

*Liturgy of the Hours*  
LITURGY OF THE HOURS

OFFICE OF READINGS

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February 23, 2025

{ Seventh 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

This day, more sacred than the rest,  
shines forth the first and eighth of days,  
which you, firstfruits of those who rise,  
have consecrated to yourself.

O Jesus, raise our souls to you;  
first grant that we may share your life,  
then make our bodies rise to you,  
for ever free from second death,

That soon we may be carried up  
to meet you, Christ, on heaven's clouds,  
to live with you for evermore,  
our Resurrection and our Life.

And as we gaze upon your face,  
conform us to your glory, Lord,  
that we may know you as you are,  
true light and sweetness for our souls.

Filled with your joy and sev'nfold grace  
and given to the Father's care,  
then may we see the perfect reign  
of God, the holy Three in One. Amen.

*Metrical hymn, melody: Morning Hymn, 8 8 8 8; François Barthélémon, 1741–1808*

*Plainsong, mode IV, melody 67; Liber Hymnarius, Solesmes, 1983\*, Text: Dies ætasque  
ceteris, unknown author, ca. 12th c.*

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*Sit or stand*

## PSALMODY

### *Antiphon 1*

Day by day I shall bless you, Lord, alleluia.

*Psalm 145*

*Praise of God's majesty*

*Lord, you are the Just One, who was and who is (Revelation 16:5).*

### *I*

I will give you glóry, O Gód my Kíng, \*  
I will bléss your náme for éver.

I will bléss you dáy after dáy \*  
and praíse your náme for éver.  
The Lórd is gréat, híghly to be praísed, \*  
his gréatness cánnót be méasured.

Age to áge shall procláim your wórks, \*  
shall decláre your míghty déeds,  
shall spéak of your spléndor and glóry, \*  
tell the tále of your wónderful wórks.

They will spéak of your térrible déeds, \*  
recóunt your gréatness and míght.  
They will recáll your abúndant góodness; \*  
age to áge shall ríng out your jústice.

The Lórd is kínd and fúll of compásson, \*  
slow to ánger, abóunding in lóve.  
How góod is the Lórd to áll, \*  
compássonate to áll his créatures.

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*

Day by day I shall bless you, Lord, alleluia.

*Antiphon 2*

Your kingdom, Lord, is an everlasting kingdom, alleluia.

*II*

All your créatures shall thánk you, O Lórd, \*  
and your friends shall repéat their bléssing.  
They shall spéak of the glóry of your réign \*  
and decláre your míght, O Gód,

to make knówn to mén your mighty déeds \*  
and the glórious spléndor of your réign.  
Yóurs is an éverlasting kíngdom; \*  
your rúle lasts from áge to áge.

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*

Your kingdom, Lord, is an everlasting kingdom, alleluia.

*Antiphon 3*

The Lord is faithful in all his words and loving in all his deeds,  
alleluia.

*III*

The Lord is fáithful in áll his wórd \*  
and lóving in áll his déeds.

The Lórd suppórts all who fáll \*  
and ráises áll who are bowed dówn.

The éyes of all créatures look to yóu \*  
and you gíve them their fóod in due tíme.  
You ópen wíde your hánd, \*

grant the desires of all who live.

The Lord is just in all his ways \*  
and loving in all his deeds.

He is close to all who call him, \*  
who call on him from their hearts.

He grants the desires of those who fear him, \*  
he hears their cry and he saves them.

The Lord protects all who love him; \*  
but the wicked he will utterly destroy.

Let me speak the praise of the Lord, †  
let all mankind bless his holy name \*  
for ever, for ages unending.

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 faithful in all his words and loving in all his deeds,  
alleluia.

VERSE

Listen to my words.

— Give ear to my precepts.

*Sit*

READINGS

*First reading*

The beginning of the book of Ecclesiastes

*1:1-18*

*All is vanity*

The words of David's son, Qoheleth,  
king in Jerusalem:  
Vanity of vanities, says Qoheleth,

vanity of vanities! All things are vanity!  
What profit has man from all the labor  
which he toils at under the sun?

One generation passes and another comes,  
but the world forever stays.  
The sun rises and the sun goes down;  
then it presses on to the place where it rises.

Blowing now toward the south, then toward the north,  
the wind turns again and again, resuming its rounds.  
All rivers go to the sea,  
yet never does the sea become full.  
To the place where they go,  
the rivers keep on going.

All speech is labored;  
there is nothing man can say.  
The eye is not satisfied with seeing  
nor is the ear filled with hearing.

What has been, that will be; what has been done, that will be done.  
Nothing is new under the sun. Even the thing of which we say, "See,  
this is new!" has already existed in the ages that preceded us. There is  
no remembrance of the men of old; nor of those to come will there  
be any remembrance among those who come after them.

I, Qoheleth, was king over Israel in Jerusalem, and I applied my  
mind to search and investigate in wisdom all things that are done  
under the sun.

A thankless task God has appointed  
for men to be busied about.

I have seen all things that are done under the sun, and behold, all is  
vanity and a chase after wind.

What is crooked cannot be made straight,  
and what is missing cannot be supplied.

Though I said to myself, "Behold, I have become great and stored up  
wisdom beyond all who were before me in Jerusalem, and my mind  
has broad experience of wisdom and knowledge"; yet when I applied

my mind to know wisdom and knowledge, madness and folly, I learned that this also is a chase after wind.

For in much wisdom there is much sorrow,  
and he who stores up knowledge stores up grief.

*Responsory*

*Ecclesiastes 1:14; 5:14; 1 Timothy 6:7*

I have seen everything that is done beneath the sun; what vanity it all is and a chasing after the wind.

- Just as a man comes forth naked from his mother's womb, so will he go forth naked in the end; there is nothing which he can take away with him.

We brought nothing with us when we came into the world, and we can take nothing with us when we go.

- Just as a man comes forth naked from his mother's womb, so will he go forth naked in the end; there is nothing which he can take away with him.

*Second reading*

From the chapters On Charity by Saint Maximus the Confessor, abbot

*(Centuria 1, cap. 1, 4-5. 16-17. 23-24. 26-28. 30-40: PG 90, 962-967)*

*Without love everything is in vain*

Charity is a right attitude of mind which prefers nothing to the knowledge of God. If a man possesses any strong attachment to the things of this earth, he cannot possess true charity. For anyone who really loves God prefers to know and experience God rather than his creatures. The whole set and longing of his mind is ever directed toward him.

For God is far superior to all his creation, since everything which exists has been made by God and for him. And so, in deserting God, who is beyond compare, for the inferior works of creation, a man shows that he values God, the author of creation, less than creation itself.

The Lord himself reminds us: *Whoever loves me will keep my commandments. And this is my commandment: that you love one another.* So the man who does not love his neighbor does not obey God's command. But one who does not obey his command cannot love God. A man is blessed if he can love all men equally. Moreover, if he truly loves God, he must love his neighbor absolutely. Such a man cannot hoard his wealth. Rather, like God himself, he generously gives from his own resources to each man according to his needs.

Since he imitates God's generosity, the only distinction he draws is the person's need. He does not distinguish between a good man and a bad one, a just man and one who is unjust. Yet his own goodness of will makes him prefer the man who strives after virtue to the one who is deprived.

A charitable mind is not displayed simply in giving money; it is manifested still more by personal service as well as by the communication of God's word to others. In fact, if a man's service toward his brothers is genuine and if he really renounces worldly concerns, he is freed from selfish desires. For he now shares in God's own knowledge and love. Since he does possess God's love, he does not experience weariness as he follows the Lord his God. Rather, following the prophet Jeremiah, he withstands every type of reproach and hardship without even harboring an evil thought toward any man.

For Jeremiah warns us: *Do not say: "We are the Lord's temple."* Neither should you say: *"Faith alone in our Lord Jesus Christ can save me."* By itself faith accomplishes nothing. For even the devils believe and shudder. No, faith must be joined to an active love of God which is expressed in good works. The charitable man is distinguished by sincere and long-suffering service to his fellow man: it also means using things aright.

*Responsory*

*John 13:34; 1 John 2:10, 3*

I give you a new commandment: love one another as I have loved you.

— Whoever loves his brother lives in the light.



We can be sure that we know Christ, only if we keep his commandments.

— Whoever loves his brother lives in the light.

*Stand*

## TE DEUM

You are God: we praise you;  
You are the Lord: we acclaim you;  
You are the eternal Father:  
All creation worships you.

To you all angels, all the powers of heaven,  
Cherubim and Seraphim, sing in endless praise:  
Holy, holy, holy, Lord, God of power and might,  
heaven and earth are full of your glory.

The glorious company of apostles praise you.  
The noble fellowship of prophets praise you.  
The white-robed army of martyrs praise you.

Throughout the world the holy Church acclaims you:  
Father, of majesty unbounded,  
your true and only Son, worthy of all worship,  
and the Holy Spirit, advocate and guide.

You, Christ, are the King of glory,  
the eternal Son of the Father.

When you became man to set us free  
you did not spurn the Virgin's womb.

You overcame the sting of death,  
and opened the kingdom of heaven to all believers.

You are seated at God's right hand in glory.  
We believe that you will come, and be our judge.

Come then, Lord, and help your people,  
bought with the price of your own blood,  
and bring us with your saints  
to glory everlasting.

## CONCLUDING PRAYER

Let us pray.

Father,  
keep before us the wisdom and love  
you have revealed in your Son.  
Help us to be like him  
in word and deed,  
for he 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.

# ACKNOWLEDGEMENTS

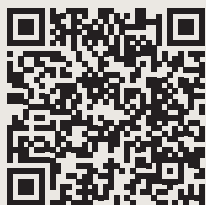
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