

Liturgy of the Hours
LITURGY OF THE HOURS

MORNING PRAYER

May 24, 2026

{ Solemnity – Pentecost }



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, the Spirit of the Lord has filled the whole world; come let us worship him, alleluia.

— Alleluia, the Spirit of the Lord has filled the whole world;
come let us worship him, 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, the Spirit of the Lord has filled the whole world;
come let us worship him, 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, the Spirit of the Lord has filled the whole world;
come let us worship him, 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, the Spirit of the Lord has filled the whole world;
come let us worship him, 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, the Spirit of the Lord has filled the whole world;
come let us worship him, 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, the Spirit of the Lord has filled the whole world;
come let us worship him, 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, the Spirit of the Lord has filled the whole world;
come let us worship him, alleluia.

Morning Prayer

HYMN

The running cycle of the year
brings blessed joys to us once more:
the day the Spirit Paraclete
upon the Lord’s disciples shone.

A fire with gleaming, flashing light,
appeared as tongues and on them fell,
that they might burn with charity
and speak in word that flow with pow’r.

All those the Spirit filled with gifts

then spoke in evr'y native tongue;
bewildered crowds from foreign lands
supposed them drunk with new made wine.

These things were done in mystery
as Paschal tide drew to a close:
the sacred number of the days
from which by law remission comes.

Before your face, most loving God,
we bow our heads and humbly pray:
bestow on us the Spirit's gifts,
sent down this day from heav'n above.

As once you filled those hallowed hearts
with all the riches of your grace,
so now forgive our sins and faults
and grant us lives serene with peace.

Now through your presence may we know
and love the Father and the Son,
and you, the Spirit of them both,
may we profess throughout all time. Amen.

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

*Plainsong, mode I, melody 6; Liber Hymnarius, Solesmes, 1983, Text: Beata nobis
gaudia, unknown author, very ancient; traditionally attributed to St. Hilary of
Poitiers, ca. 310-367*

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

PSALMODY

Antiphon 1

O Lord, how good and gentle is your Spirit in us, 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 life, *
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 shádw of your wíngs I rejóice.
My sóul clíngs to yóu; *
your ríght hand hólds me fást.
Glory to the Fátter, and to the Son, *
and to the Holy Spírít:
as it was in the bégíning, is now, *
and will be for ever. Amen.

Antiphon

O Lord, how good and gentle is your Spirit in us, alleluia.

Antiphon 2

Let streams and rivers and all creatures that live in the waters 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

Let streams and rivers and all creatures that live in the waters sing
praise to God, alleluia.

Antiphon 3

The apostles preached in different tongues and proclaimed the
great works of God, 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 sóng 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 tímbrél 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 carry out the sentence pre-ordained; *
this honor is for all his faithful.

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 apostles preached in different tongues and proclaimed the great works of God, alleluia.

Sit

READING

Acts 5:30-32

The God of our fathers has raised up Jesus whom you put to death, hanging him on a tree. He whom God has exalted at his right hand as ruler and savior is to bring repentance to Israel and forgiveness of sins. We testify to this. So too does the Holy Spirit, whom God has given to those that obey him.

Responsory

All were filled with the Holy Spirit, alleluia, alleluia.

— All were filled with the Holy Spirit, alleluia, alleluia.

They began to speak,

— alleluia, alleluia.

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

— All were filled with the Holy Spirit, alleluia, alleluia.

Stand

GOSPEL CANTICLE

Antiphon

Receive the Holy Spirit; the sins of those you forgive shall be forgiven, 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

Receive the Holy Spirit; the sins of those you forgive shall be forgiven, alleluia.

INTERCESSIONS

Christ the Lord has gathered his Church in unity through the

Spirit. With sure hope let us ask him:

— Lord, make the whole world new.

Lord Jesus, when you were raised high upon the cross, streams of living water flowed from your pierced side,
pour out on us your life-giving Spirit.

— Lord, make the whole world new.

In glory at the right hand of God, you gave the Gift of the Father to your disciples,
send forth your Spirit to renew the world.

— Lord, make the whole world new.

You gave your Spirit to the apostles, with the power to forgive sins,
destroy all sin in the world.

— Lord, make the whole world new.

You promised us the Holy Spirit, to teach us all things and remind us of all you had said,
send us your Spirit to enlighten our minds in faith.

— Lord, make the whole world new.

You promised to send the Spirit of truth, to bear witness to yourself,
send forth your Spirit to make us your faithful witnesses.

— Lord, make the whole world new.

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,
let the Spirit you sent on your Church
to begin the teaching of the gospel
continue to work in the world
through the hearts of all who believe.

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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