

Liturgy of the Hours
LITURGY OF THE HOURS

DAYTIME PRAYER

July 13, 2024

{ 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

Most ancient of all mysteries,
Before your throne we lie;
Have mercy now, most merciful,
Most holy Trinity.

When heaven and earth were still unmade,
When time was yet unknown,
You in your radiant majesty
Did live and love alone.

You were not born, there was no source
From which your Being flowed;
There is no end which you can reach,
For you are simply God.

How wonderful creation is,
The work which you did bless;
What then must you be like, dear God,
Eternal loveliness!

Most ancient of all mysteries,
Before your throne we lie,
Have mercy now and evermore,
Most holy Trinity.

*Melody: Saint Flavian C.M.; Music: Adapted from Psalm 132, Day's Psalter, 1562;
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Sit or stand

PSALMODY

Antiphon 1

Heaven and earth will pass away but my words will not pass away.

Psalm 119:81-88

XI (Caph)

I yéarn for your sáving hélp; *
I hópe in your wórd.
My éyes yéarn to see your prómise. *
Whén will you consóle me?
Though párchéd and exháusted with wáiting *
I have not forgóttén your commánds.
How lóng must your sérvant súffer? *
When will you júdge my fóes?
For mé the próud have dug pítfalls, *
agáinst your lów.
Your commánds are all trúe; then hélp me *
when líes opprés me.
They álmóst made an énd of me on éarth *
but I képt your précepts.
Becáuse of your lóve give me lífe *
and Í will do your wíll.
Glory to the Fátter, and to the Son, *
and to the Holy Spírit:
as it was in the beginning, is now, *
and will be for ever. Amen.

Antiphon

Heaven and earth will pass away but my words will not pass away.

Antiphon 2

Lord, you are my hope, a strong citadel against my enemies.

Psalm 61

Prayer of an exile

The prayer of the just man who places his hope in the things of heaven (Saint Hilary).

O Gód, héar my cry! *
Lísten to my práyer!
From the énd of the éarth I cáll: *
my héart is fáint.

On the róck too hígh for me to réach *
sét me on hígh,
O yóu who have béen my réfuge, *
my tówer against the fóe.

Let me dwéll in your tént for éver *
and híde in the shélder of your wíngs.
For yóu, O Gód, hear my práyer, *
grant me the héritage of thóse who féar you.

May you léngthen the lífe of the kíng: *
may his yéars cover mány generátions.
May he éver sit enthronéd before Gód: *
bid lóve and trúth be his protéction.

So I will álways práise your náme *
and dáy after dáy fulfill my vóws.

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 my hope, a strong citadel against my enemies.

Antiphon 3

O Lord, guard my life from the menace of the foe.

Psalm 64

Prayer for help against enemies

This psalm commemorates most particularly our Lord's passion (Saint Augustine).

Hear my voice, O Gód, as I compláin,*
guard my life from dréad of the fóc.
Hide me from the bánd of the wicked,*
from the thróng of thóse who do évil.

They shárpen their tóngues like swórd; *
they áim bitter wórd's like árows
to shóot at the ínnocent from ámbush, *
shóoting súddenly and récklessly.

They schéme their évil cóurse; *
they conspíre to lay sécret snáres.
They sáy: "Whó will sée us? *
Whó can séarch out our crímes?"

He will séarch who séarches the mínd *
and knóws the dépth of the héart.
Gód has shót them with his árow *
and déalt them súdden wóunds.
Their ówn tongue has bróught them to rúin *
and áll who sée them móck.

Thén will áll men féar; †
they will téll what Gód has dóne. *
They will únderstánd God's déeds.
The júst will rejóice in the Lórd †
and flý to hím for réfuge. *
All the úpright héarts will glóry.

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

Antiphon

O Lord, guard my life from the menace of the foe.

Sit

READING

1 Kings 2:2b-3

Take courage and be a man. Keep the mandate of the Lord, your God, following his ways and observing his statutes, commands, ordinances, and decrees, that you may succeed in whatever you do.

Verse

Guide me, Lord, in the way of your precepts.

— For this is all I desire.

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

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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