

Liturgy of the Hours
LITURGY OF THE HOURS

DAYTIME PRAYER

December 9, 2024

{ Solemnity – Immaculate Conception }



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: Herr Jesu Christ, 8 8 8 8; Pensum Sacrum Metro-
Rhythmicum, Görlitz, 1648*

Plainsong, mode IV, melody 80; Liber Hymnarius, Solesmes, 1983, Text: Rector
potens, verax Deus, unknown author, very ancient; traditionally attributed to St.
Ambrose, 340-397*

*The English translation of Hymns and chants from The Liturgy of the Hours © 2023
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Sit or stand

PSALMODY

Antiphon

The Lord will take great delight in you; your God will look on you with endless joy.

Psalm 123

The Lord, unfailing hope of his people

Two blind men cried out: "Have pity on us, Lord, Son of David" (Matthew 20:30).

To you have I lifted up my eyes, *
you who dwell in the heavens:
my eyes, like the eyes of slaves *
on the hand of their lords.

Like the eyes of a servant *
on the hand of her mistress,
so our eyes are on the Lord our God *
till he show us his mercy.

Have mercy on us, Lord, have mercy. *
We are filled with contempt.
Indeed all too full is our soul †
with the scorn of the rich, *
with the proud man's disdain.

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 124

Our help is in the name of the Lord

The Lord said to Paul: "Fear not . . . I am with you" (Acts 18:9-10).

"If the Lord had not been on our side, *"
this is Israel's song.

"If the Lord had not been on our side *"
when men rose against us,
then would they have swallowed us alive *"

when their ánger was kindled.

Thén would the wáters have engúlfed us,*
the tórrént gone óver us;
óver our héad would have swépt *
the ráging wáters.”

Bléssed be the Lórd who did not gíve us *
a préy to their téeth!
Our lífe, like a bírd, has escáped *
from the snáre of the fówler.

Indéed the snáre has been bróken *
and wé have escáped.
Our hélp is in the náme of the Lórd,*
who made héaven and 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 125

The Lord, guardian of his people

Peace to God's true Israel (Galatians 6:16).

Thóse who put their trúst in the Lórd †
are like Mount Zíon, that cánnót be sháken,*
that stánds for éver.

Jerúsalem! The móuntains surróund her, †
so the Lórd surróunds his péople *
both nów and for éver.

For the scépter of the wícked shall not rést *
over the lánd of the júst
for féar that the hánds of the júst *
should túrn to évil.

Do góod, Lord, to thóse who are góod,*
to the úpright of héart;
but the cróoked and thóse who do évil, †

drive them away! *
On Ísrael, péace!

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 will take great delight in you; your God will look on you
with endless joy.

Sit

READING

Ephesians 1:11-12

In Christ we were chosen; for in the decree of God, who administers
everything according to his will and counsel, we were predestined to
praise his glory.

Verse

My heart and my flesh.

— Rejoice in the living God.

Stand

CONCLUDING PRAYER

Let us pray.

Father,
you prepared the Virgin Mary
to be the worthy mother of your Son.
You let her share beforehand
in the salvation Christ would bring by his death,
and kept her sinless from the first moment of her conception.
Help us by her prayers
to live in your presence without sin.

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.

ACKNOWLEDGEMENTS

The English translation of Antiphons, Invitatories, Responsories, Intercessions, Psalm 95, the Canticle of the Lamb, Psalm Prayers, Non-Biblical Readings, Hagiographical Introductions from *The Liturgy of the Hours* © 1973, 1974, 1975, International Commission on English in the Liturgy Corporation (ICEL); excerpts from the English translation of *The Roman Missal* © 2010, ICEL; the English translation of Hymns from *The Liturgy of the Hours* © 2023. All rights reserved.

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