



how to pray with hour by hour

Then when you call upon me and come and pray to me, I will hear you. Jeremiah 29:12 NRSV

We encourage you to try this little book, *Hour by Hour*, to see if praying regularly, with words said by many people all over the world, makes a difference in your life.

What is the Daily Office?

The ancient word *officium* means something like “performance of a task” with a sense that it is for the common good. The Daily Office consists of four worship services people pray throughout the day: Morning, Noonday, Evening, and late evening, before sleeping – Compline. Sometimes we refer to the Daily Office as praying the hours because they mark our place in time during the day.

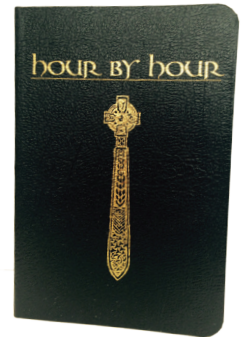
Why should I do it? Will it help me?

These short worship services connect us to our Anglican tradition, and a broader tradition that people of all faiths have in common – prayer. You might not feel like your daily prayer is working. Then, maybe without noticing, you realize that your prayers make a difference in your life. You miss them if you get too busy or forget.

How should I start?

You can talk to God using any words you want – even if they’re the shortest prayers: Help! Thank you! But there’s something very comforting about knowing that in your prayer time, you’re not alone. Saying these common prayers connects you to something big. Try it! Here’s how.

1. Choose one of the services to pray every day for a week. Lots of people start with Compline and say it right before bed.
2. Find the day of the week, and the Office you wish to pray. Then read! *Hour by Hour* is much easier to use than the *Book of Common Prayer* because everything you need is in one place – no turning pages back and forth.
3. Pray your chosen service every day for a week. Missed a day? Don’t worry! God’s cool with it. God hears your prayers, even when they’re silent and inside your heart.



That’s it!

Blessings to you on all your achievements now and those to come! We’re praying for you!

Get a copy of *Hour by Hour* at forwardmovement.org

Try these ideas:

- Begin and end with one minute of silence to focus your thoughts on God.
- Read silently or aloud.
- Pray with your body. Sit, stand, and kneel when you feel the time is right.
- Take notes on scriptures you don’t understand and look them up for explanations.
- Don’t be afraid to mess up. God thinks you’re doing great!

Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

Philippians 4:6-7 NRSV



With gratitude for inspiration from The Rev. Tim Schenck and St. John the Evangelist