

Noon

Morning

*Liturgy of
the Hours*

Evening

Evening, morning and noon

Night-time

I cry out in distress, and he hears my voice.

Psalm 55:17

MORNING – PRAYING

- ***Blessing* people** – Do-gooding (Gal 6:10 & Titus 3:1-8)
- ***Honouring* God** – Glorifying (1 Cor 10:31)

NOON – RESPONDING (through the day)

- ***Attending*** – whole-hearted caring (Luke 10v25-37)
- ***Entering*** – whole-hearted doing (Col 4:23)