

Liturgy of the Hours
LITURGY OF THE HOURS

MORNING PRAYER

December 1, 2024
{ First Sunday of Advent }



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).

Come, let us worship the Lord, the King who is to come.

— Come, let us worship the Lord, the King who is to come.

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.

— Come, let us worship the Lord, the King who is to come.

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.

— Come, let us worship the Lord, the King who is to come.

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.

— Come, let us worship the Lord, the King who is to come.

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.

— Come, let us worship the Lord, the King who is to come.

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.”

— Come, let us worship the Lord, the King who is to come.

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.

— Come, let us worship the Lord, the King who is to come.

Morning Prayer

HYMN

Behold a voice resounding, clear,
rebuking hidden fears and deeds:
Let dreams be driven far away,
for Christ shines forth from heaven’s height.

Now let the weary soul arise,
infirm and wounded by her sin;
a new star now sends forth its light
to rid the world of ev’ry harm.

The Lamb is sent from realms on high
to free us from our mortal debt.

Let ev’ry voice give thankful praise
and weep for tender mercy shown,

That when he comes like lightning flash
and terror grips the world in dread,
he need not punish us for guilt
but with compassion shield us then.

Praise to the Father, God most high,

all vict'ry to his only Son,
due honor to the Spirit blest,
through endless ages evermore. Amen.

*Metrical hymn, melody: Winchester New, 8 8 8 8; adapted from a chorale in
Musicalisches Hand-Buch, Hamburg, 1690*

Plainsong, mode D, melody 127; Liber Hymnarius, Solesmes, 1983, Text: Vox clara
ecce intonat, 10th c.*

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Sit or stand

PSALMODY

Antiphon 1

On that day sweet wine will flow from the mountains, milk and
honey from the hills, 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 you 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 lífe, *
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 sháadow of your wíngs I rejóice.
My sóul clíngs to yóu; *
your ríght hand hólds me fást.

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

On that day sweet wine will flow from the mountains, milk and
honey from the hills, alleluia.

Antiphon 2

The mountains and hills will sing praise to God; all the trees of the
forest will clap their hands, for he is coming, the Lord of a kingdom
that lasts for ever, 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

The mountains and hills will sing praise to God; all the trees of the forest will clap their hands, for he is coming, the Lord of a kingdom that lasts for ever, alleluia.

Antiphon 3

A great prophet will come to Jerusalem; of that people he will make a new creation.

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 sǒng to the Lórd,*
his práise in the assémbly of the fáithful.
Let Ísraél rejóice in its máker,*
let Zíon's sons exúlt in their kíng.
Let them práise his náme with dáncing*
and make músic with tímbrel and hárp.
For the Lórd takes delíght in his péople.*
He crǒwns 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 cárry out the séntence pre-ordáined;*
this hónor is for áll his fáithful.
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

A great prophet will come to Jerusalem; of that people he will make
a new creation.

Sit

READING

Romans 13:11-12

It is now the hour for you to wake from sleep, for our salvation is

closer than when we first accepted the faith. The night is far spent; the day draws near. Let us cast off deeds of darkness and put on the armor of light.

RESPONSORY

Christ, Son of the living God, have mercy on us.

— Christ, Son of the living God, have mercy on us.

You are the one who is to come,

— have mercy on us.

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

— Christ, Son of the living God, have mercy on us.

Stand

GOSPEL CANTICLE

Antiphon

The Holy Spirit will come upon you, Mary; you have no need to be afraid. You will carry in your womb the Son of God, 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

The Holy Spirit will come upon you, Mary; you have no need to be afraid. You will carry in your womb the Son of God, alleluia.

INTERCESSIONS

To God our Father, who has given us the grace to wait in joyful hope for the revelation of our Lord Jesus Christ, let us make our prayer:

— Show us your mercy, Lord.

Sanctify us in mind and body,
keep us without sin until the coming of your Son.

— Show us your mercy, Lord.

Make us walk this day in holiness,
and live upright and devout lives in this world.

— Show us your mercy, Lord.

May we be clothed in our Lord Jesus Christ,
and filled with the Holy Spirit.

— Show us your mercy, Lord.

Lord, help us to stand watchful and ready,
until your Son is revealed in all his glory.

— Show us your mercy, Lord.

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

All-powerful God,
increase our strength of will for doing good
that Christ may find an eager welcome at his coming
and call us to his side in the kingdom of heaven,
where he 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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