

Resource Sheet 48

The Hours of Prayer

Explanation:

1. **First hour** (6:00 A.M.): Thanksgiving for the new morning and Prayers for sinless day. Ps. 5, 89 and 100¹.
2. **Third hour** (9:00 A.M.): the descent of the Holy Spirit on Pentecost. Ps. 16, 24 and 50.
3. **Sixth hour** (12:00 noon): the nailing of Christ to the Cross. Ps. 53, 54 and 90.
4. **Ninth hour** (3:00 P.M.): the death of Christ on the Cross. Ps. 83, 84 and 85.

Reading:

“Thou Who at all times and at every hour, in heaven and on earth, art worshipped and glorified, O Christ God, Who art long-suffering, plenteous in mercy, most compassionate, Who lovest the righteous and hast mercy on sinners; Who callest all men to salvation through the promise of good things to come: Receive, O Lord, our prayers at this hour, and guide our life toward Thy commandments. Sanctify our souls, make chaste our bodies, correct our thoughts, purify our intentions, and deliver us from every sorrow, evil, and pain. Compass us about with Thy holy angels, that, guarded and guided by their array, we may attain to the unity of the faith and to the knowledge of Thine unapproachable glory: For blessed art Thou unto the ages of ages. Amen.”²

Activity:

*O Christ the true light, enlightening and
Sanctifying ever man who comes into
The world;
Let the light of Your countenance shine on
us, that in it we may behold the
Ineffable light.
Guide our footsteps aright in keeping Your
Commandments.
Through the intercessions of you're all pure
Mother and of all the saints. Amen.
-From the Prayers of the First Hour³*

*O Lord, You sent down Your Most Holy
Spirit upon Your apostles at the Third
Hour.
Take Him not from us, O Good One, but
renew Him in us who pray to You.
-From the Prayers of the Third Hour⁴*

¹ All psalms, mentioned in this passage are on Septuagint numbering.

² <http://www.saintjonah.org/services/firsthour.htm>

³ Source: <http://www.serfes.org/orthodox/cycleofservices.htm>

⁴ Source: <http://www.serfes.org/orthodox/cycleofservices.htm>

*O Christ God, on the sixth day and hour,
You nailed to the Cross the sin which
rebellious Adam committed in paradise.
Tear asunder also the bond of our iniquities,
and save us!*

*You have wrought salvation in the midst of
the earth, O Christ God. You stretched
out Your all-pure hands upon the Cross;
You gathered together all the nations
that cry aloud to You: Glory to You,
O Lord!*

-From the Prayers of the Sixth Hour⁵

*O Master, Lord Jesus Christ our God,
You have led us to the present hour,
in which as you hung upon the life-giving Tree,
You made a way into Paradise
for the penitent thief,
and by death destroyed death:*

*Cleanse us; you're unworthy servants,
for we fall into sin continuously and
are not worthy to lift up our eyes and
look upon the heights of heaven.*

*Forgive us for departing from the path of righteousness
and following the desires of our own hearts.*

-From the Prayers of the Ninth Hour⁶

Activity:

Fill the missing words:

1. The services of Hours are called the F _ _ _ _ , Third, S _ _ _ _ and Ninth.
2. The services of Hours consist mostly of p _ _ _ _ _ .
3. The **First hour** is t _ _ _ _ _ g _ _ _ _ g for the new morning and Prayers for sinless day.
4. The **Third hour** commemorates the descent of the H _ _ _ S _ _ _ _ _ on Pentecost.
5. **The Sixth hour** commemorates the nailing of Christ to the C _ _ _ _ .
6. The **Ninth hour** commemorates the d _ _ _ _ of Christ on the Cross.
7. Before Nativity, Theophany and on the Great Friday in the Church we have special services of Hours, called R _ _ _ _ Hours.

⁵ <http://www.serfes.org/orthodox/cycleofservices.htm>

⁶ <http://www.serfes.org/orthodox/cycleofservices.htm>