

Liturgy of the Hours
LITURGY OF THE HOURS

DAYTIME PRAYER

May 31, 2024

{ Feast – Visitation }



Stand and make sign of cross

God, come to my assistance.

— Lord, make haste to help me.

Glory to the Father, and to the Son,
and to the Holy Spirit:
as it was in the beginning, is now,
and will be for ever. Amen. Alleluia.

HYMN

Lord of all being, throned afar,
Your glory flames from sun and star;
Center and soul of every sphere,
And yet to loving hearts how near.

Sun of our life, your living ray
Sheds on our path the glow of the day;
Star of our hope, your gentle light
Shall ever cheer the longest night.

Lord of all life, below, above,
Whose light is truth, whose warmth is love;
Before the brilliance of your throne
We ask no luster of our own.

Give us your grace to make us true,
And kindling hearts that burn for you,
Till all your living altars claim
One holy light, one heavenly flame.

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Sit or stand

PSALMODY

Antiphon 1

Lord, great is the peace of those who love your law.

Psalm 119:161-168

XXI (Shin)

Though prínces opprés me without cáuse *
I stand in áwe of your wórd.
I táke delight in your prómise *
like óne who finds a tréasure.

Líes I háte and detést *
but your lów is my lóve.
Séven times a dáy I práise you *
for your júst decreés.

The lóvers of your lów have great péace; *
they néver stúmbles.
I awáit your saving hélp, O Lórd, *
I fulfill your commánds.

My sóul obéys your wíll *
and lóves it déarly.
I obéy your précepts and your wíll; *
all that I dó is befóre you.

Glory to the Father, and to the Son, *
and to the Holy Spirit:
as it was in the beginning, is now, *
and will be for ever. Amen.

Antiphon

Lord, great is the peace of those who love your law.

Antiphon 2

The assembly of believers had but one mind and heart.

Psalm 133

Joy when hearts are united in love

Let us love one another, for love is of God (1 John 4:7).

How góod and how pléasant it ís, *
when bróthers líve in únity!

It is líke précíous óil upon the héad *

running dón upon the béard,
running dón upon Áaron's béard, *
upon the cóllar of his róbes.

It is líke the dew of Hérmon which fálls *
on the héights of Zíon.
For thére the Lórd gives his bléssing, *
lífe for éver.

Glory to the Father, and to the Son, *
and to the Holy Spirit:
as it was in the beginning, is now, *
and will be for ever. Amen.

Antiphon

The assembly of believers had but one mind and heart.

Antiphon 3

Save me from the grasp of the sinner, O Lord, my saving power.

Psalm 140:1-9, 13-14

Lord, you are my refuge

The Son of Man will be handed over to wicked men (Matthew 26:45).

Réscue me, Lórd, from evil mén; *
from the víolent kéeep me sáfe,
from thóse who plan évil in their héarts *
and stír up strífe every dáy;
who shárpen their tóngue like an ádder's, *
with the póison of víper on their líps.

Lord, guárd me from the hánds of the wícked; †
from the víolent kéeep me sáfe; *
they plán to máke me stúmbles.
The próud have hídden a tráp, †
have spréad out línes in a nét, *
set snáres acróss my páth.

I have sáid to the Lórd: "You are my Gód." *
Lord, héar the crý of my appéál!
Lord my Gód, my míghty hélp, *

you shíeld my héad in báttle.
Do not gránt the wícked their desíre *
nor lét their plóts succéed.

I know that the Lórd will avénge the póor, *
that hé will do jústice for the néedy.
Yes, the júst will práise your náme: *
the úpright shall líve in your présence.

Glory to the Father, and to the Son, *
and to the Holy Spirit:
as it was in the beginning, is now, *
and will be for ever. Amen.

Antiphon

Save me from the grasp of the sinner, O Lord, my saving power.

Sit

READING

Tobit 12:6b

Thank God! Give him the praise and the glory. Before all the living, acknowledge the many good things he has done for you, by blessing and extolling his name in song.

Verse

Blessed is the womb of the Virgin Mary.

— Who bore the Son of the eternal Father.

Stand

CONCLUDING PRAYER

Let us pray.

Eternal Father,
you inspired the Virgin Mary, mother of your Son,
to visit Elizabeth and assist her in her need.
Keep us open to the working of your Spirit,
and with Mary may we praise you for ever.

We ask this through our Lord Jesus Christ, your Son,

who lives and reigns with you and the Holy Spirit,
God, for ever and ever.

— Amen.

Acclamation

Let us praise the Lord.

— And give him thanks.

ACKNOWLEDGEMENTS

The English Translation of the Introductory Verses and Responses, the Invitatories, the Antiphons, Captions and Patristic Commentaries for the Psalms, Psalm-prayers, Responsories, Intercessions, Greeting, Blessings, and Dismissal, Non-Biblical Readings, and Hagiographical Introductions from *The Liturgy of the Hours* © 1974, 1975, 1976, International Committee on English in the Liturgy, Inc. (ICEL); the Alternative Opening Prayers and the English translation of the Opening Prayers (Prayers of the Day) from *The Roman Missal* © 1973, ICEL. All rights reserved.

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