

Liturgy of the Hours
LITURGY OF THE HOURS

MORNING PRAYER

July 20, 2024

{ 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

Praise to Mary, Heaven’s Gate,
Guiding Star of Christians’ way,
Mother of our Lord and King,
Light and hope to souls astray.

When you heard the call of God
Choosing to fulfill his plan,
By your perfect act of love
Hope was born in fallen man.

Help us to amend our ways,

Halt the devil's strong attack,
Walk with us the narrow path,
Beg for us the grace we lack.

Mary, show your motherhood,
Bring your children's prayers to Christ,
Christ, your son, who ransomed man,
Who, for us, was sacrificed.

Virgin chosen, singly blest,
Ever faithful to God's call,
Guide us in this earthly life,
Guard us lest, deceived, we fall.

Mary, help us live our faith
So that we may see your son;
Join our humble prayers to yours,
Till life's ceaseless war is won.

Praise the Father, praise the Son,
Praise the holy Paraclete;
Offer all through Mary's hands,
Let her make our prayers complete.

*Melody: Gott sei dank 77.77; Music: Freylinghausen's Gesangbuch, 1704; Text: Ave
Maris Stella, 9th century; Translator: Rev. M. Quinn, O.P. et al., alt.*

*Praise to Mary, Heaven's Gate, translation by Rev. Michael M. Quinn, O.P.; Text
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Sit or stand

PSALMODY

Antiphon 1

Lord, you are near to us, and all your ways are true.

Psalm 119:145-152

XIX (Koph)

I cáll with all my héart; Lord, héar me, *
I will kéep your commánds;
I cáll upón you, sáve me *

and I will do your will.

I rise before dawn and cry for help, *
I hope in your word.
My eyes watch through the night *
to ponder your promise.

In your love hear my voice, O Lord; *
give me life by your decrees.
Those who harm me unjustly draw near: *
they are far from your law.

But you, O Lord, are close: *
your commands are truth.
Long have I known that your will *
is established 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

Lord, you are near to us, and all your ways are true.

Antiphon 2

Wisdom of God, be with me, always at work in me.

Canticle – Wisdom 9:1-6, 9-11

Lord, give me wisdom

I will inspire you with wisdom which your adversaries will be unable to resist (Luke 21:15).

God of my fathers, Lord of mercy, *
you who have made all things by your word
and in your wisdom have established man *
to rule the creatures produced by you,
to govern the world in holiness and justice, *
and to render judgment in integrity of heart:

Give me Wisdom, the attendant at your throne, *
and reject me not from among your children:

for I am your servant, the son of your handmaid, †
a man weak and short-lived *
and lacking in comprehension of judgment and of laws.

Indeed, though one be perfect among the sons of men, †
if Wisdom, who comes from you, be not with him, *
he shall be held in no esteem.

Now with you is Wisdom who knows your works *
and was present when you made the world;
who understands what is pleasing in your eyes *
and what is conformable with your commands.

Send her forth from your holy heavens *
and from your glorious throne dispatch her
that she may be with me and work with me, *
that I may know what is your pleasure.

For she knows and understands all things, †
and will guide me discreetly in my affairs *
and safeguard me by her glory.

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

Wisdom of God, be with me, always at work in me.

Antiphon 3

The Lord remains faithful to his promise for ever.

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, *
acláim him, all you péoples!

Stróng is his lóve for ús; *
he is fáithful 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

The Lord remains faithful to his promise for ever.

Sit

READING

See Isaiah 61:10

I rejoice heartily in the Lord,
in my God is the joy of my soul;
For he has clothed me with a robe of salvation,
and wrapped me in a mantle of justice,
like a bride bedecked with her jewels.

RESPONSORY

The Lord has chosen her, his loved one from the beginning.

— The Lord has chosen her, his loved one from the beginning.

He has taken her to live with him,

— his loved one from the beginning.

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

— The Lord has chosen her, his loved one from the beginning.

Stand

GOSPEL CANTICLE

Antiphon

Through you, sinless Virgin, the life we had lost was restored to us;
from heaven you received a child, and you gave birth to the Savior of
the world.

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

Through you, sinless Virgin, the life we had lost was restored to us;
from heaven you received a child, and you gave birth to the Savior of
the world.

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

God of mercy,
give us strength.

May we who honor the memory of the Mother of God
rise above our sins and failings with the help of her prayers.

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.

ACKNOWLEDGEMENTS

The English Translation of the Introductory Verses and Responses, the Invitatories, the Antiphons, Captions and Patristic Commentaries for the Psalms, Psalm-prayers, Responsories, Intercessions, Greeting, Blessings, and Dismissal, Non-Biblical Readings, and Hagiographical Introductions from *The Liturgy of the Hours* © 1974, 1975, 1976, International Committee on English in the Liturgy, Inc. (ICEL); the Alternative Opening Prayers and the English translation of the Opening Prayers (Prayers of the Day) from *The Roman Missal* © 1973, ICEL. All rights reserved.

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