

*Liturgy of the Hours*  
LITURGY OF THE HOURS

DAYTIME PRAYER

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February 1, 2025

{ Memorial of the Blessed Virgin Mary on Saturday }



*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: Tallis' Canon, 8 8 8 8; Thomas Tallis, ca. 1505–1585*

*Plainsong, mode D, melody 124; 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 1*

Lord, give a loving welcome to your servant.

*Psalm 119:121-128*

*XVI (Ain)*

I have dóne what is ríght and júst: \*  
let me nót be opprésed.  
Vóuch for the wélfare of your sérvant \*  
lest the próud opprés me.

My eyes yéarn for your sáving hélp \*  
and the prómise of your jústice.  
Tréat your sérvant with lóve \*  
and téach me your commánds.

Í am your sérvant, give me knówledge; \*  
then shall I knów your wíll.  
It is tíme for the Lórd to áct \*  
for your lów has been bróken.

Thát is why I lóve your commánds \*  
more than fínest góld,  
why I rúle my lífe by your précepts: \*  
I háte the ways of fálsehood.

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, give a loving welcome to your servant.

*Antiphon 2*

Look to the Lord and be enlightened.

*Psalm 34*

*God the savior of the just*

*You have tasted the sweetness of the Lord (1 Peter 2:3).*

*I*

I will bléss the Lórd at all tímes, \*  
his práise álwáys on my líps;  
in the Lórd my sóul shall make its bóast. \*  
The húmble shall héar and be glád.

Glórfify the Lórd with mé. \*  
Togéther let us práise his náme.  
I sóught the Lórd and he ánswered me; \*  
from all my térrors he sét me frée.

Lóok towards hím and be rádiant; \*  
let your fáces nót be abáshed.  
This póor man cálléd; the Lord héárd him \*  
and réscued him from áll his distréss.

The ángel of the Lórd is encámped \*  
around thóse who revére him, to réscue them.  
Taste and sée that the Lórd is góod. \*  
He is háppy who seeks réfuge in hím.

Revére the Lórd, you his sáints. \*  
They lack nóthing, thóse who revére him.  
Strong líons suffer wánt and go húngry \*  
but thóse who seek the Lórd lack no bléssing.

Glory to the Fátter, and to the Son, \*  
and to the Holy Spírit:  
as it was in the béginning, is now, \*  
and will be for ever. Amen.

*Antiphon*

Look to the Lord and be enlightened.

*Antiphon 3*

When your heart is torn with grief, the Lord is near you.

## II

Cóme, children, and héar me \*  
that I may téach you the féar of the Lórd.  
Who is hé who lóns for life \*  
and many dáys, to enjói his prospéritey?

Then kéep your tóngue from évil \*  
and your líps from spéaking decéit.  
Turn asíde from évil and do góod; \*  
séek and stríve after péace.

The Lórd turns his fáce against the wícked \*  
to destróy their remémbrance from the éarth.  
The Lórd turns his éyes to the júst \*  
and his éars to théir appéal.

They cáll and the Lórd héars \*  
and réscues them in áll their distréss.  
The Lord is clóse to the bróken-héarted; \*  
those whose spírit is crúshed he will sáve.

Mány are the tríals of the júst man \*  
but from them áll the Lórd will réscue him.  
He will keep gúard over áll his bónes, \*  
not óne of his bónes shall be bróken.

Évil brings déath to the wícked; \*  
those who háte the góod are dóomed.  
The Lord ránsoms the sóuls of his sérvants. \*  
Those who híde in him shall nóte be condémed.

Glory to the Fátter, and to the Son, \*  
and to the Holy Spírit:  
as it was in the béginning, is now, \*  
and will be for éver. Amen.

### *Antiphon*

When your heart is torn with grief, the Lord is near you.

*Sit*

READING

*Galatians 5:26; 6:2*

Let us never be boastful, or challenging, or jealous toward one another. Help carry one another's burdens; in that way you will fulfill the law of Christ.

*Verse*

What joy to see a family united in love!

— The blessing of God rests upon it.

*Stand*

CONCLUDING PRAYER

Let us pray.

Lord,  
fill us with the resplendent light  
of your eternal love.

May we love you above all things,  
and our brothers for your sake.  
Grant this through Christ our Lord.

— Amen.

*Acclamation*

Let us praise the Lord.

— And give him thanks.

# ACKNOWLEDGEMENTS

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