



## **Personal Book of Hours**

## Introduction

The formal Breviary of one of the liturgical and apostolic churches numbers approximately 8000 pages. Not only is it costly to purchase, even attempting to recite just one of the 8 daily services may be impossible for people with today's work, family, and even just their own personal commitments.

One OCAC Book of Hours runs 100+ pages, and even that could be cost prohibitive for someone to print. Personal, on-line, or common-use resources for the Bible, lectionary, and missal portions were envisioned with the design of this Individual's Book of Hours.

This is very much hoped to be a spiritual help, especially if it leads a user into a direction of their own. Prayers and collects have been sourced from

<http://www.liturgies.net/collects/Prayers/Collects.htm>

Choose and alternate from among the collects that move you; add hymns at the beginning and conclusion of a service; and recite different services as your schedule allows.

The loosely assigned hours are as follows:

<i>Matins / Lauds</i>	<i>12 am and 3 am</i>
<i>Prime</i>	<i>6 am</i>
<i>Terce</i>	<i>9 am</i>
<i>Sext</i>	<i>12 pm</i>
<i>Nones</i>	<i>3 pm</i>
<i>Vespers</i>	<i>6 pm</i>
<i>Compline</i>	<i>9 pm</i>

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## **1. INTROIT**

May the words of our mouth and the meditations of our hearts be acceptable in Your sight, O God, our Rock and our Redeemer. Amen.

## **2. CONFITEOR**

O LORD, You created us to be immortal and made us to be an image of Your own eternity; yet often we forget the glory of our heritage and wander from the path which leads to righteousness. But You, O LORD, made us for Yourself and our hearts are ever restless till they find their rest in You. Look with the eyes of Your love upon our manifold imperfections and pardon all our shortcomings, that we may be filled with the brightness of the everlasting light and become the unspotted mirror of Your power and the image of Your goodness; through Christ our LORD. Amen.

## **3. ABSOLUTION**

May the LORD bless us and ( + ) absolve us from our sins; and may His peace rest upon us this day and evermore.

## **4. SELECTED PRAYER**

### **4a. Matins / Lauds**

O LORD, we beseech You, let now Your ear be attentive to the prayers of Your servants, who desire to fear Your name: and prosper, we pray You, Your servants this day, and grant us mercy. Amen.

### **4b. Prime**

LORD, as we feel Your presence, may we embrace Your will for us. And, LORD, as You send us away from Your house, may we be filled with Your Spirit, to share with those that we live and work with. In Christ our LORD, Amen.

### **4c. Terce**

Send forth the light of the Holy Spirit on us, LORD God, almighty Father, subject as we are to Your divine majesty: so that safe from every foe, we may always rejoice as we celebrate Your praise. Through Christ our LORD. Amen.

#### **4d. Sext**

O LORD, we beg for Your help and we long to hear You say, "Here I am!" Teach us to not mistreat others; to not falsely accuse them; and to not say cruel things. Encourage us share our food with the hungry and to shelter the homeless. Then will our lights shine in the dark; and then will our darkest hour be like Your noonday sun. Amen.

#### **4e. Nones**

O God, the King eternal, whose light divides the day from the night and turns the shadow of death into the morning: Drive far from us all wrong desires, incline our hearts to keep your law, and guide our feet into the way of peace; that, having done your will with cheerfulness during the day and afternoon, we may, when night comes, rejoice to give you thanks; through Jesus Christ our LORD. Amen.

#### **4f. Vespers**

May this evening be holy, good and peaceful, as we pray with one heart and mind. Amen.

#### **4g. Compline**

Be present, O merciful God, and protect us through the hours of this night, so that we who are wearied by the changes and chances of this life may rest in your eternal changelessness; through Jesus Christ our LORD. Amen.

### **5. SELECTED COLLECT**

#### **5a. Matins / Lauds**

Be with us, LORD, in all our doings and further us with Your continual help, that in all our works begun, continued, and ended in You, we may glorify Your holy name. Amen.

#### **5b. Prime**

O LORD, heavenly Father, almighty and everlasting God, you have safely

brought us to the beginning of this day: Defend us in the same with your mighty power; and grant that this day we fall into no sin, neither run into any kind of danger; but that, being ordered by your governance, we may do always what is righteous in your sight; through Jesus Christ our LORD. Amen.

### **5c. Terce**

Grant, Almighty God, that the words which we will hear this day with our outward ears, may, through Your grace, be so grafted inwardly in our hearts, that they may bring forth in us the fruit of good living, to the honor and praise of Your Name; through Jesus Christ our LORD. Amen.

### **5d. Sext**

Blessed Savior, at this hour You hung upon the cross, stretching out Your loving arms: Grant that all the peoples of the earth may look to You and be saved; for Your tender mercy's sake. Amen.

### **5e. Nones**

LORD Jesus, stay with us, for evening looms and the morning is past; be our companion in the way, kindle our hearts, and awaken hope, that we may know You as You are revealed in Scripture and the breaking of bread. Grant this for the sake of Your love. Amen.

### **5f. Vespers**

Almighty, everlasting God, let our prayer in Your sight be as incense, the lifting up of our hands as the evening sacrifice. Give us grace to behold You, present in Your Word and Sacraments, and to recognize You in the lives of those around us. Stir up in us the flame of that love which burned in the heart of Your Son as He bore His passion, and let it burn in us to eternal life and to the ages of ages. Amen.

### **5g. Compline**

Keep watch, dear LORD, with those who work, or watch, or weep this night, and give your angels charge over those who sleep. Tend the sick, LORD Christ; give rest to the weary, bless the dying, soothe the suffering, pity the afflicted, shield the joyous; and all for your love's sake. Amen.

**6. SCRIPTURE READINGS – from a lectionary**

**7. SELECTED PSALMS – or you may use the Psalter**

**7a. Matins / Lauds**

Choose from Psalms 95, 148, 149, or 150

**7b. Prime**

Choose from Psalms 120 - 134

**7c. Terce**

Choose from Psalms 120 - 134

**7d. Sext**

Choose from Psalms 120 - 134

**7e. Nones**

Choose from Psalms 120 - 134

**7f. Vespers**

Choose from Psalms 48, 91, or 103

**7g. Compline**

Choose from Psalms 4, 31, 91, or 134

**8. PRAYER FOR THE SOCIAL ORDER**

**( This may be said at any time. )**

*For Prisons and Correctional Institutions*

Lord Jesus, for our sake you were condemned as a criminal: Visit the jails and

prisons with your pity and judgment. Remember all prisoners, and bring the guilty to repentance and amendment of life according to your will, and give them hope for their future. When any are held unjustly, bring them release; forgive us, and teach us to improve our justice. Remember those who work in these institutions; keep them humane and compassionate; and save them from becoming brutal or callous. And since what we do for those in prison, O Lord, we do for you, constrain us to improve their lot. All this we ask for your mercy's sake. Amen.

## **9. THE LORD'S PRAYER**

Our Father, who art in heaven, hallowed be Thy name. Thy kingdom come; Thy will be done on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us. And lead us not into temptation but deliver us from evil.

For Thine is the kingdom, the power, and the glory, for ever and ever. Amen.

## **10. HAIL MARY**

Hail, Mary, full of grace, the Lord is with thee. Blessed art thou amongst women and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

## **11. BLESSING**

O LORD Jesus Christ, who said to Your Apostles: Peace I leave you, My peace I give to you; regard not our sins, but the faith of Your Church, and grant unto her that peace and unity which are agreeable to Your Will; Who lives and reigns for ever, one God, world without end.

( + ) The blessings of the LORD Jesus Christ, and the love of God, and the companionship of the Holy Spirit, be with everyone today and every day. Amen.

*Please pray for your families, work, and neighborhood. Please also pray for the OCAC.*

### **For Family**

O God, you made us in your own image and redeemed us through Jesus your Son: Look with compassion on the members of our families; take away the arrogance and suspicion which infect our hearts; break down the walls that separate us; unite us in bonds of love; and work through our struggle and confusion to accomplish your purposes on earth; that, in your good time, all nations and races may serve you in harmony around your heavenly throne; through Jesus Christ our Lord. R./ Amen.

### **For Work**

Almighty God, whose Son Jesus Christ in his earthly life shared our toil and hallowed all labor: Be present with everyone where they work; make those who carry on the industries and commerce of this world be responsive to your will; and give to all a pride in what they do, and a just return for their labor; through Jesus Christ our Lord, who lives and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. R./ Amen.

### **For Neighborhood**

O God, you have taught us to keep all your commandments by loving you and our neighbors: Grant them the grace of your Holy Spirit, that they may be devoted to you with their whole heart, and united with us in pure affection; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. R./ Amen.

### **For Church**

Almighty God, you have built your [ Old Catholic Apostolic ] Church upon the foundation of the apostles and prophets, Jesus Christ himself being the chief cornerstone: Grant us so to be joined together in unity of spirit by their teaching, that we may be made a holy temple acceptable to you; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. R./ Amen.



### **Document History**

<b>Numb.</b>	<b>DDMMYYYY</b>	<b>Description</b>
001	20/02/2023	Copied over from the personal book of hours for use in prisons with the numbering of new section 8.