

Liturgy of the Hours
LITURGY OF THE HOURS

DAYTIME PRAYER

December 31, 2024

{ Seventh Day in the Octave of Christmas }



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

O mighty Ruler, God of truth,
for days and seasons setting bounds,
you clothe with splendor morning light
and midday skies with brilliant heat.

Extinguish flames of bitter strife,
all harmful passion take away,
grant health unto our mortal frame,
and on our hearts bestow true peace.

Most loving Father, hear our prayer,
and you, O Christ coequal Son,
who with the Spirit Paraclete
now reign for all eternity. Amen.

Metrical hymn, melody: A la venue de Noël, 8 8 8 8; Fleurs des Noël, Lyons, 1535

*Plainsong, mode II, melody 46; Liber Hymnarius, Solesmes, 1983, Text: Rector potens,
verax Deus, unknown author, very ancient; traditionally attributed to St. Ambrose,
340-397*

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Sit or stand

PSALMODY

Antiphon

Mary treasured all these words and pondered them in her heart.

Psalm 119:1-8

I (Aleph)

Meditation on God's law

Loving God means keeping his commandments (1 John 5:3).

They are háppy whose life is blámeless, *
who fóllow God's lów!
They are háppy who dó his wíll, *
seeking hím with all their héarts,
who néver do ánything évil *
but wálk in his wáys.

Yóu have laid dówn your précepts *
to be obéyed with cáre.
Máy my fóotsteps be firm *
to obéy your státutes.
Thén I shall nótt be put to sháme *
as I héed your commánds.

I will thánk you with an úpright héart *
as I léarn your decrées.
Í will obéy your státutes: *
dó not forsáke 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.

Psalm 13

The lament of the just man who does not lose hope in God

May the God of hope fill you with every joy (Romans 15:13).

How lóng, O Lórd, will yóu forgét me? *
How lóng will you híde your fáce?

How l6ng must   bear grief in my s6ul, †
this s6rrow in my h6art d6y and n6ight? *
How l6ng sh6all my 6nemy prev6il?

L6ok at me, 6nswer me, L6rd my G6d! *
Give light to my 6yes lest I fall asleep in d6ath,
lest my 6nemy s6y: “  have overc6me him”; *
lest my f6es rej6ice to s6e my f6all.

As for m6e, I tr6ust in your m6erciful l6ve. *
Let my h6art rej6ice in your s6aving h6elp:
Let me s6ing to the L6rd for his g6oodness to m6e, *
singing ps6alms to the n6ame of the L6rd, the Most H6igh.

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 14

The foolishness of sinners

Sin has increased but grace has far surpassed it (Romans 5:20).

The f6ool has s6aid in his h6art: *
“There is no G6d ab6ove.”
Their d6eeds are corr6upt, depr6aved; *
not a g6ood man is l6ft.

From h6eaven the L6rd looks d6own *
on the s6ons of m6en
to s6e if 6ny are wise, *
if 6ny seek G6d.

6ll have l6ft the right p6ath, *
depr6aved, every 6ne:
there is n6ot a g6ood man l6ft, *
n6o, not even 6ne.

Will the 6vil-doers n6ot understand? *
They 6at up my p6eople
as th6ough they were 6ating br6ead: *
they never pr6ay to the L6rd.

Sée how they trémble with féar †
without cáuse for féar: *
for Gód is with the júst.
You may móck the póor man's hópe, *
but his refúge is the Lórd.

O that Ísrael's salvátion might cóme from Zíon! †
When the Lórd delívers his péople from bódnage, *
then Jácob will be glád and Ísrael rejóice.

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 treasured all these words and pondered them in her heart.

Sit

READING

Isaiah 48:20

With shouts of joy proclaim this,
make it known;
Publish it to the ends of the earth, and say,
“The Lord has redeemed his servant Jacob.”

Verse

All the ends of the earth, alleluia.

— Have seen the saving power of God, alleluia.

Stand

CONCLUDING PRAYER

Let us pray.

Ever-living God,
in the birth of your Son
our religion has its origin and its perfect fulfillment.
Help us to share in the life of Christ
for he is the salvation of mankind,

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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