

Liturgy of the Hours
LITURGY OF THE HOURS

MORNING PRAYER

May 31, 2024

{ Feast – Visitation }



Invitatory

Stand and make sign of cross on lips with thumb

Lord, open my lips.

— And my mouth will proclaim your praise.

Psalm 95

A call to praise God

Encourage each other daily while it is still today (Hebrews 3:13).

Let us sing to the Lord as we celebrate the Visitation of the Blessed Virgin Mary.

— Let us sing to the Lord as we celebrate the Visitation of the Blessed Virgin Mary.

Come, let us sing to the Lord
and shout with joy to the Rock who saves us.

Let us approach him with praise and thanksgiving
and sing joyful songs to the Lord.

— Let us sing to the Lord as we celebrate the Visitation of the Blessed Virgin Mary.

The Lord is God, the mighty God,
the great king over all the gods.
He holds in his hands the depths of the earth
and the highest mountains as well.
He made the sea; it belongs to him,
the dry land, too, for it was formed by his hands.

— Let us sing to the Lord as we celebrate the Visitation of the Blessed Virgin Mary.

Come, then, let us bow down and worship,
bending the knee before the Lord, our maker.
For he is our God and we are his people,
the flock he shepherds.

— Let us sing to the Lord as we celebrate the Visitation of the Blessed Virgin Mary.

Today, listen to the voice of the Lord:
Do not grow stubborn, as your fathers did
in the wilderness,
when at Meriba and Massah
they challenged me and provoked me,
Although they had seen all of my works.

— Let us sing to the Lord as we celebrate the Visitation of the
Blessed Virgin Mary.

Forty years I endured that generation.
I said, “They are a people whose hearts go astray
and they do not know my ways.”
So I swore in my anger,
“They shall not enter into my rest.”

— Let us sing to the Lord as we celebrate the Visitation of the
Blessed Virgin Mary.

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.

— Let us sing to the Lord as we celebrate the Visitation of the
Blessed Virgin Mary.

Morning Prayer

HYMN

Mary the dawn, Christ the Perfect Day;
Mary the gate, Christ the Heavenly Way!

Mary the root, Christ the Mystic Vine;
Mary the grape, Christ the Sacred Wine!

Mary the wheat, Christ the Living Bread;
Mary the stem, Christ the Rose blood-red!

Mary the font, Christ the Cleansing Flood;
Mary the cup, Christ the Saving Blood!

Mary the temple, Christ the temple's Lord;

Mary the shrine, Christ the God adored!

Mary the beacon, Christ the Haven's Rest;
Mary the mirror, Christ the Vision Blest!

Mary the mother, Christ the mother's Son
By all things blest while endless ages run. Amen.

Melody: Mary the Dawn; Music: Anon.; Text: Anon., alt. by the Dominican Sisters of Summit, 1972

Sit or stand

PSALMODY

Antiphon 1

Mary arose and went with haste into the hill country, to a town of Judah.

Psalm 63:2-9

A soul thirsting for God

Whoever has left the darkness of sin yearns for God.

O Gód, you are my Gód, for you I lóng; *
for yóu my sóul is thírsting.
My bódy pínes for yóu *
like a drý, weary lánd without wáter.
So I gáze on yóu in the sánctuary *
to sée your stréngth and your glóry.

For your lóve is bétter than lífe, *
my líps will spéak your práise.
So I will bléss you áll my lífe, *
in your náme I will líft up my hánds.
My sóul shall be filled as with a bánquet, *
my móuth shall práise you with jóy.

On my béd I remémber yóu. *
On yóu I múse through the níght
for yóu have béen my hélp; *
in the sháadow of your wíngs I rejóice.
My sóul clíngs to yóu; *
your ríght hand hólds me fást.

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

Mary arose and went with haste into the hill country, to a town of Judah.

Antiphon 2

When Elizabeth heard Mary's greeting, the infant in her womb leaped for joy, and she was filled with the Holy Spirit.

Canticle – Daniel 3:57-88, 56

Let all creatures praise the Lord

All you servants of the Lord, sing praise to him (Revelation 19:5).

Bless the Lord, all you works of the Lord. *
Praise and exalt him above all forever.
Angels of the Lord, bless the Lord. *
You heavens, bless the Lord.
All you waters above the heavens, bless the Lord. *
All you hosts of the Lord, bless the Lord.
Sun and moon, bless the Lord. *
Stars of heaven, bless the Lord.
Every shower and dew, bless the Lord. *
All you winds, bless the Lord.
Fire and heat, bless the Lord. *
Cold and chill, bless the Lord.
Dew and rain, bless the Lord. *
Frost and chill, bless the Lord.
Ice and snow, bless the Lord. *
Nights and days, bless the Lord.
Light and darkness, bless the Lord. *
Lightnings and clouds, bless the Lord.
Let the earth bless the Lord. *
Praise and exalt him above all forever.
Mountains and hills, bless the Lord. *

Everything growing from the earth, bless the Lord.
You springs, bless the Lord.*
Seas and rivers, bless the Lord.
You dolphins and all water creatures, bless the Lord.*
All you birds of the air, bless the Lord.
All you beasts, wild and tame, bless the Lord.*
You sons of men, bless the Lord.

O Israel, bless the Lord.*
Praise and exalt him above all forever.
Priests of the Lord, bless the Lord.*
Servants of the Lord, bless the Lord.
Spirits and souls of the just, bless the Lord.*
Holy men of humble heart, bless the Lord.
Hananiah, Azariah, Mishael, bless the Lord.*
Praise and exalt him above all forever.

Let us bless the Father, and the Son, and the Holy Spirit.*
Let us praise and exalt him above all forever.
Blessed are you, Lord, in the firmament of heaven.*
Praiseworthy and glorious and exalted above all forever.

Antiphon

When Elizabeth heard Mary's greeting, the infant in her womb
leaped for joy, and she was filled with the Holy Spirit.

Antiphon 3

Blessed are you, Mary, because you believed that the Lord's words to
you would be fulfilled.

Psalm 149

The joy of God's holy people.

*Let the sons of the Church, the children of the new people, rejoice in Christ, their King
(Hesychius).*

Sing a new song to the Lord,*
his praise in the assembly of the faithful.
Let Israel rejoice in its maker,*
let Zion's sons exult in their king.
Let them praise his name with dancing*

and make músic with tímbrel and hárp.

For the Lórd takes delíght in his péople.*

He crówns the póor with salvátion.

Let the fáithful rejóice in their glóry,*
shout for jóy and táke their rést.

Let the práise of Gód be on their líps*
and a twó-edged swórd in their hánd,

to déal out véngeance to the nátions*
and púnishment on áll the péoples;

to bínd their kíngs in cháins*
and their nóbles in fétters of íron;

to cárry out the séntence pre-ordáined;*

to cárry out the séntence pre-ordáined;*

this hónor is for áll his fáithful.

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

Blessed are you, Mary, because you believed that the Lord's words to you would be fulfilled.

Sit

READING

Joel 2:27—3:1a

You shall know that I am in the midst of Israel;

I am the Lord, your God, and there is no other;
my people shall nevermore be put to shame.

Then afterward I will pour out

my spirit upon all mankind.

Your sons and daughters shall prophesy.

RESPONSORY

The Lord has chosen her, his loved one from the beginning.

— The Lord has chosen her, his loved one from the beginning.

He has taken her to live with him,

— his loved one from the beginning.

Glory to the Father, and to the Son, and to the Holy Spirit,

— The Lord has chosen her, his loved one from the beginning.

Stand

GOSPEL CANTICLE

Antiphon

When Elizabeth heard Mary's greeting, she cried out and said: Who am I that the mother of my Lord should come to me?

Luke 1:68-79

The Messiah and his forerunner

Make sign of cross

Blessed be the Lord, the God of Israel; *
he has come to his people and set them free.
He has raised up for us a mighty savior, *
born of the house of his servant David.

Through his holy prophets he promised of old †
that he would save us from our enemies, *
from the hands of all who hate us.
He promised to show mercy to our fathers *
and to remember his holy covenant.

This was the oath he swore to our father Abraham: *
to set us free from the hands of our enemies,
free to worship him without fear, *
holy and righteous in his sight all the days of our life.

You, my child, shall be called the prophet of the Most High; *
for you will go before the Lord to prepare his way,
to give his people knowledge of salvation *
by the forgiveness of their sins.

In the tender compassion of our God *
the dawn from on high shall break upon us,
to shine on those who dwell in darkness and the shadow of death, *

and to guide our feet into the way of peace.

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

When Elizabeth heard Mary's greeting, she cried out and said: Who am I that the mother of my Lord should come to me?

INTERCESSIONS

Let us glorify our Savior, who chose the Virgin Mary for his mother.
Let us ask him:

— May your mother intercede for us, Lord.

Sun of Justice, the immaculate Virgin was the white dawn
announcing your rising,
grant that we may always live in the light of your coming.

— May your mother intercede for us, Lord.

Lord, help us imitate Mary, your mother, who chose the best part,
may we seek the food that will sustain us for ever.

— May your mother intercede for us, Lord.

Savior of the world, by your redeeming might you preserved your
mother beforehand from all stain of sin,
keep watch over us, lest we sin.

— May your mother intercede for us, Lord.

You are our redeemer, who made the immaculate Virgin Mary your
purest home and the sanctuary of the Holy Spirit,
make us temples of your Spirit for ever.

— May your mother intercede for us, Lord.

The Lord's Prayer

Our Father who art in heaven,
hallowed be thy name.
Thy kingdom come.

Thy will be done on earth, as it is in heaven.
Give us this day our daily bread,
and forgive us our trespasses,
as we forgive those who trespass against us,
and lead us not into temptation,
but deliver us from evil.

Concluding Prayer

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.

Dismissal

May the Lord bless us, protect us from all evil and bring us to
everlasting life.

— Amen.

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