

## Respond

### Praying Through the Hours

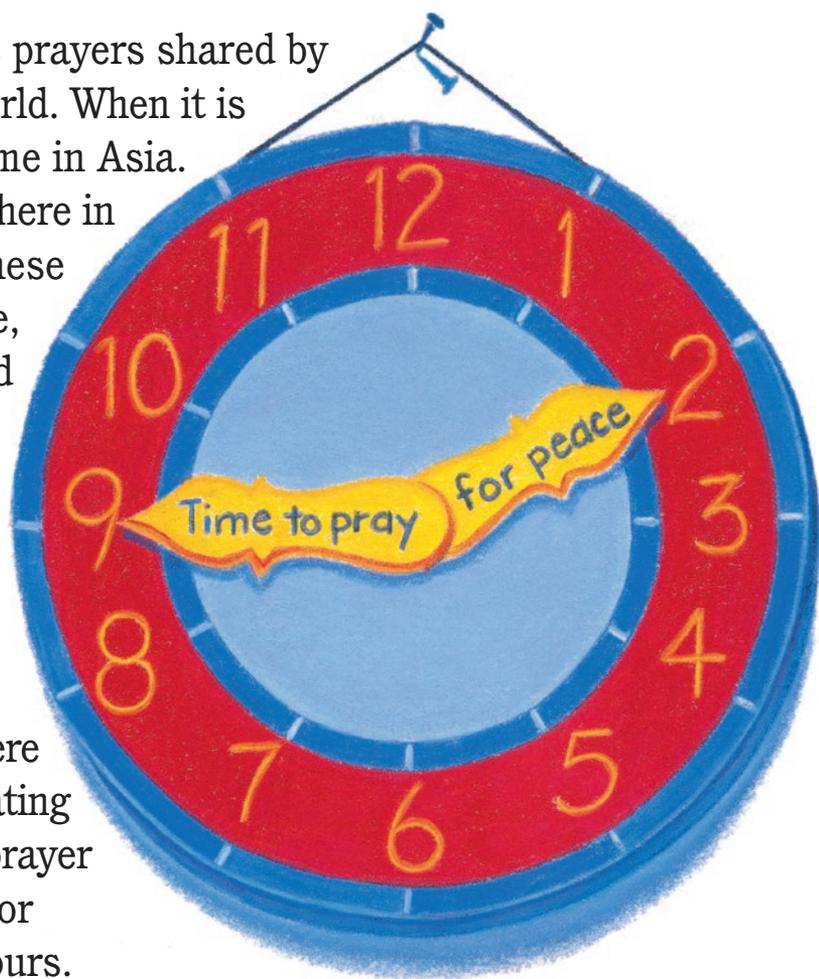
*The Liturgy of the Hours* includes prayers shared by the People of God all over the world. When it is daytime in America, it is nighttime in Asia.

So, every hour of the day, somewhere in the world people are praying! These prayers are made up of Scripture, readings, and songs. They are said in the morning, noon, evening, and night. In these daily prayers of the Church, Christians praise, thank, and petition God, throughout the day. Prayer brings us closer to God and each other.

Every hour of the day, somewhere in the world, Catholics are celebrating Mass. The Mass is the greatest prayer of the Church. Here is a prayer for peace from the Liturgy of the Hours. Pray it many times during the day.

“From the rising up of the sun until its setting, praise the name of the Lord!”

*Liturgy of the Hours Antiphon, Feast of the Holy Name of Jesus*



### Activities

1. Jesus Christ teaches us to ask for what we need. Write petitions for people who need God's peace. Pray them with your group.

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2. We can pray for peace using words from the Bible. Pray these verses now with your classmates. Later, look them up and read them again in your own Bible. The first verse was said by Jesus at the Last Supper.

Peace I leave with you;  
my peace I give to you.  
Not as the world gives do I give it  
to you. Do not let your hearts be  
troubled or afraid.

*(John 14:27)*

The next verses are written by Saint Paul to remind the early Christians of Christ's gift of peace.

Have no worry at all.  
By prayer and petition, with thankfulness,  
ask God for all that you need.  
Then God's peace, which is so great that  
we can't understand it, will guard your  
heart and mind, in Christ Jesus.

*(Based on Philippians 4:6-7)*

