

Liturgy of the Hours
LITURGY OF THE HOURS

DAYTIME PRAYER

October 28, 2026

{ Feast – Simon and Jude, Apostles }



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: DUGUET, 8 8 8 8; Abbé Dieudonné Duguet, 1794–1849

Plainsong, mode VIII, melody 107; Liber Hymnarius, Solesmes, 1983, Text: Dicamus
laudes Domino, before 6th c.*

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Sit or stand

PSALMODY

Antiphon 1

I have pondered my ways and turned back to your teaching.

Psalm 119:57-64

VIII (Heth)

My párt, I have resólvéd, 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 láw.
At mídnight I will ríse and thánk you*
for your júst DECREES.

I am a fríend 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.

Antiphon

I have pondered my ways and turned back to your teaching.

Antiphon 2

I tremble with fear, O Lord; turn to me and hear me.

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 híde from my pléading,
atténd to mé and replý; *
with my cáres, I cannot rést.

I trémble at the shóuts of the fóc, *
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 shéltér *
from the ráging wínd,
from the destrúctive stórm, O Lórd, *
and from their plótting tóngues.

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

I tremble with fear, O Lord; turn to me and hear me.

Antiphon 3

I shall cry to God for help, and the Lord will come to save me.

II

If this had been done by an enemy *
I could bear his taunts.
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 wórds are smóother than óil, *
but they are náked swórds.

Entrúst your cáres to the Lórd *
and hé will suppórt you.
Hé will néver allów *
the júst man to stúmbles.

But yóu, O Gód, will bring them dówn *
to the pí of déath.

Decéitful and blóodthirsty mén †
shall not líve half their dáy. *
O Lórd, I will trúst in yóu.

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

I shall cry to God for help, and the Lord will come to save me.

Sit

READING

Acts 5:12a, 14

Through the hands of the apostles, many signs and wonders occurred among the people. Nevertheless more and more believers, men and women in great numbers, were continually added to the Lord.

Verse

The apostles held fast to Christ's message.

— They kept the precepts he gave them.

Stand

CONCLUDING PRAYER

Let us pray.

Father,

you revealed yourself to us
through the preaching of your apostles Simon and Jude.
By their prayers,
give your Church continued growth
and increase the number of those who believe in you.

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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