



- Pray Evening Prayer
- Opening Prayer: Fishermen's Prayer
- Introduction:
  - Spend a few minutes talking about candidates experience with praying the Liturgy of the Hours this past week. Expect to encounter frustration with the process and encourage them that through repetition this will become easier.
- Review FM Manual for Sessions 12 through 14 and answer any questions (10 minutes).
  - Available online under CORE Training/LOH tab.
  - Answer any questions they may have.
- Play video: **Liturgy of the Hours Morning Prayer** (<https://youtu.be/0dBQsfJXics>)
  - This video will go for about 27 minutes.
  - Discuss video:
    - After the video turn to the Psalter and go through morning prayer from the Psalter only. The intent is to start easy before we complicate things.
    - Next, find the next feast day or memorial in the St. Joseph's Guide and walk through the Morning Prayer planner on the Liturgy of the Hours handout to ensure they begin to understand where to find each part.
    - Finally, if time permits, help the candidates to go through the planner for the next day's morning prayer.
    - Answer any questions they may have.
- Pillar Focus – January Pillar of the Month: **Daily Prayer**
- Thank everyone for committing this time God and their personal faith journey.
- FM Guides: Witness very briefly about how praying the LOH has impacted your life. (*Very brief and only as inspired by the Holy Spirit*)
- Closing Prayer – Call for intentions and Closing Prayer.