

*Liturgy of the Hours*  
LITURGY OF THE HOURS

DAYTIME PRAYER

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July 22, 2026

{ Feast – Mary Magdalene }



*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*

Lord, I cry to you for help; I trust in your promise.

*Psalm 119:145-152*

*XIX (Koph)*

I call with all my heart; Lord, hear me,<sup>\*</sup>  
I will keep your commands;  
I call upon you, save me<sup>\*</sup>  
and I will do your will.

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

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

But you, O Lord, are close:<sup>\*</sup>  
your commands are truth.  
Long have I known that your will<sup>\*</sup>  
is established for ever.

Glory to the Father, and to the Son,<sup>\*</sup>  
and to the Holy Spirit:  
as it was in the beginning, is now,<sup>\*</sup>  
and will be for ever. Amen.

*Antiphon*

Lord, I cry to you for help; I trust in your promise.

*Antiphon 2*

The Lord knows how fleeting are the thoughts of men.

*Psalm 94*

*The Lord will avenge the just*

*God punishes wicked conduct; he has called you to share his holiness. You must have nothing to do with impurity (1 Thessalonians 4:6-7).*

*I*

O Lórd avénging Gód,<sup>\*</sup>  
avénging Gód, appéar!  
Júdge of the éarth, arise,<sup>\*</sup>  
gíve the próud what they desérve!

How lóng, O Lórd, shall the wícked,<sup>\*</sup>  
how lóng shall the wícked tríumph?  
They blúster with árrogant spéech;<sup>\*</sup>  
the évil-doers bóast to each óther.

They crúsh your péople, Lórd,<sup>\*</sup>  
they afflict the ónes you have chósen.<sup>\*</sup>  
They kíl the wídow and the stránger,<sup>\*</sup>  
and múrder the fátherless chíld.

And they sáy: “The Lórd does not sée;<sup>\*</sup>  
the God of Jácob páys no héed.”

Mark thís, most sénseless of péople;<sup>\*</sup>  
fóols, when wíl you understánd?

Can hé who made the éar, not héar?<sup>\*</sup>  
Can hé who formed the éye, not sée?  
Will hé who corrects nátions, not púnish?<sup>\*</sup>  
Will hé who teaches mén, not have knówledge?

The Lórd knows the thóughts of mén.<sup>\*</sup>  
He knóws they are no móre than a bréath.

Glory to the Father, and to the Son,<sup>\*</sup>  
and to the Holy Spirit:  
as it was in the beginning, is now,<sup>\*</sup>  
and will be for ever. Amen.

*Antiphon*

The Lord knows how fleeting are the thoughts of men.

*Antiphon 3*

The Lord has become my stronghold; in him I put my trust.

*II*

Happy the man whom you teach, O Lord,<sup>\*</sup>  
whom you train by means of your law:  
to him you give peace in evil days<sup>\*</sup>  
while the pit is being dug for the wicked.

The Lord will not abandon his people<sup>\*</sup>  
nor forsake those who are his own;  
for judgment shall again be just<sup>\*</sup>  
and all true hearts shall uphold it.

Who will stand up for me against the wicked?<sup>\*</sup>  
Who will defend me from those who do evil?<sup>\*</sup>  
If the Lord were not to help me,<sup>\*</sup>  
I would soon go down into the silence.

When I think: "I have lost my foothold,"<sup>\*</sup>  
your mercy, Lord, holds me up.  
When cares increase in my heart<sup>\*</sup>  
your consolation calms my soul.

Can judges who do evil be your friends?<sup>\*</sup>  
They do injustice under cover of law;  
they attack the life of the just<sup>\*</sup>  
and condemn innocent blood.

As for me, the Lord will be a stronghold;<sup>\*</sup>  
my God will be the rock where I take refuge.  
He will repay them for their wickedness,<sup>†</sup>  
destroy them for their evil deeds.<sup>\*</sup>  
The Lord, our God, will destroy them.

Glory to the Father, and to the Son,<sup>\*</sup>  
and to the Holy Spirit:  
as it was in the beginning, is now,<sup>\*</sup>  
and will be for ever. Amen.

*Antiphon*

The Lord has become my stronghold; in him I put my trust.

*Sit*

READING

*1 Corinthians 9:26, 27a*

I do not run like a man who loses sight of the finish line. I do not fight as if I were shadowboxing. What I do is discipline my own body and master it.

*Verse*

I found him whom I love.

— I held him fast; I would not leave him.

*Stand*

CONCLUDING PRAYER

Let us pray.

Father,  
your Son first entrusted to Mary Magdalene  
the joyful news of his resurrection.  
By her prayers and example  
may we proclaim Christ as our living Lord  
and one day see him in glory,  
for he 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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