



THE HOURS OF 7 TIMES OF PRAYER OF THE DAY

✠ VESPERS ✠ COMPLINE ✠ MIDNIGHT PRAYER ✠
✠ MATINS + IST HOUR ✠ IIIRD HOUR ✠ VITH HOUR ✠ IXTH HOUR ✠

“Seven times a day do I praise Thee because of Thy righteous judgments” (Ps.118)

LITURGICAL DAY ✠ LITURGICAL TIME: LIVING IN THE TIME OF GOD

Moses, the Prophet and great lawgiver, taught his people how to set definite times for prayer, computing their day from sunset to sunset, into two divisions, day and night, as was mentioned in Genesis, “**And it was evening and it was morning, one day**” (Gen 1:5). After dividing, initially, the day into six unequal watches, then following the Roman method of dividing the night into four watches, they divided the day into four periods, each consisting of three Hours: **1.the 1st Hour** (3 hours, starting at sunrise), **2.the 3rd Hour** (after sunrise till noon), **3.the 6th Hour** (from noon to 3.00 in the afternoon), **4.the 9th Hour** (3.00 afternoon to sunset). These divisions of three hours were called *trihorae* (*consisting of three hours*). From this followed the service which accompanied the hours of prayer, and from which came the names of the services of the canonical Hours and the number of this services.

This is our liturgical day today: seven times of praising God, - Vespers, Compline, Midnight Prayer, Matins+1st Hour, 3rd Hour, 6th Hour, 9th Hour, - a day above human time, - *a day in the Time of God.*

1ST GROUP

✠ THE IXTH HR { ≈ 3⁰⁰ PM } | VESPERS ✠ COMPLINE

2ND GROUP

✠ MIDNIGHT PRAYER | MATINS ✠ THE IST HR { ≈ 6⁰⁰ AM }

3RD GROUP

✠ THE IIIRD HR { ≈ 9⁰⁰ AM } | THE VITH HR { ≈ 12⁰⁰ ✠ }