

Liturgy of the Hours
LITURGY OF THE HOURS

MORNING PRAYER

May 14, 2026

{ Solemnity – Ascension }



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).

Alleluia, come, let us worship Christ the Lord as he ascends into heaven, alleluia.

— Alleluia, come, let us worship Christ the Lord as he ascends into heaven, 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.

— Alleluia, come, let us worship Christ the Lord as he ascends into heaven, 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.

— Alleluia, come, let us worship Christ the Lord as he ascends into heaven, 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.

— Alleluia, come, let us worship Christ the Lord as he ascends into heaven, 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.

— Alleluia, come, let us worship Christ the Lord as he ascends
into heaven, 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.”

— Alleluia, come, let us worship Christ the Lord as he ascends
into heaven, 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.

— Alleluia, come, let us worship Christ the Lord as he ascends
into heaven, alleluia.

Morning Prayer

HYMN

The sacred day has dawned in light,
desired by all with fervent prayer,
when Christ our God ascends on high,
the glorious hope of all the world.

Triumphant in the mighty duel
that crushed the tyrant of this world,
he brings before the Father’s sight
the glory of his risen flesh.

Borne high upon a cloud of light,

he gives to all believers hope
as he reopens Paradise,
which our first parents closed by sin.

O joy profound, immense for all:
that from our Virgin came the child,
who bore derision, scourge, and Cross
and now ascends the Father's throne.

So let us all give thanks to Christ,
our Savior and our strong defense,
since he has borne our flesh aloft
to highest heaven's royal court.

May he remain the single joy
for us and those who dwell on high:
to them he gives himself in full,
from us he never shall depart.

O Christ, now scaling starry heights,
raise up our hearts to you on high;
send forth to us from heav'n above
the Father's Spirit and your own. Amen.

*Metrical hymn, melody: VENI CREATOR (MECHLIN), 8 8 8 8; Plainsong,
Mechlin adaptation*

*Plainsong, mode I, melody 19; Liber Hymnarius, Solesmes, 1983, Text: Optatus votis
omnium, ca. 10th c.*

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Sit or stand

PSALMODY

Antiphon 1

Men of Galilee, why are you looking up into the sky? This Jesus
who has been taken up into heaven will return in the same way,

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 bléss you áll my lífe, *
in your náme I will líft up my hánds.
My sóul shall be filled as with a bánquet, *
my móuth shall práise you with jóy.

On my béd I remémber yóu. *
On yóu I múse through the níght
for yóu have béen my hélp; *
in the sháadow of your wíngs I rejóice.
My sóul clíngs to yóu; *
your ríght hand hólds me fást.

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

Men of Galilee, why are you looking up into the sky? This Jesus who has been taken up into heaven will return in the same way, alleluia.

Antiphon 2

Give glory to the King of kings, sing praise to 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

Give glory to the King of kings, sing praise to God, alleluia.

Antiphon 3

As they watched, he was lifted up, and a cloud took him from their sight, 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 Ísrael 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 crówns 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 véngeance to the nátions *
and púnishment on áll the péoples;
to bínd their kíngs in cháins *
and their nóbles in fétters of íron;
to cárry out the séntence pre-ordáined; *

this h́onor is for ́all his f́aithful.

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 they watched, he was lifted up, and a cloud took him from their sight, alleluia.

Sit

READING

Hebrews 10:12-14

Jesus offered one sacrifice for sins and took his seat forever at the right hand of God; now he waits until his enemies are placed beneath his feet. By one offering he has forever perfected those who are being sanctified.

Responsory

Christ ascended into heaven, alleluia, alleluia.

— Christ ascended into heaven, alleluia, alleluia.

He led captivity captive,

— alleluia, alleluia.

Glory to the Father, and to the Son, and to the Holy Spirit,

— Christ ascended into heaven, alleluia, alleluia.

Stand

GOSPEL CANTICLE

Antiphon

I am ascending to my Father and your Father, to my God and your God, alleluia.

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

I am ascending to my Father and your Father, to my God and your
God, alleluia.

INTERCESSIONS

The Lord has been lifted high above the earth and draws all things

to himself. Let us cry out to him in our joy:

— Lord Jesus, you are the King of glory.

Lord Jesus, King of glory, you were offered once as the victim for sins, and ascended to the right hand of the Father, make perfect for all time those whom you sanctify.

— Lord Jesus, you are the King of glory.

Eternal Priest and minister of the new Covenant, you live for ever to make intercession for us, save the people that prays to you.

— Lord Jesus, you are the King of glory.

You showed yourself alive after your passion and appeared to the disciples for forty days, confirm our faith today.

— Lord Jesus, you are the King of glory.

Today you promised the Spirit to your apostles, to make them your witnesses to the ends of the earth, by the power of the Spirit strengthen our own witness.

— Lord Jesus, you are the King of glory.

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,
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.

Dismissal

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

— Amen.

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