

*Liturgy of the Hours*  
LITURGY OF THE HOURS

MORNING PRAYER

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May 8, 2024

{ Wednesday of the Sixth Week of Easter }



# *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).*

The Lord is risen, alleluia.

— The Lord is risen, alleluia.

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.

— The Lord is risen, alleluia.

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.

— The Lord is risen, alleluia.

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.

— The Lord is risen, alleluia.

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.

— The Lord is risen, alleluia.

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.”

— The Lord is risen, alleluia.

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.

— The Lord is risen, alleluia.

## *Morning Prayer*

### HYMN

Christ the Lord is risen today, Alleluia!

Sons of men and angels say: Alleluia!

Raise your joys and triumphs high; Alleluia!

Sing, ye heavens, and earth reply, Alleluia!

Vain the stone, the watch, the seal; Alleluia!

Christ has burst the gates of hell: Alleluia!

Death in vain forbids his rise; Alleluia!

Christ hath opened paradise, Alleluia!

Lives again our glorious King; Alleluia!

Where, O death, is now thy sting? Alleluia!

Once he died, our souls to save; Alleluia!

Where thy victory, O grave? Alleluia!

Soar we now where Christ hath led, Alleluia!

Following our exalted Head; Alleluia!

Made like him, like him we rise; Alleluia!

Ours the cross, the grave, the skies. Alleluia!

Hail, the Lord of earth and heaven! Alleluia!

Praise to thee by both be given; Alleluia!  
Thee we greet triumphant now; Alleluia!  
Hail, the resurrection Thou! Alleluia! Amen.

*Melody: Llanfair 7.7.7.7 with Alleluias; Music: Robert Williams, 1781–1821; Text:  
Charles Wesley, 1707–1788, alt.*

*Sit or stand*

## PSALMODY

### *Antiphon 1*

The waters saw you, O God; you led your people through the sea,  
alleluia.

*Psalm 77*

*Recalling God's works*

*We suffer all kinds of afflictions and yet are not overcome (2 Corinthians 4:8).*

I cry aloud to Gód, \*  
cry aloud to Gód that he may héar me.

In the dáy of my distréss I sought the Lórd. †  
My hánds were raised at níght without céasing; \*  
my sóul refúsed to be consóled.

I remémbered my Gód and I gróaned. \*  
I póndered and my spírit fáinted.

You withhéld sléep from my éyes. \*  
I was tróubled, I cóuld not spéak.  
I thóught of the dáys of long agó \*  
and remémbered the yéars long pást.  
At níght I músed within my héart. \*  
I póndered and my spírit quéstioned.

“Will the Lórd rejéct us for éver? \*  
Will he shów us his fávor no móre?  
Has his lóve vánished for éver? \*  
Has his prómise cóme to an énd?  
Does Gód forgét his mércy \*  
or in ánger withhóld his compásson?”

I said: “Thís is what cáuses my gríef; \*

that the way of the Most High has changed.”  
I remember the deeds of the Lord, \*  
I remember your wonders of old,  
I muse on all your works \*  
and ponder your mighty deeds.

Your ways, O God, are holy. \*  
What god is great as our God?  
You are the God who works wonders. \*  
You showed your power among the peoples.  
Your strong arm redeemed your people, \*  
the sons of Jacob and Joseph.

The waters saw you, O God, \*  
the waters saw you and trembled;  
the depths were moved with terror. \*  
The clouds poured down rain,  
the skies sent forth their voice; \*  
your arrows flashed to and fro.

Your thunder rolled round the sky, \*  
your flashes lighted up the world.  
The earth was moved and trembled \*  
when your way led through the sea,  
your path through the mighty waters, \*  
and no one saw your footprints.

You guided your people like a flock \*  
by the hand of Moses and Aaron.

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 waters saw you, O God; you led your people through the sea,  
alleluia.

*Antiphon 2*

The Lord puts to death and raises to life, alleluia.

*Canticle – 1 Samuel 2:1-10*

*The humble find joy in God*

*He has cast down the mighty from their thrones and has lifted up the lowly. He has filled the hungry with good things (Luke 1:52-53).*

My heart exults in the Lord, \*  
my horn is exalted in my God.

I have swallowed up my enemies; \*  
I rejoice in my victory.  
There is no Holy One like the Lord; \*  
there is no Rock like our God.

Speak boastfully no longer, \*  
nor let arrogance issue from your mouths.  
For an all-knowing God is the Lord, \*  
a God who judges deeds.

The bows of the mighty are broken, \*  
while the tottering gird on strength.  
The well-fed hire themselves out for bread, \*  
while the hungry batten on spoil.  
The barren wife bears seven sons, \*  
while the mother of many languishes.

The Lord puts to death and gives life; \*  
he casts down to the nether world; he raises up again.  
The Lord makes poor and makes rich, \*  
he humbles, he also exalts.

He raises the needy from the dust; \*  
from the ash heap he lifts up the poor,  
to seat them with nobles \*  
and make a glorious throne their heritage.

For the pillars of the earth are the Lord's, \*  
and he has set the world upon them.  
He will guard the footsteps of his faithful ones, \*  
but the wicked shall perish in the darkness.  
For not by strength does man prevail; \*  
the Lord's foes shall be shattered.

The Most High in heaven thunders; \*  
the Lord judges the ends of the earth.  
Now may he give strength to his king \*  
and exalt the horn of his anointed!

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 Lord puts to death and raises to life, alleluia.

*Antiphon 3*

A light has dawned for the just; joy has come to the upright of heart,  
alleluia.

*Psalm 97*

*The glory of the Lord in his decrees for the world*

*This psalm foretells a world-wide salvation and that peoples of all nations will believe  
in Christ (St. Athanasius).*

The Lord is k ng, let  arth rejoice, \*  
let  ll the c astlands be gl d.  
Cl ud and d rkness are his r iment; \*  
his thr ne, j stice and r ght.

A fire prepar es his p th; \*  
it b rns up his f es on every s de.  
His l ghtnings l ght up the w rld, \*  
the  arth tr mbles at the s ght.

The m untains m lt like w x \*  
before the L rd of  ll the  arth.  
The sk es procl im his j stice; \*  
all p ples s e his gl ry.

Let th se who serve  dols be ash med, †  
those who b ast of their w rthless g ds. \*  
All you sp rits, w rship h m.

Z ion h ars and is gl d; †

the péople of Júdah rejóice \*  
becáuse of your júdgments, O Lórd.

For yóu indéed are the Lórd, †  
most hígh above áll the éarth, \*  
exálted far abóve all spírits.

The Lórd loves thóse who hate évil: †  
he gúards the sóuls of his sáints; \*  
he séts them frée from the wícked.

Líght shines fóρθ for the júst \*  
and jóy for the úpright of héart.  
Rejóice, you júst, in the Lórd; \*  
give glóry to his hólý náme.

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*

A light has dawned for the just; joy has come to the upright of heart,  
alleluia.

*Sit*

READING

*Romans 6:8-11*

If we have died with Christ, we believe that we are also to live with him. We know that Christ, once raised from the dead, will never die again; death has no more power over him. His death was death to sin, once for all; his life is life for God. In the same way, you must consider yourselves dead to sin but alive for God in Christ Jesus.

RESPONSORY

The Lord is risen from the tomb, alleluia, alleluia.

— The Lord is risen from the tomb, alleluia, alleluia.

He hung upon the cross for us,

— alleluia, alleluia.



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

— The Lord is risen from the tomb, alleluia, alleluia.

*Stand*

## GOSPEL CANTICLE

*Antiphon*

I have many more things to tell you, but they would be too much for you now. When the Spirit of truth comes he will guide you to all truth, alleluia.

*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*

I have many more things to tell you, but they would be too much for you now. When the Spirit of truth comes he will guide you to all truth, alleluia.

INTERCESSIONS

By the gift of the Father, the risen Christ was seen by the apostles.  
Let us pray to the Father, and say:

— Give us, Lord, the glory of your Son.

Father of lights, today we offer you our thanks and praise for calling us into your marvelous light,  
to receive your mercy.

— Give us, Lord, the glory of your Son.

May the efforts of mankind to make the world more human,  
be purified and strengthened by the power of your Spirit.

— Give us, Lord, the glory of your Son.

May we be so dedicated to the service of others,  
that the whole human family may become a pleasing sacrifice in your honor.

— Give us, Lord, the glory of your Son.

At the dawn of a new day, fill us with your mercy,  
that the whole day may be a day of joy and praise.

— Give us, Lord, the glory of your Son.

*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*

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.

*Dismissal*

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

— Amen.

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