

# Let This Verse Be Said

by St. Benedict of Nursia

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*The sermon emphasizes the importance of prayer and the structure of the Divine Office, highlighting key Psalms to be said at each Hour.*

**Scripture:** Psalm 1:1

**Topics:** "Daily Prayer", "Liturgical Worship"

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## Description

St. Benedict of Nursia emphasizes the importance of daily prayer and the recitation of specific Psalms at different hours throughout the week. He instructs to begin each day at Prime with the recitation of three Psalms in numerical order, leading up to Psalm 19 by the end of the week. Additionally, he highlights the division of Psalms 9 and 17 into two parts for recitation. St. Benedict's guidance ensures a structured and consistent approach to prayer and reflection throughout the week.

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## Transcript

Let this verse be said:

"Incline unto my aid, O God;

O Lord, make haste to help me,"

and the "Glory be to the Father"

then the hymn proper to each Hour.

Then at Prime on Sunday

four sections of Psalm 118 are to be said;

and at each of the remaining Hours,

that is Terce, Sext and None,

three sections of the same Psalm 118.

At Prime on Monday let three Psalms be said,

namely Psalms 1, 2 and 6.

And so each day at Prime until Sunday  
let three Psalms be said in numerical order, to Psalm 19,  
but with Psalms 9 and 17 each divided into two parts.  
Thus it comes about that the Night Office on Sunday  
always begins with Psalm 20.

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Source: <https://sermonindex.net/speakers/st-benedict-of-nursia/let-this-verse-be-said/>

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