

Liturgy of the Hours
LITURGY OF THE HOURS

DAYTIME PRAYER

January 25, 2025

{ Feast – Conversion of Paul, Apostle }



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: DUGUET, 8 8 8 8; Abbé Dieudonné Duguet, 1794–1849

Plainsong, mode VIII, melody 107; 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 1

It was midday when Saul journeyed toward Damascus; suddenly a brilliant light from heaven flashed all around him.

Psalm 119:81-88

XI (Caph)

I yéarn for your sáving hélp; *

I hópe in your wórd.

My éyes yéarn to see your prómise. *

Whén will you consóle me?

Though párchéd and exháusted with wáiting *

I have not forgóttén your commánds.

How lóng must your sérvant súffer? *

When will you júdge my fóes?

For mé the próud have dug pítfalls, *
agáinst your lów.

Your commánds are all trúé; then hélp me *
when líes opprés me.

They álmóst made an énd of me on éarth *
but I képt your précepts.

Bezáuse of your lóve give me lífe *
and Í will do your wíll.

Glory to the Fátter, and to the Son, *
and to the Holy Spírit:
as it was in the beginning, is now, *
and will be for ever. Amen.

Psalm 61

Prayer of an exile

The prayer of the just man who places his hope in the things of heaven (Saint Hilary).

O Gód, héar my crý! *

Lístén to my práyer!

From the énd of the éarth I cáll: *

my héart is fáint.

On the rók too hígh for me to réach *
sét me on hígh,
O yóu who have béen my réfuge, *
my tówer against the fóe.

Let me dwéll in your tént for éver *
and híde in the shéltér of your wíngs.
For yóu, O Gód, hear my práyer, *
grant me the héritage of thóse who féar you.

May you léngthen the lífe of the kíng: *
may his yéars cover mány generátions.
May he éver sit enthronéd before Gód: *
bid lóve and trúth be his protéction.

So I will álways práise your náme *
and dáy after dáy fulfill my vóws.

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 64

Prayer for help against enemies

This psalm commemorates most particularly our Lord's passion (Saint Augustine).

Hear my vóice, O Gód, as I compláin, *
guard my lífe from dréad of the fóe.
Híde me from the bánd of the wícked, *
from the thróng of thóse who do évil.

They shárpen their tóngues like swórd; *
they áim bitter wórd; like árows
to shóot at the ínnocent from ámbush, *
shóoting súddenly and récklessly.

They schéme their évil cóurse; *
they conspíre to lay sécret snáres.
They sáy: "Whó will sée us? *"

Whó can séarch out our crímes?”

He will séarch who séarches the mínd *
and knóws the dépth of the héart.
Gód has shót them with his árrów *
and déalt them súdden wóunds.
Their ówn tongue has bróught them to rúin *
and áll who sée them móck.

Thén will áll men féar; †
they will téll what Gód has dóne. *
They will únderstánd God’s déeds.
The júst will rejóice in the Lórd †
and flý to hím for réfuge. *
All the úpright héarts will glóry.

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

It was midday when Saul journeyed toward Damascus; suddenly a brilliant light from heaven flashed all around him.

Sit

READING

1 Timothy 1:14-15

The grace of our Lord has been granted me in overflowing measure, along with the faith and love which are in Christ Jesus. You can depend on this as worthy of full acceptance: that Christ Jesus came into the world to save sinners. Of these I myself am the worst.

Verse

You have kindled a lamp for me, O Lord.

— My God, lighten my darkness.

Stand

CONCLUDING PRAYER

Let us pray.

God our Father,
you taught the gospel to all the world
through the preaching of Paul your apostle.
May we who celebrate his conversion to the faith
follow him in bearing witness to your truth.

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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