



COURAGEOUS.

[CHALLENGE]

- Prayer
- Sacraments/Liturgy
- Learning

[ABOUT]

Have you ever wondered what the Liturgy of the Hours is?

“From ancient times the Church has had the custom of celebrating each day the liturgy of the hours. In this way the Church fulfills the Lord’s precept to pray without ceasing, at once offering its praise to God the Father and interceding for the salvation of the world.” (Sacred Congregation for Divine Worship).

The above is the first paragraph in the decree providing instruction on Liturgy of the Hours. At Seton, we have Christian Prayer books in the Day Chapel closet. If you don’t understand Liturgy of the Hours, grab a book and read the General Instruction on pages 8-20 then determine what you will do.

[THE CHALLENGE]

Pick up a Christian Prayer book in the Day Chapel and read pages 8-20.