

Liturgy of the Hours
LITURGY OF THE HOURS

DAYTIME PRAYER

January 3, 2026
{ Saturday before Epiphany }



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: A la venue de Noël, 8 8 8 8; Fleurs des Noël, Lyons, 1535

*Plainsong, mode II, melody 46; Liber Hymnarius, Solesmes, 1983, Text: Rector potens,
verax Deus, unknown author, very ancient; traditionally attributed to St. Ambrose,
340-397*

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plainsong melodies, visit www.giamusic.com.*

Sit or stand

PSALMODY

Antiphon

Mary treasured all these words and pondered them in her heart.

Psalm 119:33-40

V (He)

Téach me the demánds of your précepts *
and I will kéep them to the énd.
Tráin me to obsérve your láw, *
to kéep it with my héart.

Guíde me in the páth of your commánds; *
for thére is my delíght.
Bénd my héart to your wíll *
and nó't to love of gáin.

Kéep my éyes from what is fálse: *
by your wórd, give me lífe.
Kéep the prómise you have máde *
to the sérvant who féars you.

Kéep me from the scórn I dréad, *
for your decrées are góod.
Sée, I lóng for your précepts: *
then in your jústice, give me lífe.

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.

Psalm 34

God the savior of the just

You have tasted the sweetness of the Lord (1 Peter 2:3).

I

I will bléss the Lórd at all tímes, *
his práise álways on my líps;

in the Lórd my sóul shall make its bóast. *
The húmble shall héar and be glád.

Glórfify the Lórd with mé. *
Togéther let us práise his náme.
I sóught the Lórd and he ánswered me; *
from all my térrors he sét me frée.

Lóok towards hím and be rádiant; *
let your fáces nót be abáshed.
Thís póor man cálléd; the Lord héárd him *
and réscued him from áll his distréss.

The ángel of the Lórd is encámped *
around thóse who revére him, to réscue them.
Taste and sée that the Lórd is góod. *
He is háppy who seeks réfuge in hím.

Revére the Lórd, you his sáints. *
They lack nóthing, thóse who revére him.
Strong líons suffer wánt and go húngry *
but thóse who seek the Lórd lack no bléssing.

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.

II

Cóme, children, and héar me *
that I may téach you the féar of the Lórd.
Who is hé who lóngs for life *
and many dáy, to enjóy his prospérité?

Then kéepe your tóngue from évil *
and your líps from spéaking decéit.
Turn asíde from évil and do góod; *
séek and stríve after péace.

The Lórd turns his fáce against the wícked *
to destróy their remémbrance from the éarth.
The Lórd turns his éyes to the júst *

and his éars to théir appéal.

They cáll and the Lórd héars *
and réscues them in áll their distréss.
The Lord is clóse to the bróken-héarted; *
those whose spírit is crúshed he will sáve.

Mány are the tríals of the júst man *
but from them áll the Lórd will réscue him.
He will keep gúard over áll his bónes, *
not óne of his bónes shall be bróken.

Évil brings déath to the wícked; *
those who háte the góod are dóomed.
The Lord ránsoms the sóuls of his sérvants. *
Those who híde in him shall nó be condénned.

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

Mary treasured all these words and pondered them in her heart.

Sit

READING

Isaiah 12:5-6

Sing praise to the Lord for his glorious achievement;
let this be known throughout all the earth.
Shout with exultation, O city of Zion,
for great in your midst is the Holy One of Israel.

Verse

All the ends of the earth, alleluia.

— Have seen the saving power of God, alleluia.

Stand

CONCLUDING PRAYER

Let us pray.

All-powerful and ever-living God,
you give us a new vision of your glory
in the coming of Christ your Son.

He was born of the Virgin Mary
and came to share our life.

May we come to share his eternal life
in the glory of your kingdom,
where 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.

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