

Liturgy of the Hours
LITURGY OF THE HOURS

OFFICE OF READINGS

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 Mary, Virgin Mother blest,
O holy daughter of your Son,
most humble and yet most sublime,
above the whole created world:

You are the summit fixed of old,
predestined by divine decree,
to be our nature's perfect crown,
the height of beauty and of grace.

In you our nature shone so fair
that its Creator, God most high,
with art so wondrous to behold,
was made a creature formed through you.

Within the Virgin's purest womb
the flame of love is born anew,
and by its warmth, upon the earth
celestial flowers come to bloom.

To Father and to Paraclete
and to your Son all glory be,
who have, all three, invested you
with such a wondrous robe of grace. Amen.

Metrical hymn, melody: Hereford, 8 8 8 8; Samuel Sebastian Wesley, 1810-1876

Plainsong, mode VIII, melody 109; Liber Hymnarius, Solesmes, 1983, Text: O virgo mater, filia, Anselmo Lentini, O.S.B., 1901-1989*

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

PSALMODY

Antiphon 1

Whoever humbles himself, like a little child, will be greater in the kingdom of heaven.

Psalm 131

Childlike trust in God

Learn from me, for I am gentle and humble of heart (Matthew 11:29).

O Lórd, my héart is not próud *
nor háughty my éyes.
I have not góne after things too gréat *
nor márvels beyónd me.
Trúly I have sét my sóul *
in sílence and péace.
As a chéild has rést in its mother's árms, *
even só is my sóul.
O Ísrael, hópe in the Lórd *
both nów and 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

Whoever humbles himself, like a little child, will be greater in the kingdom of heaven.

Antiphon 2

With simplicity of heart, I have joyfully offered everything to you, my God.

Psalm 132

God's promises to the house of David

The Lord God will give him the throne of his ancestor David (Luke 1:32).

I

O Lórd, reméber Dávid *
and áll the many hárdships he endúred,
the óath he swóre to the Lórd, *
his wów to the Stróng One of Jácob.

“I will not énter the hóuse where I líve *
nor gó to the béd where I rést.
I will gíve no sléep to my éyes, *
to my éyelids I will gíve no slumber
till I find a pláce for the Lórd, *
a dwélling for the Stróng One of Jácob.”

At Éphrathah we héard of the árk; *
we fóund it in the pláins of Yearím.
“Let us gó to the pláce of his dwélling; *
let us gó to knéel at his fóotstool.”

Go up, Lórd, to the pláce of your rést, *
yóu and the árk of your stréngth.
Your priests shall be clóthed with hóliness: *
your fáithful shall ríng out their jój.
For the sáke of Dávid your sérvant *
dó not rejéct your anóinted.

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

With simplicity of heart, I have joyfully offered everything to you,
my God.

Antiphon 3

The Lord has sworn an oath to David; his kingdom will stand for

ever.

II

The Lórd swore an óath to Dávid; *
he wíll not go bák on his wórd;
“A són, the frúit of your bódý, *
will I sét upón your thróne.

If they kéepe my cóvenant in trúth *
and my láws that Í have táught them,
their sóns álsó shall rúle *
on your thróne from áge to áge.”

For the Lórd has chósen Zíon; *
he has desíred it fór his dwélling:
“Thís is my résting-place for éver, *
hére have I chósen to líve.

I will gréatly bléss her próduce, *
I will fíll her póor with bréad.
I will clóthe her priésts with salvátion *
and her fáithful shall ríng out their jóy.

Thére David’s stóck will flówer: *
I will prépare a lámp for my anóinted.
I will cóver his énemies with sháme *
but on hím my crówn shall shíne.”

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 has sworn an oath to David; his kingdom will stand for ever.

VERSE

Come, consider the works of the Lord.

— The marvels he has created on this earth.

READINGS

First reading

From the book of Sirach

44:1-2, 16a—45:5

Praise of the fathers: from Enoch to Moses

Now will I praise those godly men,
our ancestors, each in his own time:
The abounding glory of the Most High's portion,
his own part, since the days of old.

[ENOCH walked with the Lord and was taken up,
that succeeding generations might learn by his example.]

NOAH, found just and perfect,
renewed the race in the time of devastation.

Because of his worth there were survivors,
and with a sign to him the deluge ended;
A lasting agreement was made with him,
that never should all flesh be destroyed.

ABRAHAM, father of many peoples,
kept his glory without stain:

He observed the precepts of the Most High,
and entered into an agreement with him;

In his own flesh he incised the ordinance,
and when tested he was found loyal.

For this reason, God promised him with an oath
that in his descendants the nations would be blessed,
That he would make him numerous as the grains of dust,
and exalt his posterity like the stars;

That he would give them an inheritance from sea to sea,
and from the River to the ends of the earth.

And for ISAAC he renewed the same promise
because of Abraham, his father.

The covenant with all his forebears was confirmed,
and the blessing rested upon the head of Jacob.

God acknowledged him as the first-born,
and gave him his inheritance.
He fixed the boundaries for his tribes,
and their division into twelve.

From him was to spring the man
who won the favor of all:

Dear to God and men,

MOSES, whose memory is held in benediction.

God's honor devolved upon him,

and the Lord strengthened him with fearful powers;

God wrought swift miracles at his words

and sustained him in the king's presence.

He gave him the commandments for his people,

and revealed to him his glory.

For his trustworthiness and meekness

God selected him from all mankind;

He permitted him to hear his voice,

and led him into the cloud,

Where, face to face, he gave him the commandments,

the law of life and understanding,

That he might teach his precepts to Jacob,

his judgments and decrees to Israel.

Responsory

Deuteronomy 6:4; 7:9; 6:5

Hear, O Israel, and carefully keep what the Lord has commanded
you,

— and you will know that the Lord your God is a faithful God,
true to his promises and merciful to all who love him.

You shall love the Lord your God with all your heart and with all
your soul and with all your strength.

— And you will know that the Lord your God is a faithful God,
true to his promises and merciful to all who love him.

Second reading

From a sermon by Saint Lawrence Justinian, bishop

(Sermo 8, in festo Purificationis B.M.V.: Opera, 2, Venetiis 1751, 38-39)

Mary stored up all these things in her heart

While Mary contemplated all she had come to know through reading, listening and observing, she grew in faith, increased in merits, and was more illuminated by wisdom and more consumed by the fire of charity. The heavenly mysteries were opened to her, and she was filled with joy; she became fruitful by the Spirit, was being directed toward God, and watched over protectively while on earth. So remarkable are the divine graces that they elevate one from the lowest depths to the highest summit, and transform one to a greater holiness. How entirely blessed was the mind of the Virgin which, through the indwelling and guidance of the Spirit, was always and in every way open to the power of the Word of God. She was not led by her own senses, nor by her own will; thus she accomplished outwardly through her body what wisdom from within gave to her faith. It was fitting for divine Wisdom, which created itself a home in the Church, to use the intervention of the most blessed Mary in guarding the law, purifying the mind, giving an example of humility and providing a spiritual sacrifice.

Imitate her, O faithful soul. Enter into the deep recesses of your heart so that you may be purified spiritually and cleansed from your sins. God places more value on good will in all we do than on the works themselves. Therefore, whether we give ourselves to God in the work of contemplation or whether we serve the needs of our neighbor by good works, we accomplish these things because the love of Christ urges us on. The acceptable offering of the spiritual purification is accomplished not in a man-made temple but in the recesses of the heart where the Lord Jesus freely enters.

Responsory

O pure and holy virgin, how can I find words to praise your beauty?

— The highest heavens cannot contain God whom you carried in your womb.

Blessed are you among women, and blessed is the fruit of your womb.

— The highest heavens cannot contain God whom you carried in your womb.

Stand

CONCLUDING PRAYER

Let us pray.

All-powerful God,
we rejoice in the protection of the holy Virgin Mary.
May her prayers help to free us from all evils here on earth
and lead us to eternal joy in heaven.

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.

Acclamation

Let us praise the Lord.

— And give him thanks.

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