

My Morning and Evening Prayers

Review the section “Pray with the Liturgy of the Hours” on page 295 in the Handbook, and then complete the following:

What does the Handbook suggest for a simple morning prayer?

What other simple sentence or phrase could you say at the beginning of each day?

Write your own morning prayer.

What does the Handbook suggest for a simple evening prayer?

What other simple sentence or phrase could you say at the end of each day?

Write your own evening prayer.

