The reading for Sunday Night Prayer is taken from Revelation 22:4-5

They shall see the Lord face to face and bear his name on their foreheads. The night shall be no more. They will need no light from lamps or the sun, for the Lord God shall give them light, and they shall reign forever.

Concluding Prayer (to be prayed after the Gospel Canticle)

Lord,  
We have celebrated today the mystery of the rising of Christ to new life. May we now rest in your peace, safe from all that could harm us, and rise again refreshed and joyful, to praise you throughout another day. We ask this through Christ our Lord.

## Psalm 1

Happy indeed is the man  
who follows not the counsel of the wicked;  
nor lingers in the way of sinners  
nor sits in the company of scorners,  
but whose delight is the law of the Lord  
and who ponders his law day and night.

He is like a tree that is planted  
beside the flowing waters,  
that yields its fruit in due season  
and whose leaves shall never fade;  
and all that he does shall prosper.  
Not so are the wicked, not so!

For they like winnowed chaff  
shall be driven away by the wind.  
When the wicked are judged they shall not stand,  
nor find room among those who are just;  
for the Lord guards the way of the just  
but the way of the wicked leads to doom.

## Psalm 4

When I call, answer me, O God of justice;  
from anguish you released me; have mercy and hear me!

O men, how long will your hearts be closed,  
will you love what is futile and seek what is false?

It is the Lord who grants favors to those whom he loves;  
the Lord hears me whenever I call him.

Fear him; do not sin: ponder on your bed and be still.  
Make justice your sacrifice and trust in the Lord.

“What can bring us happiness?” many say.  
Let the light of your face shine on us, O Lord.

You have put into my heart a greater joy  
than they have from abundance of corn and new wine.

I will lie down in peace and sleep comes at once  
for you alone, Lord, make me dwell in safety.

## Psalm 8

How great is your name, O Lord our God,  
through all the earth!

Your majesty is praised above the heavens;  
on the lips of children and of babes  
you have found praise to foil your enemy,  
to silence the foe and the rebel.

When I see the heavens, the work of your hands,  
the moon and the stars which you have arranged,  
what is man that you should keep him in mind,  
mortal man that you care for him?

Yet you have made him little less than a god;  
with glory and honor you crowned him,  
gave him power of the works of your hand,  
put all things under his feet.

All of them, sheep and cattle,  
yes, even the savage beasts,  
birds of the air, and fish  
that make their way through the water.

How great is your name, O Lord our God,  
through all the earth!

## Psalm 16

Preserve me, God, I take refuge in you.  
I say to the Lord: "You are my God.  
My happiness lies in you alone."

He has put into my heart a marvelous love  
for the faithful ones who dwell in his land.  
Those who choose other gods increase their sorrows.  
Never will I offer their offerings of blood.  
Never will I take their name upon my lips.

O Lord, it is you who are my portion and cup;  
it is you yourself who are my prize.  
The lot marked out for me is my delight:  
welcome indeed the heritage that falls to me!

I will bless the Lord who gives me counsel,  
who even at night directs my heart.  
I keep the Lord ever in my sight:  
since he is at my right hand, I shall stand firm.

And so my heart rejoices, my soul is glad;  
even my body shall rest in safety.  
For you will not leave my soul among the dead,  
nor let your beloved know decay.

You will show me the path of life,  
the fullness of joy in your presence,  
at your right hand happiness forever.

## Psalm 23

The Lord is my shepherd;  
there is nothing I shall want.  
Fresh and green are the pastures  
where he gives me repose.  
Near restful waters he leads me,  
to revive my drooping spirit.

He guides me along the right path;  
he is true to his name.  
If I should walk in the valley of darkness  
no evil would I fear.  
You are there with your crook and your staff;  
with these you give me comfort.

You have prepared a banquet for me  
in the sight of my foes.  
My head you have anointed with oil;  
my cup is overflowing.

Surely goodness and kindness shall follow me  
all the days of my life.  
In the Lord's own house shall I dwell  
for ever and ever.

## Psalm 31: 1-6

In you, O Lord, I take refuge.  
Let me never be put to shame.  
In your justice, set me free,  
hear me and speedily rescue me.

Be a rock of refuge for me,  
a mighty stronghold to save me,  
for you are my rock, my stronghold.  
For your name's sake, lead me and guide me.

Release me from the snares they have hidden  
for you are my refuge, Lord.  
Into your hands I commend my spirit.  
It is you who will redeem me, Lord.

Psalm 63:2-9

O God, you are my God, for you I long;  
for you my soul is thirsting.

My body pines for you  
like a dry, weary land without water.

So I gaze on you in the sanctuary  
to see your strength and your glory.

For your love is better than life,  
my lips will speak your praise.

So I will bless you all my life,  
in your name I will lift up my hands.  
My soul shall be filled as with a banquet,  
my mouth shall praise you with joy.

On my bed I remember you.

On you I muse through the night  
for you have been my help;  
in the shadow of your wings I rejoice.

My soul clings to you;  
your right hand holds me fast.

## Psalm 130

Out of the depths I cry to you, O Lord,  
Lord hear my voice!  
O let your ears be attentive  
to the voice of my pleading.

If you, O Lord, should mark our guilt,  
Lord, who would survive?  
But with you is found forgiveness:  
for this we revere you.

My soul is waiting for the Lord,  
I count on his word.  
My soul is longing for the Lord  
more than watchman for daybreak.  
Let the watchman count on daybreak  
and Israel on the Lord.

Because with the Lord there is mercy  
and fullness of redemption,  
Israel indeed he will redeem  
from all its iniquity.

## Psalm 134

O come, bless the Lord,  
all you who serve the Lord,  
who stand in the house of the Lord,  
in the courts of the house of our God.

Lift up your hands to the holy place  
and bless the Lord through the night.

May the Lord bless you from Zion,  
he who made both heaven and earth.