

Liturgy of the Hours
LITURGY OF THE HOURS

DAYTIME PRAYER

May 14, 2026

{ Solemnity – Ascension }



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

Come, servants, join in humble prayer
with psalms and hymns of worthy praise;
let mind and heart and lips extol
the blest and holy name of God.

For this is that dread time and hour,
in which the Judge of ages stood
condemned to death by false decree,
unjustly judged by mortal foes.

And we with all the love we owe,
compelled by just and humble fear,
seek help against our wicked foe
and all his sly and fierce assaults.

Let us implore the one true God,
the Father and the Son, our King,
the Holy Spirit, Paraclete,
in Trinity, our God and Lord. Amen.

Metrical hymn, melody: DEUS TUORUM MILITUM, 8 8 8 8; form the Grenoble Antiphoner, 1753

Plainsong, mode I, melody 2; Liber Hymnarius, Solesmes, 1983; Text: Venite, servi, supplices, 5-6th c.*

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Sit or stand

PSALMODY

Antiphon

From the heights of heaven he goes forth and to those heights he returns, alleluia.

Psalm 8

The majesty of the Lord and man's dignity

The Father gave Christ lordship of creation and made him head of the Church (Ephesians 1:22).

How gréat is your náme, O Lórd our Gód, *
through áll the éarth!

Your májesty is práised above the héavens; *
on the líps of chıldren and of bábes
you have found práise to fóil your ényemy, *
to sílence the fóe and the rébel.

When I see the héavens, the wórks of your hánds, *
the móon and the stárs which you arráinged,
what is mán that you should kéeep him in mínd, *
mortal mán that you cáre for hím?

Yet you have máde him little léss than a gód; *
with glóry and hónor you crówned him,
gave him pówer over the wórks of your hánd, *
put áll things únder his féet.

Áll of them, shéep and cáttle, *
yes, éven the sávage béasts,
bírd's of the áir, and fish *
that máke their wáy through the wát'ers.

How gréat is your náme, O Lórd our Gód, *
through áll the éarth!

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 19A

Praise of the Lord, Creator of all

*The dawn from on high shall break on us . . . to guide our feet into the way of peace
(Luke 1:78,79).*

The héavens procláim the glóry of Gód *
and the firmament shows fóρθ the wórk of his hánds.
Dáy unto dáy tákes up the stóry *
and níght unto níght makes knówn the méssage.

No spéech, no wórd, no vóice is héard †
yet their spán exténds through áll the éarth, *
their wórd to the útmost bóunds of the wórk.

Thére he has pláced a tént for the sún; †
it comes fóρθ like a brídegroom cóming from his tént, *
rejóices like a chámption to rún its cóurse.

At the énd of the ský is the rísing of the sún; †
to the fúrthest énd of the ský is its cóurse. *
There is nóthing conceáled from its búrning héat.

Glory to the Father, and to the Son, *
and to the Holy Spírit:
as it was in the beginning, is now, *
and will be for ever. Amen.

Psalm 19B

Praise of God who gave us the law of love

You must be perfect as your heavenly Father is perfect (Matthew 5:48).

The lów of the Lórd is pérfect, *
it revíves the sóul.
The rúle of the Lórd is to be trústed, *
it gíves wísdóm to the símples.

The précepts of the Lórd are ríght, *
they gládden the héart.
The commánd of the Lórd is cléar, *
it gíves líght to the éyes.

The féar of the Lórd is hóly,*
abíding for éver.

The decrées of the Lórd are trúth*
and áll of them júst.

They are móre to be desíred than góld,*
than the púrest of góld,
and swéeter are théy than hóney,*
than hóney from the cómb.

So in thém your sérvant finds instrúction;*
great rewárd is in their kéeping.
But whó can detéct all his érrors? *
From hídden faults acquít me.

From presúption restráin your sérvant*
and lét it not rúle me.
Thén shall Í be blámeless,*
cléan from grave sín.

May the spóken wórds of my móuth,*
the thóughts of my héart,
win fávor in your síght, O Lórd,*
my réscuer, my rók!

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

From the heights of heaven he goes forth and to those heights he returns, alleluia.

Sit

READING

Hebrews 8:1b-3a

We have such a high priest who has taken his seat at the right hand of the throne of the Majesty in heaven, minister of the sanctuary and of that true tabernacle set up, not by man, but by the Lord.

Now every high priest is appointed to offer gifts and sacrifices.

Verse

The Lord in heaven has prepared a royal throne, alleluia.

— Christ has ascended on high, alleluia.

Stand

CONCLUDING PRAYER

Let us pray.

God our Father,
make us joyful in the ascension of your Son Jesus Christ.
May we follow him into the new creation,
for his ascension is our glory and our hope.

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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