

*Liturgy of the Hours*  
LITURGY OF THE HOURS

MORNING PRAYER

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July 22, 2026

{ Feast – Mary Magdalene }



# *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).*

Come, let us worship God, wonderful in his saints.

— Come, let us worship God, wonderful in his saints.

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.

— Come, let us worship God, wonderful in his saints.

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.

— Come, let us worship God, wonderful in his saints.

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.

— Come, let us worship God, wonderful in his saints.

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.

— Come, let us worship God, wonderful in his saints.

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.”

— Come, let us worship God, wonderful in his saints.

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.

— Come, let us worship God, wonderful in his saints.

## *Morning Prayer*

### HYMN

The dawn arises clear and bright  
that heralds Christ in victory,  
whom you, O Mary, long to see  
and with your oil anoint his flesh.

With breathless haste you quickly run:  
behold, an angel cries with joy  
that he whom you so long to see  
has burst the gates of death and comes!

Then you implore the gard’ner there,  
though you behold your Master’s face;  
yet for your faithful love you find  
a sure reward of greater joy.

Since with the Virgin in her grief  
you stood beside his bitter Cross,  
you were the first to testify  
that he is risen from the dead.

O fairest flow’r of Magadala,

O Mary, wounded by his love,  
obtain, that we with hearts aflame  
may burn with fervent love for Christ.

Grant us, O Christ, to imitate  
so great a servant in her love,  
and may we sing with heav'nly choirs  
your praise and glory evermore. Amen.

*Metrical hymn, melody: WAREHAM, 8 8 8 8; William Knapp, 1698-1768*

*Plainsong, mode VIII, melody 98; Liber Hymnarius, Solesmes, 1983, Text: Aurora  
surgit lucida, Anselmo Lentini, O.S.B., 1901-1989*

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*Sit or Stand*

## PSALMODY

### *Antiphon 1*

Very early in the morning after the Sabbath, Mary Magdalene  
came to the tomb, just as the sun was rising.

*Psalm 63:2-9*

*A soul thirsting for God*

*Whoever has left the darkness of sin yearns for God.*

O Gód, you are my Gód, for you I lóng; \*  
for yóu my sóul is thírsting.  
My bódy pínes for yóu \*  
like a drý, weary lánd without wáter.  
So I gáze on yóu in the sánctuary \*  
to sée your stréngth and your glóry.

For your lóve is bétter than life, \*  
my líps will spéak your práise.  
So I will bléss you áll my life, \*

in your náme I will líft up my hánds.  
My sóul shall be filled as with a bánquet, \*  
my móuth shall práise you with jóy.

On my béd I remémber yóu. \*  
On yóu I múse through the níght  
for yóu have béen my hélp; \*  
in the sháadow of your wíngs I rejóice.  
My sóul clíngs to yóu; \*  
your ríght hand hólds me fást.

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*

Very early in the morning after the Sabbath, Mary Magdalene came to the tomb, just as the sun was rising.

*Antiphon 2*

My heart burns within me; I long to see my Lord; I look for him, but I cannot find where they have put him, alleluia.

*Canticle – Daniel 3:57-88, 56*

*Let all creatures praise the Lord*

*All you servants of the Lord, sing praise to him (Revelation 19:5).*

Bless the Lord, all you works of the Lord. \*  
Praise and exalt him above all forever.  
Angels of the Lord, bless the Lord. \*  
You heavens, bless the Lord.  
All you waters above the heavens, bless the Lord. \*  
All you hosts of the Lord, bless the Lord.  
Sun and moon, bless the Lord. \*  
Stars of heaven, bless the Lord.

Every shower and dew, bless the Lord. \*  
All you winds, bless the Lord.  
Fire and heat, bless the Lord. \*  
Cold and chill, bless the Lord.

Dew and rain, bless the Lord.\*  
Frost and chill, bless the Lord.  
Ice and snow, bless the Lord.\*  
Nights and days, bless the Lord.  
Light and darkness, bless the Lord.\*  
Lightnings and clouds, bless the Lord.

Let the earth bless the Lord.\*  
Praise and exalt him above all forever.  
Mountains and hills, bless the Lord.\*  
Everything growing from the earth, bless the Lord.  
You springs, bless the Lord.\*  
Seas and rivers, bless the Lord.  
You dolphins and all water creatures, bless the Lord.\*  
All you birds of the air, bless the Lord.  
All you beasts, wild and tame, bless the Lord.\*  
You sons of men, bless the Lord.

O Israel, bless the Lord.\*  
Praise and exalt him above all forever.  
Priests of the Lord, bless the Lord.\*  
Servants of the Lord, bless the Lord.  
Spirits and souls of the just, bless the Lord.\*  
Holy men of humble heart, bless the Lord.  
Hananiah, Azariah, Mishael, bless the Lord.\*  
Praise and exalt him above all forever.

Let us bless the Father, and the Son, and the Holy Spirit.\*  
Let us praise and exalt him above all forever.  
Blessed are you, Lord, in the firmament of heaven.\*  
Praiseworthy and glorious and exalted above all forever.

*Antiphon*

My heart burns within me; I long to see my Lord; I look for him,  
but I cannot find where they have put him, alleluia.

*Antiphon 3*

While Mary was weeping she bent down to look into the tomb;  
she saw two angels seated there, clothed in white, alleluia.

*Psalm 149*

*The joy of God's holy people.*

*Let the sons of the Church, the children of the new people, rejoice in Christ, their King  
(Hesychius).*

Síng a new sǒng to the Lórd, \*  
his práise in the assémbly of the fáithful.

Let Ísrael rejóice in its máker, \*  
let Zíon's sons exúlt in their kíng.

Let them práise his náme with dáncing \*  
and make músic with tímbrel and hárp.

For the Lórd takes delíght in his péople. \*

He crówns the póor with salvátion.

Let the fáithful rejóice in their glóry, \*  
shout for jóy and táke their rést.

Let the práise of Gód be on their líps \*  
and a twó-edged swórd in their hánd,

to déal out véngeance to the nátions \*  
and púnishment on áll the péoples;

to bínd their kíngs in cháins \*

and their nóbles in fétters of íron;

to cárry out the séntence pre-ordáined; \*  
this hónor is for áll his fáithful.

Glory to the Father, and to the Son, \*

and to the Holy Spirit:

as it was in the beginnig, is now, \*

and will be for ever. Amen.

*Antiphon*

While Mary was weeping she bent down to look into the tomb;  
she saw two angels seated there, clothed in white, alleluia.

*Sit*

READING

*Romans 12:1-2*

Brothers, I beg you through the mercy of God to offer your bodies

as a living sacrifice holy and acceptable to God, your spiritual worship. Do not conform yourselves to this age but be transformed by the renewal of your mind, so that you may judge what is God's will, what is good, pleasing and perfect.

*Responsory*

Mary, do not weep; the Lord is risen from the dead.

— Mary, do not weep; the Lord is risen from the dead.

Go to my brothers and say to them:

— The Lord is risen from the dead.

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

— Mary, do not weep; the Lord is risen from the dead.

*Stand*

GOSPEL CANTICLE

*Antiphon*

When Jesus had risen from the dead on the morning after the Sabbath, he appeared first to Mary Magdalene, from whom he had cast out seven devils.

*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*

When Jesus had risen from the dead on the morning after the Sabbath, he appeared first to Mary Magdalene, from whom he had cast out seven devils.

### INTERCESSIONS

My brothers, with all the holy women, let us profess our faith in our Savior and call upon him:

— Come, Lord Jesus.

Lord Jesus, you forgave the sinful woman because she loved much, forgive us who have sinned much.

— Come, Lord Jesus.

Lord Jesus, the holy women ministered to your needs during your journeys,  
help us to follow your footsteps.

— Come, Lord Jesus.

Lord Jesus, master, Mary listened to your words while Martha served your needs,  
help us to serve you with love and devotion.

— Come, Lord Jesus.

Lord Jesus, you call everyone who does your will your brother, sister and mother,  
help us to do what is pleasing to you in word and action.

— Come, Lord Jesus.

*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

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.

*Dismissal*

May the Lord bless us, protect us from all evil and bring us to everlasting life.

— Amen.

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