

Liturgy of the Hours
LITURGY OF THE HOURS

DAYTIME PRAYER

August 6, 2025

{ Feast – Transfiguration }



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

Let us sing praises to the Lord
with willing mind and fervent heart;
the noonday hour returns again
and summons us once more to prayer.

For to the faithful at this hour
true saving glory was restored
by off'ring of the blessed Lamb
and by the power of his Cross.

The Cross obscures the noonday sun
by its most clear and brilliant light;
let us receive with all our heart
the gift of such resplendent grace.

To God the Father glory be,
all honor to his only Son,
one with the Spirit Paraclete,
from age to age for evermore. 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: Dicamus
laudes Domino, before 6th c.*

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Sit or stand

PSALMODY

Antiphon 1

By his Gospel our Lord and Savior has lighted up for us the way to life and immortality.

Psalm 119:57-64

VIII (Heth)

My párt, I have resóved, O Lórd, *
is to obéy your wórd.
With all my héart I implóre your fávor; *
show the mércy of your prómise.

I have póndered óver my wáys *
and retúrned to your will.
I made háste and díd not deláy *
to obéy your commánds.

Though the néts of the wícked ensnáred me *
I remémbered your lów.
At mídnight I will ríse and thánk you *
for your júst decreés.

I am a fréind of áll who revére you, *
who obéy your précepts.
Lórd, your lóve fills the éarth. *
Téach me your commánds.

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.

Psalm 55:2-15, 17-24

Against a friend proved traitor

Jesus was seized with fear and distress (Mark 14:33).

I

O Gód, lísten to my práyer, *

do not hídé from my pléading,
atténd to mé and réply; *
with my cáres, I cannot rést.

I trémble at the shóuts of the fóe, *
at the críes of the wícked;
for they bríng down évil upón me. *
They assáil me with fúry.

My héart is strícken withín me, *
death's térror is ón me,
trémbling and féar fall upón me *
and hórror overwhélms me.

Ó that I had wíngs like a dóve *
to fly awáy and be at rést.
Só I would escápe far awáy *
and take réfuge in the désert.

I would hásten to fínd a shélder *
from the ráging wínd,
from the destrúctive stórm, O Lórd, *
and from their plóttíng tóngues.

For Í can see nóthing but víolence *
and strífe in the cíty.
Níght and dáy they patról *
hígh on the cíty wálls.

It is fúll of wíckedness and évil; *
it is fúll of sín.
Its stréets are néver frée *
from týranny and decéit.

Glory to the Fátter, and to the Son, *
and to the Holy Spírít:
as it was in the bégínníng, is now, *
and wíll be for éver. Amen.

II

If thís had been dóne by an énémy *
I could béar his táunts.

If a rival had risen against me, *
I could hide from him.

But it is you, my own companion, *
my intimate friend!
How close was the friendship between us. †
We walked together in harmony *
in the house of God.

As for me, I will cry to God *
and the Lord will save me.
Evening, morning and at noon *
I will cry and lament.

He will deliver my soul in peace *
in the attack against me:
for those who fight me are many, *
but he hears my voice.

God will hear and will humble them, *
the eternal judge:
for they will not amend their ways. *
They have no fear of God.

The traitor has turned against his friends; *
he has broken his word.
His speech is softer than butter, *
but war is in his heart.
His words are smoother than oil, *
but they are naked swords.

Entrust your cares to the Lord *
and he will support you.
He will never allow *
the just man to stumble.

But you, O God, will bring them down *
to the pit of death.
Deceitful and bloodthirsty men †
shall not live half their days. *
O Lord, I will trust in you.

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

By his Gospel our Lord and Savior has lighted up for us the way to life and immortality.

Sit

READING

Exodus 33:9, 11a

As Moses entered the tent, the column of cloud would come down and stand at its entrance while the Lord spoke with Moses. The Lord used to speak to Moses face to face, as one man speaks to another.

Verse

Look to the Lord and be enlightened.

— And never let your faces be ashamed.

Stand

CONCLUDING PRAYER

Let us pray.

God our Father,
in the transfigured glory of Christ your Son,
you strengthen our faith
by confirming the witness of your prophets,
and show us the splendor of your beloved sons and daughters.
As we listen to the voice of your Son,
help us to become heirs to eternal life with him
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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