



Why Dominican?

Study Guide for Inquiry Module 2:

Praying the Liturgy of the Hours

The purpose of the Inquiry phase of formation is to provide individuals an opportunity to begin discerning a vocation to the lay Dominican life. Essential to this process is a fundamental understanding of the Divine Office, also known as the Liturgy of the Hours.

PRAYER / CONTEMPLATION

Read and meditate on 1Thes 5:17. Ask God to instill in you a burning desire to pray always and to give you the grace of discipline to embrace the regular observance of the Liturgy of the Hours.

STUDY

Try to achieve a basic familiarity with praying Morning and Evening Prayer of the Liturgy of the Hours before your regularly scheduled study meeting. A member of your formation team will direct you to the source that the group will use for instruction and for praying together. Be sure to bring a copy of either Morning or Evening Prayer as directed for the date/time of the meeting to the meeting itself. In the meantime, try listening to how this prayer is prayed, but do so with the understanding that your group may not follow the format exactly as you hear. A good online source for this private listening and praying is www.divineoffice.org. You will be able to listen to the prayer as well as read along with the recording. Practice this daily, or as often as you can, to create a sense of comfortableness with the routine of Morning and Evening Prayer. At some point you will want to purchase a copy of the source that your group will be using for your personal use. The Resources page on this web site has some additional information.

COMMUNITY

As you pray Morning and Evening Prayer in community, discuss with others your accomplishments as well as your obstacles in making this prayer a routine part of your daily life.

APOSTOLATE

The many Scripture references for prayer in the Liturgy of the Hours can be a source of sharing God's Word through contemplation and preaching.