

Liturgy of the Hours
LITURGY OF THE HOURS

MORNING PRAYER

February 8, 2026
{ Fifth Sunday in Ordinary Time }



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 sing to the Lord, and shout with joy to the Rock who saves us, alleluia.

— Come, let us sing to the Lord, and shout with joy to the Rock who saves us, alleluia.

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 sing to the Lord, and shout with joy to the Rock who saves us, alleluia.

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 sing to the Lord, and shout with joy to the Rock who saves us, alleluia.

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 sing to the Lord, and shout with joy to the Rock who saves us, alleluia.

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 sing to the Lord, and shout with joy to the
Rock who saves us, alleluia.

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 sing to the Lord, and shout with joy to the
Rock who saves us, alleluia.

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 sing to the Lord, and shout with joy to the
Rock who saves us, alleluia.

Morning Prayer

HYMN

Eternal Author of the world,
who rule and order night and day,
you measure seasons by the hours
to lift our weary minds and hearts.

The herald of the day now cries,
all watchful through the darkest hours;
nocturnal light for those who roam,
he marks the watches of the night.

He crows: the morning star awakes

and rids the skies of night and gloom;
he crows: all roving errant bands
forsake their paths of vice and harm.

He crows: the sailor gathers strength,
and storms on foaming seas grow calm;
he crows: the Church's rock himself
by bitter tears dissolves his sin.

O Jesus, heed us as we fall,
correct us by your loving gaze,
for if you look, transgressions fail
and tears release us from our guilt.

Shine forth your light upon our hearts,
shake off the slumber from our souls,
and let our voice first sound your praise
as we fulfill our vows to you.

O Christ, to you, most loving King,
and to the Father glory be,
one with the Spirit Paraclete,
from age to age for evermore. Amen.

Metrical hymn, melody: Song 34 (Angels' Song), 8 8 8 8; Orlando Gibbons, 1583–1625

*Plainsong, mode I, melody 26; Liber Hymnarius, Solesmes, 1983, Text: Æterne rerum
conditor, noctem diemque qui regis, St. Ambrose, 340–397*

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Sit or stand

PSALMODY

Antiphon 1

As morning breaks I look to you, O God, to be my strength this day,
alleluia.

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 lífe, *
my líps will spéak your práise.
So I will bléss you áll my lífe, *
in your náme I will líft up my hánds.
My sóul shall be filled as with a bándquet, *
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 right hand hólds me fást.

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

As morning breaks I look to you, O God, to be my strength this day,
alleluia.

Antiphon 2

From the midst of the flames the three young men cried out with
one voice: Blessed be God, 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

From the midst of the flames the three young men cried out with one voice: Blessed be God, alleluia.

Antiphon 3

Let the people of Zion rejoice in their King, 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 sǫng 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 déál 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 h́onor is for ́all his f́aithful.

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

Let the people of Zion rejoice in their King, alleluia.

Sit

READING

Revelation 7:10, 12

Salvation is from our God, who is seated on the throne, and from the Lamb! Praise and glory, wisdom and thanksgiving and honor, power and might, to our God forever and ever. Amen!

RESPONSORY

Christ, Son of the living God, have mercy on us.

— Christ, Son of the living God, have mercy on us.

You are seated at the right hand of the Father,

— have mercy on us.

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

— Christ, Son of the living God, have mercy on us.

Stand

GOSPEL CANTICLE

Antiphon

Jesus rose early in the morning and went out to a place of solitude, and there he prayed.

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

Jesus rose early in the morning and went out to a place of solitude,
and there he prayed.

INTERCESSIONS

Christ is the sun that never sets, the true light that shines on every man. Let us call out to him in praise:

— Lord, you are our life and our salvation.

Creator of the stars, we thank you for your gift, the first rays of the dawn,

and we commemorate your resurrection.

— Lord, you are our life and our salvation.

May your Holy Spirit teach us to do your will today,
and may your Wisdom guide us always.

— Lord, you are our life and our salvation.

Each Sunday give us the joy of gathering as your people,
around the table of your Word and your Body.

— Lord, you are our life and our salvation.

From our hearts we thank you,
for your countless blessings.

— Lord, you are our life and our salvation.

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,
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.

Dismissal

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

everlasting life.

— Amen.

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