

Liturgy of the Hours
LITURGY OF THE HOURS

DAYTIME PRAYER

July 26, 2024

{ Memorial – Joachim and Ann, Parents of Mary }



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

Lord of all being, throned afar,
Your glory flames from sun and star;
Center and soul of every sphere,
And yet to loving hearts how near.

Sun of our life, your living ray
Sheds on our path the glow of the day;
Star of our hope, your gentle light
Shall ever cheer the longest night.

Lord of all life, below, above,
Whose light is truth, whose warmth is love;
Before the brilliance of your throne
We ask no luster of our own.

Give us your grace to make us true,
And kindling hearts that burn for you,
Till all your living altars claim
One holy light, one heavenly flame.

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Sit or stand

PSALMODY

Antiphon 1

Lord, great is the peace of those who love your law.

Psalm 119:161-168

XXI (Shin)

Though prínces opprés me without cáuse *
I stand in áwe of your wórd.
I táke delight in your prómise *
like óne who finds a tréasure.

Líes I háte and detést *
but your lów is my lóve.
Séven times a dáy I práise you *
for your júst decreés.

The lóvers of your lów have great péace; *
they néver stúmbles.
I awáit your saving hélp, O Lórd, *
I fulfill your commánds.

My sóul obéys your wíll *
and lóves it déarly.
I obéy your précepts and your wíll; *
all that I dó is befóre you.

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

Lord, great is the peace of those who love your law.

Antiphon 2

The assembly of believers had but one mind and heart.

Psalm 133

Joy when hearts are united in love

Let us love one another, for love is of God (1 John 4:7).

How góod and how pléasant it is, *
when bróthers líve in únity!

It is líke précious óil upon the héad *

running dónn upon the béard,
running dónn upon Áaron's béard, *
upon the cóllar of his róbes.

It is líke the dew of Hérmon which fálls *
on the héights of Zíon.
For thére the Lórd gives his bléssing, *
lífe for éver.

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 assembly of believers had but one mind and heart.

Antiphon 3

Save me from the grasp of the sinner, O Lord, my saving power.

Psalm 140:1-9, 13-14

Lord, you are my refuge

The Son of Man will be handed over to wicked men (Matthew 26:45).

Réscue me, Lórd, from evil mén; *
from the víolent kéepp me sáfe,
from thóse who plan évil in their héarts *
and stír up strífe every dáy;
who shárpen their tóngue like an ádder's, *
with the póison of víper on their líps.

Lord, guárd me from the hánds of the wícked; †
from the víolent kéepp me sáfe; *
they plán to máke me stúmbles.
The próud have hídden a trápp, †
have spréad out línes in a nét, *
set snáres acróss my páth.

I have sáid to the Lórd: "You are my Gód." *
Lord, héar the crý of my appéall!
Lord my Gód, my míghty hélp, *

you shíeld my héad in báttle.
Do not gránt the wícked their desíre *
nor lét their plóts succéed.

I know that the Lórd will avénge the póor, *
that hé will do jústice for the néedy.
Yes, the júst will práise your náme: *
the úpright shall líve in your présence.

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

Save me from the grasp of the sinner, O Lord, my saving power.

Sit

READING

1 John 3:16

The way we came to understand love
was that he laid down his life for us;
we too must lay down our lives for our brothers.

Verse

Give thanks to the Lord.

— For his great love is without end.

Stand

CONCLUDING PRAYER

Let us pray.

Lord Jesus Christ,
at noon, when darkness covered all the earth,
you mounted the wood of the cross
as the innocent victim for our redemption.
May your light be always with us
to guide us to eternal life in that kingdom
where you live and reign for ever and ever.

— Amen.

Acclamation

Let us praise the Lord.

— And give him thanks.

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