

Liturgy of the Hours
LITURGY OF THE HOURS

OFFICE OF READINGS

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

Loving, eternal
splendor of the Godhead,
Life, Light, and Mercy,
Christ you come among us,
Healer of illness
and all human weakness,
Gate of Salvation.

Angels in chorus
to the earth are singing
tidings from heaven,
telling of new ages:
praise to the Father,
to our human family
joy, peace, and gladness.

Infant so lowly,
Lord of all creation,
born of the Virgin,
holy, pure, and sinless,
rule all the world now,
Jesus Christ, our Master,
ever beloved.

Born to give heaven,
our eternal homeland,
our flesh assuming,
joined to us for ever;
draw hearts that seek you,

mind and soul renewing;
by your love bind us.

Lord, see us gathered,
filled with exultation,
joined to the angels,
singing hymns of gladness;
joyous we praise you,
one with God the Father,
and Love, your equal. Amen.

*Metrical hymn, melody: Herr, Deinen Zorn, 11 11 11 5; later form of melody by
Johann Crüger, 1599-1662*

Plainsong, mode I, melody 22; Liber Hymnarius, Solesmes, 1983; Text: Candor
æternæ Deitatis alme, Anselmo Lentini, O.S.B., 1901-1989*

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Sit or stand

PSALMODY

Antiphon 1

Sing praise to the Lord; remember the wonders he has wrought.

Psalm 105

The Lord is faithful to his promises

*The apostles proclaim to the nations the wonders which God wrought when he came
among us (Saint Athanasius).*

I

Give thánks to the Lórd, tell his náme, *
make knówn his déeds among the péoples.

O síng to him, síng his práise; *
téll all his wónderful wórks!
Be próud of his hóly náme, *

let the héarts that seek the Lórd rejoice.
Consider the Lórd and his stréngth; *
cónstantly séek his fáce.
Remémber the wónders he has dóne, *
his míracles, the júdgments he spóke.
O children of Ábraham, his sérvant, *
O sóns of the Jácob he chóse.
Hé, the Lórd, is our Gód: *
his júdgments preváil in all the éarth.
He remémbers his cóvenant for éver, *
his prómise for a thóusand generátions,
the cóvenant he máde with Ábraham, *
the óath he swóre to Ísaac.
He confirmed it for Jácob as a lów, *
for Ísrael as a cóvenant for éver.
He sáid: “I am gíving you a lánd, *
Cánaan, your appóinted héritage.”
Whén they were féw in númer, *
a hándful of strángers in the lánd,
when they wándered from cóuntry to cóuntry *
and from one kíngdom and nátion to anóther,
he allówed nó one to opprés them; *
he admónished kíngs on their accóunt:
“Do not tóuch thóse I have anóinted; *
do no hárm to ány of my próphets.”
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

Sing praise to the Lord; remember the wonders he has wrought.

Antiphon 2

The Lord did not abandon the good man who was sold into slavery,

but freed him from the power of sinners.

II

But he called down a famine on the land; *
he broke the staff that supported them.
He had sent a man before them. *
Joseph, sold as a slave.

His feet were put in chains, *
his neck was bound with iron,
until what he said came to pass *
and the word of the Lord proved him true.

Then the king sent and released him; *
the ruler of the peoples set him free,
making him master of his house *
and ruler of all he possessed,

to instruct his princes as he pleased *
and to teach his elders wisdom.

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 did not abandon the good man who was sold into slavery,
but freed him from the power of sinners.

Antiphon 3

The Lord was true to his sacred promise; he led his people to
freedom and joy.

III

So Israel came into Egypt, *
Jacob lived in the country of Ham.

He gave his people increase; *
he made them stronger than their foes
whose hearts he turned to hate his people *
and to deal deceitfully with his servants.

Thén he sent Móses his sérvant *
and Áaron the mán he had chósen.
Through thém he shówed his márvels *
and his wónders in the cóuntry of Hám.

He sent dárkness, and dárk was máde *
but Égypt resisted his wórds.
He túrned the wáters into blóod *
and cáused their físh to díe.

Their lánd was álíve with frógs, *
éven in the hálls of their kíngs.
He spóke; the dóg-fly cáme *
and gnáts cóvered the lánd.

He sent háíl-stones in pláce of the ráin *
and fláshing fíre in their lánd.
He strúck their vínes and fíg trees; *
he shátttered the trées through their lánd.

He spóke; the lócusts cáme, *
young lócusts, too mány to be cóunted.
They áte up every bláde in the lánd; *
they áte up all the frúit of their fíelds.

He strúck all the fírst-born in their lánd, *
the fínest flówer of their sóns.
He led out Ísrael with sílver and góld. *
In his tríbes were nóne who fell behínd.

Égypt rejóiced when they léft *
for dréad had fálled upón them.
He spréad a clóud as a scréen *
and fíre to give líght in the dárkness.

When they ásked for fóod he sent quáils; *
he fílléd them with bréad from héaven.
He píerced the róck to give them wáter; *
it gushed fóρθ in the désert like a ríver.

For he remébered his hólý wórd, *
which he gáve to Ábraham his sérvant.

So he brought out his people with joy, †
his chosen ones with shouts of rejoicing.*
And he gave them the land of the nations.

They took the fruit of other men's toil, †
that thus they might keep his precepts,*
that thus they might observe his laws.

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 was true to his sacred promise; he led his people to
freedom and joy.

VERSE

In these last days God has spoken to us through his Son.

— The Word through whom he made all things.

Sit

READINGS

First reading

From the book of the prophet Isaiah

61:1-11

The Spirit of the Lord is upon his servant

The spirit of the Lord God is upon me,
because the Lord has anointed me;
He has sent me to bring glad tidings to the lowly,
to heal the brokenhearted,

To proclaim liberty to the captives
and release to the prisoners,
To announce a year of favor from the Lord
and a day of vindication by our God,
to comfort all who mourn;
To place on those who mourn in Zion

a diadem instead of ashes,
To give them oil of gladness in place of mourning,
a glorious mantle instead of a listless spirit.
They will be called oaks of justice,
planted by the Lord to show his glory.

They shall rebuild the ancient ruins,
the former wastes they shall raise up
And restore the ruined cities,
desolate now for generations.

Strangers shall stand ready to pasture your flocks,
foreigners shall be your farmers and vinedressers.
You yourselves shall be named priests of the Lord,
ministers of our God you shall be called.
You shall eat the wealth of the nations
and boast of riches from them.

Since their shame was double
and disgrace and spittle were their portion,
They shall have a double inheritance in their land,
everlasting joy shall be theirs.

For I, the Lord, love what is right,
I hate robbery and injustice;
I will give them their recompense faithfully,
a lasting covenant I will make with them.

Their descendants shall be renowned among the nations,
and their offspring among the peoples;
All who see them shall acknowledge them
as a race the Lord has blessed.

I rejoice heartily in the Lord,
in my God is the joy of my soul;
For he has clothed me with a robe of salvation,
and wrapped me in a mantle of justice,
Like a bridegroom adorned with a diadem,
like a bride bedecked with her jewels.

As the earth brings forth its plants,

and a garden makes its growth spring up,
So will the Lord God make justice and praise
spring up before all the nations.

Responsory

Isaiah 61:1; John 8:42

The Spirit of God rests upon me, for the Lord has anointed me; and he has sent me to bring good news to the poor,

— to heal the broken-hearted, to proclaim that captivity is now ended and prisoners are set free.

I have come forth from God and have come into the world. I did not come of myself; the Father has sent me.

— To heal the broken-hearted, to proclaim that captivity is now ended and prisoners are set free.

Second reading

From a conference to her spiritual daughters by Elizabeth Ann Seton

Our daily work is to do the will of God

I will tell you what is my own great help. I once read or heard that an interior life means but the continuation of our Savior's life in us; that the great object of all his mysteries is to merit for us the grace of his interior life and communicate it to us, it being the end of his mission to lead us into the sweet land of promise, a life of constant union with himself. And what was the first rule of our dear Savior's life? You know it was to do his Father's will. Well, then, the first end I propose in our daily work is to do the will of God; secondly, to do it in the manner he wills; and thirdly, to do it because it is his will.

I know what his will is by those who direct me; whatever they bid me do, if it is ever so small in itself, is the will of God for me. Then do it in the manner he wills it, not sewing an old thing as if it were new, or a new thing as if it were old; not fretting because the oven is too hot, or in a fuss because it is too cold. You understand—not flying and driving because you are hurried, not creeping like a snail because no one pushes you. Our dear Savior was never in extremes.

The third object is to do his will *because* God wills it, that is, to be ready to quit at any moment and to do anything else to which you may be called....

You think it very hard to lead a life of such restraint unless you keep your eye of faith always open. Perseverance is a great grace. To go on gaining and advancing every day, we must be resolute, and bear and suffer as our blessed forerunners did. Which of them gained heaven without a struggle?...

What are our real trials? By what name shall we call them? One cuts herself out a cross of pride; another, one of causeless discontent; another, one of restless impatience or peevish fretfulness. But is the whole any better than children's play if looked at with the common eye of faith? Yet we know certainly that our God calls us to a holy life, that he gives us every grace, every abundant grace; and though we are so weak of ourselves, this grace is able to carry us through every obstacle and difficulty.

But we lack courage to keep a continual watch over nature, and therefore, year after year, with our thousand graces, multiplied resolutions, and fair promises, we run around in a circle of misery and imperfections. After a long time in the service of God, we come nearly to the point from whence we set out, and perhaps with even less ardor for penance and mortification than when we began our consecration to him.

You are now in your first setout. Be above the vain fears of nature and efforts of your enemy. You are children of eternity. Your immortal crown awaits you, and the best of Fathers waits there to reward your duty and love. You may indeed sow here in tears, but you may be sure there to reap in joy.

Responsory

1 Corinthians 7:29, 30, 31; 2:12

The time is growing short, so we must rejoice as though we were not rejoicing; we must work in the world yet without becoming immersed in it,

— for the world as we know it is passing away.

We have not adopted the spirit of the world.

— For the world as we know it is passing away.

Stand

CONCLUDING PRAYER

Let us pray.

Lord God,
you blessed Elizabeth Seton with gifts of grace
as wife and mother, educator and foundress,
so that she might spend her life in service to your people.
Through her example and prayers
may we learn to express our love for you
in love for our fellow men and women.

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.

ACKNOWLEDGEMENTS

The English translation of Antiphons, Invitatories, Responsories, Intercessions, Psalm 95, the Canticle of the Lamb, Psalm Prayers, Non-Biblical Readings, Hagiographical Introductions from *The Liturgy of the Hours* © 1973, 1974, 1975, International Commission on English in the Liturgy Corporation (ICEL); excerpts from the English translation of *The Roman Missal* © 2010, ICEL; the English translation of Hymns from *The Liturgy of the Hours* © 2023. All rights reserved.

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