

*Liturgy of the Hours*  
LITURGY OF THE HOURS

DAYTIME PRAYER

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January 26, 2025

{ Third 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*

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*Sit or stand*

PSALMODY

*Antiphon 1*

In my distress I called on the Lord, and he heard my cry, 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 cálled 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*

In my distress I called on the Lord, and he heard my cry, alleluia.

*Antiphon 2*

The Lord's right hand has raised me up, 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 fíre among thórn. \*  
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 ríght hand ráised me.  
The Lórd's ríght hánd has tríumphed; †  
I shall not díe, I shall líve \*  
and recóunt his déeds.  
I was púnished, I was púnished by the Lórd, \*  
but nótt doomed 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's right hand has raised me up, alleluia.

*Antiphon 3*

The Lord our God has let his light shine upon us, alleluia.

*III*

Ópen to mé the gates of hóliness: \*

I will enter and give thanks.  
This is the Lórd's own gáte \*  
where the júst may enter.  
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 fóward 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*

The Lord our God has let his light shine upon us, alleluia.

*Sit*

READING

*Romans 8:22-23*

We know that all creation groans and is in agony even until now.  
Not only that, but we ourselves, although we have the Spirit as first

fruits, groan inwardly while we await the redemption of our bodies.

*Verse*

Bless the Lord, my soul.

— He has rescued your life from destruction.

*Stand*

CONCLUDING PRAYER

Let us pray.

All-powerful and ever-living God,  
direct your love that is within us,  
that our efforts in the name of your Son  
may bring mankind to unity and peace.

We ask 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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