

Liturgy of the Hours
LITURGY OF THE HOURS

DAYTIME PRAYER

February 8, 2026
{ Fifth Sunday in Ordinary Time }



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

O mighty Ruler, God of truth,
for days and seasons setting bounds,
you clothe with splendor morning light
and midday skies with brilliant heat.

Extinguish flames of bitter strife,
all harmful passion take away,
grant health unto our mortal frame,
and on our hearts bestow true peace.

Most loving Father, hear our prayer,
and you, O Christ coequal Son,
who with the Spirit Paraclete
now reign for all eternity. Amen.

Metrical hymn, melody: Tallis' Canon, 8 8 8 8; Thomas Tallis, ca. 1505–1585

Plainsong, mode II, melody 42; Liber Hymnarius, Solesmes, 1983, Text: Rector
Potens, verax Deus, unknown author, very ancient; traditionally attributed to St.
Ambrose, 340–397*

*The English translation of Hymns and chants from The Liturgy of the Hours © 2023
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Sit or stand

PSALMODY

Antiphon 1

What better can we do than take refuge in the Lord! His love will never fail, alleluia.

Psalm 118

Song of joy for salvation

This Jesus is the stone which, rejected by you builders, has become the chief stone supporting all the rest (Acts 4:11).

I

Give thanks to the Lórd for he is góod,*
for his lóve endures for éver.

Let the sóns of Ísrael sáy: *

“His lóve endures for éver.”

Let the sóns of Áaron sáy: *

“His lóve endures for éver.”

Let thóse who fear the Lórd sáy: *

“His lóve endures for éver.”

I cálléd to the Lórd in my distréss; *
he ánswered and fréed me.

The Lórd is at my síde; I do not féar. *

What can mán do agáinst me?

The Lórd is at my síde as my hélper: *

I shall look dówn on my fóes.

It is bétter to take réfuge in the Lórd *
than to trúst in mén:

it is bétter to take réfuge in the Lórd *
than to trúst in prínces.

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

What better can we do than take refuge in the Lord! His love will never fail, alleluia.

Antiphon 2

The Lord is my strength, and I shall sing his praise, alleluia.

II

The nátions áll encómpassed me; *
in the Lórd's name I crúshed them.
They cómpassed me, cómpassed me abóut; *
in the Lórd's name I crúshed them.
They cómpassed me abóut like bées; †
they blázed like a fire among thórns. *
In the Lórd's name I crúshed them.

I was hárd-préssed and was fálling *
but the Lórd came to hélp me.
The Lórd is my stréngth and my sóng; *
hé is my sáviór.
There are shóuts of jóy and víctory *
in the ténts of the júst.

The Lórd's right hánd has tríumphed; *
his right hand ráised me.
The Lórd's right hánd has tríumphed; †
I shall not díe, I shall líve *
and recóunt his déeds.
I was púnished, I was púnished by the Lórd, *
but nótdoomed to díe.

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

The Lord is my strength, and I shall sing his praise, alleluia.

Antiphon 3

I shall proclaim your goodness, Lord, for you have answered me.

III

Ópen to mé the gates of hóliness: *

I will énter and give thánks.

This is the Lórd's own gáte *

where the júst may énter.

I will thánk you for yóu have ánswered *

and yóu are my sáviór.

The stóne which the buílders rejécted *

has becóme the córner stone.

This is the wórk of the Lórd, *

a márvel in our éyes.

This day was máde by the Lórd; *

we rejóice and are glád.

O Lórd, gránt us salvátion; *

O Lórd, grant succéss.

Bléssed in the náme of the Lórd *

is hé who cómes.

We bléss you from the hóuse of the Lórd; *

the Lord Gód is our líght.

Go fórdward in procéssion with bránches *

éven to the áltar.

Yóu are my Gód, I thánk you. *

My Gód, I práise you.

Give thánks to the Lórd for he is góod; *

for his lóve endures for éver.

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 proclaim your goodness, Lord, for you have answered me.

Sit

READING

Galatians 6:7b-8

A man will reap only what he sows. If he sows in the field of the flesh, he will reap a harvest of corruption; but if his seed-ground is the spirit, he will reap everlasting life.

Verse

Your promise, Lord, will stand for ever.

— In every generation your word is true.

Stand

CONCLUDING PRAYER

Let us pray.

Father,
watch over your family
and keep us safe in your care,
for all our hope is 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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