

# Praying the Liturgy of the Hours: A Reflection

1. What was this experience of praying the Liturgy of the Hours like for you? How did it make you feel? What did it cause you to think about?
2. What aspect of this prayer experience most stood out to you? Why?
3. Could you see yourself praying in this way on a regular basis? Why or why not?
4. What distractions or obligations keep you from focusing on God during your day?
5. How might hourly prayer help you to focus more on God?
6. What do you think it would be like to mark the passage of time with prayer, instead of with a clock or a school bell? What would be the advantages of marking time in this way? What would be difficult?
7. In what ways do you think that regular, daily contact with Scripture—whether through the Liturgy of the Hours or through some other way of praying—would transform you? In what ways do you think this would bring you closer to God?

