

Liturgy of the Hours
LITURGY OF THE HOURS

DAYTIME PRAYER

December 26, 2024

{ Feast – Stephen, First Martyr }



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 119:153-160

XX (Resh)

Sée my affliction and sáve me *
for I remémber your lów.
Uphóld my cáuse and defénd me; *
by your prómise give me lífe.

Salvátion is fár from the wícked *
who are héedless of your commánds.
Númerless, Lórd, are your mércies; *
with your decrées give me lífe.

Though my fóes and oppréssors are cóuntless *
I have not swérvéd from your wíll.
I lóok at the fáithless with disgúst; *
they ignóre your prómise.

Sée how I lóve your précepts; *
in your mércy give me lífe.
Your wórd is fóunded on trúth: *
your decrées are etérnal.

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 128

Happiness of family life rooted in God

"May the Lord bless you from Zion" refers to the Church (Arnobius).

O blésséd are thóse who fear the Lórd *
and wálk in his wáys!

By the lábor of your hánds you shall éat. *

You will be háppy and próser;
your wífe like a frúitful víne *
in the héart of your hóuse;
your chíldren like shóots of the ólive, *
aróund your táble.

Indéed thús shall be bléssed *
the mán who fears the Lórd.
May the Lórd bléss you from Zíon *
all the dáys of your life!
May you sée your chíldren's chíldren †
in a háppy Jerúsalem! *
On Ísrael, péace.

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 129

God's people reaffirm their trust in time of affliction

The voice of the Church lamenting its suffering is heard in this psalm (Saint Augustine).

“They have préssed me hárd from my yóuth, ”*
this is Ísrael's sóng.

“They have préssed me hárd from my yóuth *
but could néver destróy me.

They plóughed my báck like plóughmen, *
drawing lóng fúrrows.
But the Lórd, who is júst, has destróyed *
the yóke of the wícked.”

Lét them be shámed and róuted, *
thóse who hate Zíon!
Lét them be like gráss on the róof *
that wíthers before it flówers.

With thát no réaper fills his árms, *
no bínder makes his shéaves

and those passing by will not say: †
“On you the Lord’s blessing!”*
“We bless you in the name of the Lord.”

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

James 1:12

Happy the man who holds out to the end through trial! Once he has been proved, he will receive the crown of life the Lord has promised to those who love him.

Verse

I have put my hope in God.

— I have no fear of man.

Stand

CONCLUDING PRAYER

Let us pray.

Lord,
today we celebrate the entrance of Saint Stephen
into eternal glory.

He died praying for those who killed him.

Help us to imitate his goodness
and to love our enemies.

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.

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