

Liturgy of the Hours
LITURGY OF THE HOURS

MORNING PRAYER

January 18, 2025

{ Memorial of the Blessed Virgin Mary on Saturday }



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).

Let us sing to the Lord as we keep this day in memory of the Blessed Virgin Mary.

— Let us sing to the Lord as we keep this day in memory of the Blessed Virgin Mary.

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.

— Let us sing to the Lord as we keep this day in memory of the Blessed Virgin Mary.

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.

— Let us sing to the Lord as we keep this day in memory of the Blessed Virgin Mary.

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.

— Let us sing to the Lord as we keep this day in memory of the Blessed Virgin Mary.

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.

— Let us sing to the Lord as we keep this day in memory of the
Blessed Virgin Mary.

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.”

— Let us sing to the Lord as we keep this day in memory of the
Blessed Virgin Mary.

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.

— Let us sing to the Lord as we keep this day in memory of the
Blessed Virgin Mary.

Morning Prayer

HYMN

O Virgin, gleaming star of love
for blessed saints who dwell on high,
O everliving font of hope
for us, mere mortals, here below:

O Lady blest, you so prevail
upon your Son’s all loving heart,
that whosoever asks in faith
may see their prayers fulfilled through you.

Not only does your kindness bring

most loving aid to those who ask,
but often you foresee their pleas
and gladly help before they pray.

In you such tender mercies dwell,
such beauty and magnificence,
in you, the crown of all the good
that all created things possess.

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: Eisenach, 8 8 8 8; Johann Hermann Schein, 1586–1630

Plainsong, mode II, melody 30; Liber Hymnarius, Solesmes, 1983; Text: Quæ caritatis
fulgidum, Anselmo Lentini, O.S.B., 1901–1989*

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Sit or stand

PSALMODY

Antiphon 1

Dawn finds me ready to welcome you, my God.

Psalm 119:145–152

XIX (Koph)

I cáll with all my héart; Lord, héar me, *
I will kéeep your commánds;
I cáll upón you, sáve me *
and Í will do your wíll.

I ríse before dáwn and cry for hélp, *
I hópe in your wórd.
My éyes wáttch through the níght *

to pónder your prómise.

In your lóve hear my vóice, O Lórd; *
give me lífe by your decrées.

Those who hárm me unjústly draw néar: *
they are fár from your lów.

But yóu, O Lórd, are clóse: *
your commánds are trúth.
Lóng have I knówn that your wíll *
is estáblished 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

Dawn finds me ready to welcome you, my God.

Antiphon 2

The Lord is my strength, and I shall sing his praise, for he has become my Savior.

Canticle – Exodus 15:1-4a, 8-13, 17-18

Hymn of victory after the crossing of the Red Sea

Those who had conquered the beast were singing the song of Moses, God's servant (see Revelation 15:2-3).

I will sing to the Lord, for he is gloriously triumphant; *
horse and chariot he has cast into the sea.

My strength and my courage is the Lord, *
and he has been my savior.

He is my God, I praise him; *
the God of my father, I extol him.

The Lord is a warrior, *
Lord is his name!
Pharaoh's chariots and army he hurled into the sea. *
At a breath of your anger the waters piled up,
the flowing waters stood like a mound, *

the flood waters congealed in the midst of the sea.

The enemy boasted, “I will pursue and overtake them; †
I will divide the spoils and have my fill of them; *
I will draw my sword; my hand shall despoil them!”
When your wind blew, the sea covered them; *
like lead they sank in the mighty waters.

Who is like to you among the gods, O Lord? *
Who is like to you, magnificent in holiness?
O terrible in renown, worker of wonders, *
when you stretched out your right hand, the earth swallowed them!

In your mercy you led the people you redeemed; *
in your strength you guided them to your holy dwelling.

And you brought them in and planted them on the mountain of
your inheritance— *

the place where you made your seat, O Lord,
the sanctuary, O Lord, which your hands established. *
The Lord shall reign forever and ever.

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 is my strength, and I shall sing his praise, for he has
become my Savior.

Antiphon 3

O praise the Lord, all you nations.

Psalm 117

Praise for God's loving compassion

*I affirm that . . . the Gentile peoples are to praise God because of his mercy (Romans
15:8-9).*

O práise the Lórd, all you nátions, *
accláim him, all you péoples!

Stróng is his lóve for ús; *

he is faithful for ever.

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

O praise the Lord, all you nations.

Sit

READING

Galatians 4:4-5

When the designated time had come, God sent forth his Son born of a woman, born under the law, to deliver from the law those who were subjected to it, so that we might receive our status as adopted sons.

RESPONSORY

After the birth of your son, you remained a virgin.

— After the birth of your son, you remained a virgin.

Mother of God, intercede for us;

— you remained a virgin.

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

— After the birth of your son, you remained a virgin.

Stand

GOSPEL CANTICLE

Antiphon

Let us celebrate with great devotion this day in memory of the Blessed Virgin Mary; may she intercede for us with the Lord Jesus Christ.

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

Let us celebrate with great devotion this day in memory of the
Blessed Virgin Mary; may she intercede for us with the Lord Jesus
Christ.

INTERCESSIONS

Let us glorify our Savior, who chose the Virgin Mary for his mother.
Let us ask him:

— May your mother intercede for us, Lord.

Savior of the world, by your redeeming might you preserved your mother beforehand from all stain of sin,
keep watch over us, lest we sin.

— May your mother intercede for us, Lord.

You are our redeemer, who made the immaculate Virgin Mary your purest home and the sanctuary of the Holy Spirit,
make us temples of your Spirit for ever.

— May your mother intercede for us, Lord.

Eternal Word, you taught your mother to choose the better part,
grant that in imitating her we may seek the food that brings life everlasting.

— May your mother intercede for us, Lord.

King of kings, you lifted up your mother, body and soul, into heaven;
help us to fix our thoughts on things above.

— May your mother intercede for us, Lord.

Lord of heaven and earth, you crowned Mary and set her at your right hand as queen,
make us worthy to share this glory.

— May your mother intercede for us, Lord.

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

Lord God,
give to your people the joy
of continual health in mind and body.
With the prayers of the Virgin Mary to help us,
guide us through the sorrows of this life
to eternal happiness in the life to come.

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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