

*Liturgy of the Hours*  
LITURGY OF THE HOURS

MORNING PRAYER

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July 26, 2024

{ Memorial – Joachim and Ann, Parents of Mary }



# *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).*

Come, let us worship God, wonderful in his saints.

— Come, let us worship God, wonderful in his saints.

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.

— Come, let us worship God, wonderful in his saints.

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.

— Come, let us worship God, wonderful in his saints.

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.

— Come, let us worship God, wonderful in his saints.

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.

— Come, let us worship God, wonderful in his saints.

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.”

— Come, let us worship God, wonderful in his saints.

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.

— Come, let us worship God, wonderful in his saints.

## *Morning Prayer*

### HYMN

Rise up, O men of God!  
Have done with lesser things,  
Give heart, and soul, and mind, and strength  
To serve the King of kings.

Rise up, O men of God!  
His kingdom tarries long:  
Bring in the day of brotherhood  
And end the night of wrong.

Rise up, O men of God!  
The Church for you does wait:  
Sent forth to serve the needs of men;  
In Christ our strength is great!

Lift high the cross of Christ!  
Tread where his feet have trod.  
As brothers of the Son of man,  
Rise up, O men of God!

*Melody: Festal Song S.M.; Music: William H. Walter, 1894; Text: William Pierson*

*Merrill, 1911*

*Sit or stand*

PSALMODY

*Antiphon 1*

Create a clean heart in me, O God; renew in me a steadfast spirit.

*Psalm 51*

*O God, have mercy on me*

*Your inmost being must be renewed, and you must put on the new man (Ephesians 4:23-24).*

Have mércy on me, Gód, in your kíndness.\*  
In your compásson blot óut my offéense.  
O wásh me more and móre from my guílt\*  
and cléanse me fráom my sín.

My offéenses trúly I knów them;\*  
my sín is álways befóre me.  
Against yóu, you alóne, have I sínned;\*  
what is évil in your síght I have dóne.

That you may be jústified whén you give séntence\*  
and be withóut repróach when you júdge.  
O sée, in guílt I was bórn,\*  
a sínnér was Í concéived.

Indéed you love trúth in the héart;\*  
then in the sécret of my héart teach me wísdóm.  
O púrfify me, thén I shall be cléan;\*  
O wásh me, I shall be whíter than snów.

Make me héar rejóicing and gládness,\*  
that the bónes you have crúshed may revíve.  
From my síns turn awáy your fáce\*  
and blót out áll my guílt.

A púre heart créate for me, O Gód,\*  
put a stéadfast spírit withín me.  
Do not cást me awáy from your présence,\*  
nor depríve me of your hóly spírit.

Give me again the joy of your help; \*  
with a spirit of fervor sustain me,  
that I may teach transgressors your ways \*  
and sinners may return to you.

O rescue me, God, my helper, \*  
and my tongue shall ring out your goodness.  
O Lord, open my lips \*  
and my mouth shall declare your praise.

For in sacrifice you take no delight, \*  
burnt offering from me you would refuse,  
my sacrifice, a contrite spirit. \*  
A humbled, contrite heart you will not spurn.

In your goodness, show favor to Zion: \*  
rebuild the walls of Jerusalem.  
Then you will be pleased with lawful sacrifice, \*  
holocausts offered on your altar.

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*

Create a clean heart in me, O God; renew in me a steadfast spirit.

*Antiphon 2*

Rejoice, Jerusalem, for through you all men will be gathered to the Lord.

*Canticle – Tobit 13:8-11, 13-15*

*Thanksgiving for the people's deliverance*

*He showed me the holy city Jerusalem which shone with the glory of God (Revelation 21:10-11).*

Let all men speak of his majesty \*  
and sing his praises in Jerusalem.

O Jerusalem, holy city, †  
he scourged you for the works of your hands, \*

but will again pity the children of the righteous.

Praise the Lord for his goodness, †  
and bless the King of the ages, \*  
so that his tent may be rebuilt in you with joy.

May he gladden within you all who were captives; †  
all who were ravaged may he cherish within you \*  
for all generations to come.

A bright light will shine to all parts of the earth; \*  
many nations shall come to you from afar,  
and the inhabitants of all the limits of the earth, †  
drawn to you by the name of the Lord God, \*  
bearing in their hands their gifts for the King of heaven.

Every generation shall give joyful praise in you, †  
and shall call you the chosen one, \*  
through all ages forever.

Go, then, rejoice over the children of the righteous, †  
who shall all be gathered together \*  
and shall bless the Lord of the ages.

Happy are those who love you, \*  
and happy those who rejoice in your prosperity.

Happy are all the men who shall grieve over you, \*  
over all your chastisements,

for they shall rejoice in you †  
as they behold all your joy forever. \*

My spirit blesses the Lord, the great King.

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*

Rejoice, Jerusalem, for through you all men will be gathered to the Lord.

*Antiphon 3*

Zion, praise your God, who sent his Word to renew the earth.

*Psalm 147:12-20*

*The restoration of Jerusalem*

*Come, I will show you the bride of the Lamb (Revelation 21:9).*

O praise the Lórd, Jerúsalem! \*  
Zíon, práise your Gód!

He has strénghened the bárs of your gátes, \*  
he has bléssed the children withín you.  
He estáblished péace on your bórders, \*  
he féeds you with finest whéat.

He sénds out his wórd to the éarth \*  
and swíftly rúns his commánd.  
He shówers down snów white as wóol, \*  
he scátters hóar-frost like áshes.

He húrles down háilstones like crúmb. \*  
The wáters are frózen at his tóuch;  
he sénds forth his wórd and it mélts them: \*  
at the bréath of his móuth the waters flów.

He mákes his wórd known to Jácob, \*  
to Ísrael his láws and decrées.  
He has not déalt thus with óther nátions; \*  
he has not táught them hís decrées.

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*

Zion, praise your God, who sent his Word to renew the earth.

*Sit*

READING

*Isaiah 55:3*

Come to me heedfully,  
listen that you may have life.  
I will renew with you the everlasting covenant,  
the benefits assured to David.

RESPONSORY

In the tender compassion of our God, the Lord has come to us.

— In the tender compassion of our God, the Lord has come to us.

He has raised up Jesus, our savior.

— The Lord has come to us.

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

— In the tender compassion of our God, the Lord has come to us.

*Stand*

GOSPEL CANTICLE

*Antiphon*

Blessed be the Lord, the God of Israel; he has raised up for us a mighty savior, born of the house of his servant David.

*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*

Blessed be the Lord, the God of Israel; he has raised up for us a  
mighty savior, born of the house of his servant David.

### INTERCESSIONS

My brothers, let us praise Christ, asking to serve him and to be holy  
and righteous in his sight all the days of our life. Let us acclaim him:

— Lord, you alone are the holy one.

You desired to experience everything we experience but sin,  
have mercy on us, Lord Jesus.

— Lord, you alone are the holy one.

You called us to love perfectly,  
make us holy, Lord Jesus.

— Lord, you alone are the holy one.

You commissioned us to be the salt of the earth and the light of the world,  
let your light shine on us, Lord Jesus.

— Lord, you alone are the holy one.

You desired to serve, not to be served,  
help us, Lord Jesus, to give humble service to you and to our neighbors.

— Lord, you alone are the holy one.

You are in the form of God sharing in the splendor of the Father,  
Lord Jesus, let us see the glory of your face.

— Lord, you alone are the holy one.

*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*

God of our fathers,  
you gave Saints Joachim and Ann  
the privilege of being the parents of Mary,  
the mother of your incarnate Son.  
May their prayers help us to attain  
the salvation you have promised to your people.  
Grant this through our Lord Jesus Christ, your Son,  
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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