

the hours.

The hours are an ancient spiritual discipline of praying at regular intervals for specific things and or in a specific way. You can pray out loud or silently, read scripture and meditate on it, sing or recite an ancient prayer. The purpose of the discipline is always to place you before God in order to be transformed by him.

Each of the hours has a specific meaning and flows with the rhythm of the day and that of our lives. Each hour also connects with a moment in the passion of Christ. The basic idea is to stop (even if just for a minute) and become aware again of God's presence. Then pray a simple prayer according to the hour. Think about Jesus work on the cross. Be mindful of where you are in your life and your journey with God.

6am Laude (Praise)

Laude is a prayer of praise for a new day. Prayed at 6am, dawn or when you wake up. It's about thanking and praising God for his grace and his mercy. Thanking him for the privilege to be alive.

Life stage: Birth
Christ passion: Betrayal

9am Terce (the third hour)

Terce is about expectation. Pray and talk to God about how you expect to meet him during the day. Thank him in advance for the unexpected opportunities that he will bring during your working day.

Life stage: Youth
Christ's passion: Crucifixion

12am Sext (the sixth hour)

Sext is about God grace, living in his light and be aware of his empowerment. The time of day when the sun is at its brightest, thank God for his light in your life. Ask him to show you where to bring light in your life.

Life stage: Young adult
Christ's passion: Darkness covers the city.

3pm None (the ninth hour)

None is about perseverance. Pray for strength from God to finish the task and finish it well.

Life stage: Adult
Christ's passion: Jesus dies.

6pm Vespers (Evening prayer)

Vespers is about gratitude and celebration. Pray a prayer of thanksgiving for the day that has just come to an end. Celebrate it!

Life stage: Retirement

Christ's passion: Burial

9pm Compline (Complete)

Compline is a soft prayer of release. Placing your life in God's hands for the night and thanking him for the day. A time for gentle worship.

Life stage: Old age

Christ's passion: Jesus lies in the grave.

12pm Nocturne (Night prayer)

The middle of the dark night is a time of silence and resting in God's presence. Take a moment to become aware of his love and protection for you.

Life stage: death.

Christ's passion: Resurrection.