



COURAGEOUS. [CHALLENGE]

- Prayer
- Sacraments/Liturgy
- Learning

[ABOUT]

The Liturgy of the Hours is considered the Prayer of the Church. Also known as the Divine Office or the Work of God, the prayers are *“principally a prayer of praise and petition. In fact it is the prayer of the Church with Christ and to Christ.”* Information can be found at the [USCCB](http://USCCB.org) website and the prayers can be found in the Breviary (iBreviary app or Christian Prayer book).

The five hours of the Divine Office are:

- Office of Readings (Matins)
- Morning Prayer (Lauds)
- Daytime Prayer (can be prayed Midmorning, Midday or Midafternoon)
- Evening Prayer (Vespers)
- Night Prayer (Compline)

[THE CHALLENGE]

Commit to praying the Liturgy of the Hours (all of them) for 1 week.