

Divine Office

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What is the Divine Office?

“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.” – Office of the Sacred Congregation for Divine Worship.



What is the Liturgy of the Hours?

The Liturgy of the Hours is the prayer of the whole People of God. In it, Christ himself “continues his priestly work through his Church.” His members participate according to their own place in the Church and the circumstances of their lives. The laity, too, are encouraged to recite the divine office either with the priests, among themselves, or individually.

How do I get more information about the Divine Office/Liturgy of the Hours?

For more information on the Divine Office, to learn to pray the Divine Office, to listen to the Divine Office, or to pray the hours of the Divine Office, please click here: [Divine Office](#)