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let thy glory be above all the earth.  
(Psalms 57:5)**

The Agpia



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- What is the Agpia?
- So what does an 'hour' mean?
- What does Agpia mean?
  - Literally means the book of hours
- How many prayers are in it?
  - 7 + the prayer of the veil (which is for monks)
- Ok so what are the 7 hours then?
  - 1<sup>st</sup>, 3<sup>rd</sup>, 6<sup>th</sup>, 9<sup>th</sup>, 11<sup>th</sup>, 12<sup>th</sup>, Midnight
- How often should we use it?



# The structure of the Agpia

- What is the order that we pray in?
  - Our father
  - Thanksgiving prayer
  - Psalm 51
  - The hour
    - Psalms
    - Gospel
    - Parts
    - 41 Kyrielaysons
    - Absolution
  - Concluding prayer
- Remember in all your prayers: TSP!



# Why are there so many hours to pray?

- 1<sup>st</sup> Hour: 1<sup>st</sup> thing in morning, like waking from the dead. Commemorates the resurrection
- 3<sup>rd</sup> Hour: Commemorates the descent of the Holy Spirit on the disciples, and we pray that He works within us
- 6<sup>th</sup> Hour: Lord's crucifixion
- 9<sup>th</sup> Hour: Lord's death and the Right Thief's repentance
- 11<sup>th</sup> Hour: Remember those who came to the Lord at the eleventh hour, and pray that God may count us among those of the 11<sup>th</sup> hour
- 12<sup>th</sup> Hour: Before sleeping (a 'mini-death')
- Midnight Hour: Pray about the 2<sup>nd</sup> coming that we may be ready

# Complaints we have about the Agpia...

- **‘But the Agpia takes twice as long...’**
  - Yeah it does... but that’s the point! The agpia is a way to extend the time that we spend with God. And if you actually pray, it wont feel longer
  - And you cant spare an extra 5 minutes?
- **‘I read the same thing over and over and I don’t gain anything’**
  - The story of the basket
  - Luke 11:5-8

# More complaints

- **‘I can talk to God directly... I don’t need a book to tell me what to say’,**
  - Can you really? Even pope shenouda said:  
‘Who of us would pray: for the forgiveness of our sins that we “committed intentionally and unintentionally, in knowledge and in ignorance, in secret or openly?”’
  - Thus, one of the advantages of the Agpeya is that **it teaches us how to offer praise’**
- **‘I can pray with my own words, God’ll be happy with that’**
  - First off, God doesn’t need us to pray to Him.
  - We’re not doing Him any favours by praying to Him
  - Actually it is us who are receiving from God when we pray
    - Pope Shenouda’s clip on prayer

# Psalms

- 'Keep the psalms and they'll keep you'
- They speak to us and for us
- They teach us how to approach God and speak to Him
- And in times of need, we can take comfort from them:

**PSALMS OF COMFORT: 23**

**PSALMS FOR DEATH & DYING: 23**

**PSALMS OF DELIVERANCE 85, 120, 126, 142**

**PSALMS FOR LACK of FAITH 73, 78**

**PSALMS OF FORGIVENESS 32**

**PSALMS OF HOPE AND CONFIDENCE 123**

**PSALMS OF PROTECTION 91, 23 86, 121, 145**

**PSALMS FOR SADNESS & SORROW 42, 43, 88**

**PSALMS FOR HELP IN TROUBLE 70, 71, 74, 80, 83**

**PSALMS and AFFIRMATIONS FOR WORRY, ANXIETY AND  
ANGUISH 55, 102**



# How not to get bored...

- Actually pray the agpia properly! Pay attention, and you'll be surprised
  - If you actually focus on the psalms, you'll realise they almost always apply to you
- When you pray to God, ask Him to help you focus! Again the effects will surprise you!
- The agpia is not a rigid prayer... if a verse or sentence touches you, pray about that verse, then come back to the agpia and continue.
- If singing the parts helps you focus then sing them (but don't get carried away and focus more on your voice or the tune than the actual prayer)