

Liturgy of the Hours
LITURGY OF THE HOURS

MORNING PRAYER

January 4, 2025

{ Memorial – Elizabeth Ann Seton }



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).

Christ is born for us; come, let us adore him.

— Christ is born for us; come, let us adore him.

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.

— Christ is born for us; come, let us adore him.

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.

— Christ is born for us; come, let us adore him.

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.

— Christ is born for us; come, let us adore him.

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.

— Christ is born for us; come, let us adore him.

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.”

— Christ is born for us; come, let us adore him.

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.

— Christ is born for us; come, let us adore him.

Morning Prayer

HYMN

From lands beneath the rising sun,
through all the compass of the earth,
now let us sing to Christ the Lord,
the Virgin Mary’s newborn Son.

The hallowed Author of the world
a servant’s body has assumed,
that liberating flesh by flesh
he should not lose what he has made.

Pure grace from heaven entered then
the Mother’s womb, both sealed and closed;
the cloister of this maiden bride
bore secrets she could not have known.

The home of this pure heart became,
with sudden pow’r, the shrine of God;
a virgin still, she knew not man
and by a word conceived her Son.

She brought to birth her holy child,

whose advent Gabriel proclaimed,
whose presence John perceived with joy
and leapt within his mother's womb.

He lay on straw with no complaint,
not shrinking from a manger bed;
an infant's share of milk he drank,
while in his care he fed the birds.

The hosts on high exult with joy
and angels sing to God with praise;
the shepherds wondrously behold
the Shepherd, Maker of all things.

To you, Lord Jesus, glory be,
the Virgin Mother's newborn Son,
with God the Father, ever blest,
and loving Spirit, ever one. Amen.

*Metrical hymn, melody: Puer nobis nascitur, 8 8 8 8; adapted by Michael Praetorius,
1571–1621, in Musae Sionae, VI, 1809*

Plainsong, mode III, melody 53; Liber Hymnarius, Solesmes, 1983, Text: A solis ortus
cardine, Sedulius, ca. 5th c.*

*The English translation of Hymns and chants from The Liturgy of the Hours © 2023
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Sit or stand

PSALMODY

Antiphon 1

Dawn finds me ready to welcome you, my God.

Psalm 119:145–152

XIX (Koph)

I call with all my heart; Lord, hear me, *
I will keep your commands;

I call upon you, save me *
and I will do your will.

I rise before dawn and cry for help, *
I hope in your word.
My eyes watch through the night *
to ponder your promise.

In your love hear my voice, O Lord; *
give me life by your decrees.
Those who harm me unjustly draw near: *
they are far from your law.

But you, O Lord, are close: *
your commands are truth.
Long have I known that your will *
is established for ever.

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

Dawn finds me ready to welcome you, my God.

Antiphon 2

The Lord is my strength, and I shall sing his praise, for he has
become my Savior.

Canticle – Exodus 15:1-4a, 8-13, 17-18

Hymn of victory after the crossing of the Red Sea

*Those who had conquered the beast were singing the song of Moses, God's servant (see
Revelation 15:2-3).*

I will sing to the Lord, for he is gloriously triumphant; *
horse and chariot he has cast into the sea.

My strength and my courage is the Lord, *
and he has been my savior.
He is my God, I praise him; *
the God of my father, I extol him.

The Lord is a warrior, *
Lord is his name!
Pharaoh's chariots and army he hurled into the sea. *
At a breath of your anger the waters piled up,
the flowing waters stood like a mound, *
the flood waters congealed in the midst of the sea.

The enemy boasted, "I will pursue and overtake them; †
I will divide the spoils and have my fill of them; *
I will draw my sword; my hand shall despoil them!"
When your wind blew, the sea covered them; *
like lead they sank in the mighty waters.

Who is like to you among the gods, O Lord? *
Who is like to you, magnificent in holiness?
O terrible in renown, worker of wonders, *
when you stretched out your right hand, the earth swallowed them!

In your mercy you led the people you redeemed; *
in your strength you guided them to your holy dwelling.

And you brought them in and planted them on the mountain of
your inheritance— *
the place where you made your seat, O Lord,
the sanctuary, O Lord, which your hands established. *
The Lord shall reign forever and ever.

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 is my strength, and I shall sing his praise, for he has
become my Savior.

Antiphon 3

O praise the Lord, all you nations.

Psalm 117

Praise for God's loving compassion

I affirm that . . . the Gentile peoples are to praise God because of his mercy (Romans 15:8-9).

O práise the Lórd, all you nátions,*
accláim him, all you péoples!

Stróng is his lóve for ús;*
he is fáithful for éver.

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

O praise the Lord, all you nations.

Sit

READING

Isaiah 9:5

A child is born to us, a son is given us;
upon his shoulder dominion rests.
They name him Wonder-Counselor, God-Hero,
Father-Forever, Prince of Peace.

RESPONSORY

The Lord has made known, alleluia, alleluia.

— The Lord has made known, alleluia, alleluia.

His saving power.

— Alleluia, alleluia.

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

— The Lord has made known, alleluia, alleluia.

Stand

GOSPEL CANTICLE

Antiphon

He is the one of whom it has been written: Christ is born in Israel;
his kingdom will last for ever.

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

He is the one of whom it has been written: Christ is born in Israel;
his kingdom will last for ever.

INTERCESSIONS

All the ends of the earth have seen Jesus Christ, the saving power of
God. Let us praise him and cry out in joy:

— Glory be to you, Lord Jesus Christ.

Redeemer of all, you came to tear down the walls separating Jew
from Gentile,
root out the prejudices which erode the depths of our humanity.

— Glory be to you, Lord Jesus Christ.

Through your incarnation and your birth you established your
presence among us,
teach us to recognize the many forms of your presence in the
Church and in one another.

— Glory be to you, Lord Jesus Christ.

You are the fullest revelation of God to men and women,
show us how we can assent to your word with integrity of faith and
action.

— Glory be to you, Lord Jesus Christ.

You are God-with-us, wondrously transforming all creation,
let every heart, every voice, every deed throughout the universe now
be transformed.

— Glory be to you, Lord Jesus Christ.

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

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.

Dismissal

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

— Amen.

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