

Liturgy of the Hours
LITURGY OF THE HOURS

DAYTIME PRAYER

January 18, 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

Lead me, Lord, in the path of your commandments.

Psalm 119:33-40

V (He)

Téach me the demánds of your précepts *
and I will kéeep them to the énd.

Tráin me to obsérve your lów, *
to kéeep it with my héart.

Guíde me in the páth of your commánds; *
for thére is my delíght.

Bénd my héart to your wíll *
and nótt to love of gáin.

Kéeep my éyes from what is fálse: *
by your wórd, give me lífe.

Kéeep the prómise you have máde *
to the sérvant who féars you.

Kéeep me from the scórn I dréad, *
for your decrées are góod.

Sée, I lóng for your précepts: *
then in your jústice, give me lífe.

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

Lead me, Lord, in the path of your commandments.

Antiphon 2

Those who seek the Lord will be filled with every blessing.

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 álways 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 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

Those who seek the Lord will be filled with every blessing.

Antiphon 3

Seek and strive after peace.

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

Seek and strive after peace.

Sit

READING

Jeremiah 17:9-10

More tortuous than all else is the human heart,
beyond remedy; who can understand it?
I, the Lord, alone probe the mind
and test the heart
To reward everyone according to his ways,
according to the merit of his deeds.

Verse

Free me from my hidden faults.
— Never let me sin through pride.

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.

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