

Liturgy of the Hours
LITURGY OF THE HOURS

DAYTIME PRAYER

May 9, 2024

{ Solemnity – Ascension }



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

From the heights of heaven he goes forth and to those heights he
returns, alleluia.

Psalm 8

The majesty of the Lord and man's dignity

*The Father gave Christ lordship of creation and made him head of the Church
(Ephesians 1:22).*

How gréat is your náme, O Lórd our Gód, *
through áll the éarth!

Your májesty is práised above the héavens; *
on the líps of chýldren and of bábes
you have found práise to fóil your énemy, *
to sílence the fóe and the rébel.

When I see the héavens, the wórks of your hánds, *
the móon and the stárs which you arráinged,
what is mán that you should kéep him in mínd, *
mortal mán that you cáre for hím?

Yet you have máde him little léss than a gód; *
with glóry and hónor you crówned him,
gave him pówer over the wórks of your hánd, *
put áll things únder his féet.

Áll of them, shéep and cáttle, *
yes, éven the sávage béasts,

bírd of the aír, and fish *
that máke their wáy through the wáters.

How gréat is your náme, O Lórd our Gód, *
through áll the éarth!

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 19A

Praise of the Lord, Creator of all

*The dawn from on high shall break on us . . . to guide our feet into the way of peace
(Luke 1:78,79).*

The héavens procláim the glóry of Gód *
and the firmament shows fórh the wórk of his hánds.
Dáy unto dáy tákes up the stóry *
and níght unto níght makes knówn the méssage.

No spéech, no wórd, no vóice is héárd †
yet their spán exténds through áll the éarth, *
their wórd to the útmost bóunds of the wórd.

Thére he has pláced a tént for the sún; †
it comes fórh like a brídegroom cóming from his tént, *
rejóices like a chámption to rún its cóurse.

At the énd of the ský is the rísing of the sún; †
to the fúrhést énd of the ský is its cóurse. *
There is nóthing concéaled from its búrning héat.

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 19B

Praise of God who gave us the law of love

You must be perfect as your heavenly Father is perfect (Matthew 5:48).

The lów of the Lórd is pérfect, *

it revives the s oul.

The r ule of the L ord is to be trusted,*
it gives wisdom to the simple.

The pr ecepts of the L ord are right,*
they gladden the heart.

The command of the L ord is clear,*
it gives light to the eyes.

The fear of the L ord is holy,*
abiding for ever.

The decrees of the L ord are truth*
and all of them just.

They are more to be desired than gold,*
than the purest of gold,
and sweeter are they than honey,*
than honey from the comb.

So in them your servant finds instruction;*
great reward is in their keeping.
But who can detect all his errors? *
From hidden faults acquit me.

From presumption restrain your servant*
and let it not rule me.
Then shall I be blameless,*
clean from grave sin.

May the spoken words of my mouth,*
the thoughts of my heart,
win favor in your sight, O L ord,*
my rescuer, my rock!

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

From the heights of heaven he goes forth and to those heights he
returns, alleluia.

Sit

READING

Hebrews 8:1b-3a

We have such a high priest who has taken his seat at the right hand of the throne of the Majesty in heaven, minister of the sanctuary and of that true tabernacle set up, not by man, but by the Lord. Now every high priest is appointed to offer gifts and sacrifices.

Verse

The Lord in heaven has prepared a royal throne, alleluia.

— Christ has ascended on high, alleluia.

Stand

CONCLUDING PRAYER

Let us pray.

God our Father,
make us joyful in the ascension of your Son Jesus Christ.
May we follow him into the new creation,
for his ascension is our glory and our hope.

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.

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