

# The Golden Rules of Saying the Office Devoutly

By Father Paul O'Sullivan

*Taken From*

## The Divine Office How to Say it Devoutly How to Make it a Pleasure

*These rules are simple and easy to put in practice. If observed the Office will be well said and he who says it will receive immense oceans of grace.*

Dear Priest you can, with a small effort say the office devoutly.

1. Make up your mind that it is the **great** work of the day, the **great** work of your life.
2. It must be made a pleasure and not a burden.
3. Say the Office at a proper place, the best place is in front of the Blessed Sacrament.
4. Say the Office at a proper time, when you are not tired and when you are not hurried.
5. Make a resolution, once for all, *never* to say the Office hurriedly.
6. Every sacrifice is little if you succeed in saying the Office well,
7. A priest who says his Office well is a holy priest, a saintly priest.
8. A priest who says his Office well is a happy priest. Everything will go well with him.
9. Before beginning each part of the Office mark your Breviary. It will make the Office a pleasure and make it sweet and easy.
10. Pause for a few moments, place yourself in God's presence. Understand and feel that you are speaking to God face to face, that God is looking at you lovingly and ready to give you everything. The great secret of saying the Office well is the *conviction*, the vivid understanding that you are really speaking to God directly, personally, intimately as Peter and John were won't to speak to Jesus, in familiar converse.
11. Say the "Domine in unione" very slowly and **deliberately**\*
12. Say the Deus in adiutorium with all your heart.
13. When reciting the Gloria Patri do it as if you were with the Blessed in Heaven, looking on the very face of God.
14. Bear **clearly** in mind when saying the Office:
  - a. that you are praying in union with all God's holy ones on Earth.
  - b. with the Angels, and Saints in Heaven.
  - c. with Jesus Christ, Himself, who is praying really with you and for you.
  - d. with the Holy Ghost whose words you are using and who is inspiring you what to ask for and how to ask it.
  - e. that you are offering your Office in union with the Masses being said in the entire world and that thus you are sharing in all these Masses.
15. You can get **all the graces** and favours you need, through the Office which, if said devoutly, is an irresistible prayer. God who promises solemnly to hear all our prayers cannot possibly resist the united prayer of His Church, of the saints and angels in Heaven; He cannot refuse to hear His own Divine Son, the pleadings of the Holy Spirit, He cannot be deaf to the thousands of Masses being constantly offered all over the world.
16. Offer your office and your Mass for your special intentions; for good health; for peace of mind; for perfect forgiveness of your sins; for the grace of perfect love of God; for **every** grace of perfect love of God; for every grace you require, for yourself, for those dear to you: above all for your native country.

In a word the priest who says his Office devoutly will get every grace and blessing from God.

*\*Domine, in uniōne illius divīnæ intentiōnis, qua ipse in terris laudes Deo persolvisti, has tibi Horas persólvo.*

Lord, in union with that Divine Intention wherewith thou didst thyself praise God, whilst thou wast on earth, I offer these Hours unto thee. (*prayer said before Office*)