



## 3: St Benedict and Fixed-Hour Prayer

### *practice: praying the hours*

- 1) For someone hoping to dip their toes into the waters of fixed-hour prayer, I'd suggest the devotions for individuals and families beginning on page 136 in The Book of Common Prayer. Pick one, several, or all of them, and assign an appropriate hour which goes along with your schedule. Commit to this practice for a week.
- 2) For those wanting a little more, consider doing either Morning Prayer or Evening Prayer (and Noonday Prayer and Compline) for the next week. You may use the Prayer Book for this, but you could also use an online resource such as [missionstclare.com](http://missionstclare.com). They compile all the prayers, readings, etc. in one place so that you don't have to go back and forth from one book to another.

### *resource*

In Constant Prayer, by Robert Benson