

Liturgy of the Hours
LITURGY OF THE HOURS

DAYTIME PRAYER

May 8, 2024

{ Wednesday of the Sixth Week of Easter }



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

Alleluia! sing to Jesus!
His the scepter, his the throne;
Alleluia! his the triumph
His the victory alone:
Hark! the songs of peaceful Zion
Thunder like a mighty flood;
Jesus, out of every nation,
Hath redeemed us by his Blood.

Alleluia! not as orphans
Are we left in sorrow now;
Alleluia! He is near us,
Faith believes nor questions how:
Though the cloud from sight received him,
When the forty days were o'er
Shall our hearts forget his promise,
"I am with you evermore"?

Alleluia! Bread of angels,
Thou on earth our food, our stay;
Alleluia! here the sinful
Flee to thee from day to day:
Intercessor, friend of sinners,
Earth's Redeemer, plead for me,
Where the songs of all the sinless
Sweep across the crystal sea.

Alleluia! King eternal,
Thee the Lord of lords we own;

Alleluia! born of Mary,
Earth thy footstool, heav'n thy throne:
Thou within the veil hast entered,
Robed in flesh, our great High Priest;
Thou on earth both Priest and Victim
In the Eucharistic feast.

*Melody: Hyfrydol 87.87.D; Music: R. H. Prichard, 1811-1887; Text: William
Chatterton Dix, 1837-1898*

Sit or stand

PSALMODY

Antiphon

Alleluia, alleluia, alleluia.

Psalm 119:57-64

VIII (Heth)

My párt, I have resólvéd, O Lórd, *
is to obéy your wórd.

With all my héart I implóre your fávor; *
show the mércy of your prómise.

I have pónderéd óver my wáys *
and retúrned to your wíll.

I made háste and díd not deláy *
to obéy your commánds.

Though the néts of the wícked ensnáred me *
I remébered your lów.

At mídnight I will ríse and thánk you *
for your júst decreés.

I am a fréind of áll who revére you, *
who obéy your précepts.

Lórd, your lówé fills the éarth. *
Téach me your commánds.

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.

Psalm 55:2-15, 17-24

Against a friend proved traitor

Jesus was seized with fear and distress (Mark 14:33).

I

O Gód, lísten to my práyer, *
do not híde from my pléading,
atténd to mé and replý; *
with my cáres, I cannot rést.

I trémble at the shóuts of the fóe, *
at the críes of the wícked;
for they bríng down évil upón me. *
They assáil me with fúry.

My héart is strícken withín me, *
death's térror is ón me,
trémbling and féar fall upón me *
and hórror overwhélms me.

Ó that I had wíngs like a dóve *
to fly awáy and be at rést.
Só I would escápe far awáy *
and take réfuge in the désert.

I would hásten to fínd a shéltér *
from the ráging wínd,
from the destrúctive stórm, O Lórd, *
and from their plóttíng tóngues.

For Í can see nóthing but víolence *
and strífe in the cíty.
Níght and dáy they patról *
hígh on the cíty wálls.

It is fúll of wíckedness and évil; *
it is fúll of sín.
Its stréets are néver frée *
from týranny and decéit.

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.

II

If this had been done by an enemy *
I could bear his taunts.
If a rival had risen against me, *
I could hide from him.

But it is you, my own companion, *
my intimate friend!
How close was the friendship between us. †
We walked together in harmony *
in the house of God.

As for me, I will cry to God *
and the Lord will save me.
Evening, morning and at noon *
I will cry and lament.

He will deliver my soul in peace *
in the attack against me:
for those who fight me are many, *
but he hears my voice.

God will hear and will humble them, *
the eternal judge:
for they will not amend their ways. *
They have no fear of God.

The traitor has turned against his friends; *
he has broken his word.
His speech is softer than butter, *
but war is in his heart.
His words are smoother than oil, *
but they are naked swords.

Entrust your cares to the Lord *
and he will support you.

Hé will néver allów *
the júst man to stúmbles.

But yóu, O Gód, will bring them dówn *
to the pí of déath.

Decéitful and blóodthirsty mén †
shall not líve half their dáys. *

O Lórd, I will trúst in yóu.

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

Alleluia, alleluia, alleluia.

Sit

READING

1 John 5:5-6a

Who is conqueror of the world?
The one who believes that Jesus is the Son of God.
Jesus Christ it is who came through water and blood—
not in water only,
but in water and in blood.

Verse

The disciples rejoiced, alleluia.

— When they saw the risen Lord, alleluia.

Stand

CONCLUDING PRAYER

Let us pray.

Lord,
as we celebrate your Son's resurrection,
so may we rejoice with all the saints
when he returns in glory,
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.

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