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?

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

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Write your own morning prayer.

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What does the Handbook suggest for a simple evening prayer?

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

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Write your own evening prayer.

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