

*Liturgy of the Hours*  
LITURGY OF THE HOURS

DAYTIME PRAYER

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January 4, 2025

{ Memorial – Elizabeth Ann Seton }



*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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*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 kéeep them to the énd.  
Tráin me to obsérve your lów, \*  
to kéeep it with my héart.

Guíde me in the páth of your commánds; \*  
for thére is my delíght.  
Bénd my héart to your wíll \*  
and nót to love of gáin.

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

Kéeep 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.\*  
Tógether 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.  
This póor man cálléd; the Lórd 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 Fátter, and to the Són,\*  
and to the Holy Spírit:  
as it was in the béginning, is now,\*  
and will be for éver. Amen.

## II

Cóme, chýldren, and héar me\*  
that I may téach you the féar of the Lórd.  
Who is hé who lónge for lífe\*  
and many dáys, to enjóy his prospérfity?

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

The Lórd turns his fáce ágainst 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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