

*Liturgy of the Hours*  
LITURGY OF THE HOURS

MORNING PRAYER

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July 28, 2024

{ Seventeenth 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

On this day, the first of days,  
God the Father’s name we praise;  
Who, creation’s Lord and spring,  
Did the world from darkness bring.

On this day th’eternal Son  
Over death his triumph won;  
On this day the Spirit came  
With his gifts of living flame.

Father, who didst fashion man

Godlike in thy loving plan,  
Fill us with that love divine,  
And conform our wills to thine.

Word made flesh, all hail to thee!  
Thou from sin hast set us free;  
And with thee we die and rise  
Unto God in sacrifice.

Holy Spirit, you impart  
Gifts of love to every heart;  
Give us light and grace, we pray,  
Fill our hearts this holy day.

God, the blessed Three in One,  
May thy holy will be done;  
In thy word our souls are free.  
And we rest this day with thee.

*Melody: Gott Sei Dank 77.77; Music: Freylinghausen's Gesangbuch, 1704; Text: Le Mans Breviary, 1748; Translator: Henry W. Baker, 1821-1877*

*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 bless you all my life,\*  
in your name I will lift up my hands.  
My soul shall be filled as with a banquet,\*  
my mouth shall praise you with joy.

On my bed I remember you.\*  
On you I muse through the night  
for you have been my help;\*  
in the shadow of your wings I rejoice.  
My soul clings to you,\*  
your right hand holds me fast.

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 sǒng to the Lórd,\*  
his práise in the assémbly of the fáithful.  
Let Ísraél 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 crǒwns 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 véngéance to the nátions\*  
and púnishment on áll the péoples;  
to bínd their kíngs in cháíns\*  
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 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*

When those men saw the signs Jesus performed, they said: Surely this is the Prophet who is to come into the world.

*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 those men saw the signs Jesus performed, they said: Surely  
this is the Prophet who is to come into the world.

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*

God our Father and protector,  
without you nothing is holy,  
nothing has value.  
Guide us to everlasting life  
by helping us to use wisely  
the blessings you have given to the world.  
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.

*Dismissal*

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

— Amen.

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