

Liturgy of the Hours
LITURGY OF THE HOURS

DAYTIME PRAYER

December 8, 2024
{ Second Sunday of Advent }



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: Herr Jesu Christ, 8 8 8 8; Pensum Sacrum Metro-
Rhythmicum, Görlitz, 1648*

Plainsong, mode IV, melody 80; Liber Hymnarius, Solesmes, 1983, Text: Rector
potens, verax Deus, unknown author, very ancient; traditionally attributed to St.
Ambrose, 340-397*

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

PSALMODY

Antiphon

The angel Gabriel said to Mary in greeting: Hail, full of grace, the Lord is with you; blessed are you among women.

Psalm 23

The Good Shepherd

The Lamb himself will be their shepherd and will lead them to the springs of living waters (Revelation 7:17).

The Lórd is my shépherd; *
there is nóthing I shall wánt.

Frésh and gréen are the pástures *
where he gíves me repóse.
Near réstful wáters he léads me, *
to revíve my drooping spírit.

He guídes me alóng the right páth; *
he is trúe to his náme.

If I should wálk in the válléy of dárkness *
no évil would I féar.

You are thére with your cróok and your stáff; *
with thése you give me cómfort.

You have prépared a bánquet for mé *
in the síght of my fóes.

My héad you have anóinted with óil; *
my cúp is overflówing.

Surely góodness and kíndness shall fóllow me *
all the dáys of my lífe.

In the Lórd's own hóuse shall I dwéll *
for éver and éver.

Glory to the Father, and to the Son, *
and to the Holy Spírit:

as it was in the beginning, is now, *
and will be for ever. Amen.

Psalm 76

Thanksgiving for victory

They will see the Son of Man coming on the clouds of heaven (Matthew 24:30).

I

Gód is made knówn in Júdah; *
in Ísrael his náme is gréat.
He sét up his tént in Jerúsalem *
and his dwélling pláce in Zíon.
It was thére he bróke the flashing árrows, *
the shíeld, the swórd, the ármor.
Yóu, O Lórd, are respléndent, *
more majéstic than the éverlasting móuntains.
The wárriors, despóiled, slept in déath; *
the hánds of the sóldiers were pówerless.
At your thréat, O Gód of Jácob, *
hórsé and ríder lay stúnned.
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.

II

Yóu, you alóne, strike térror. *
Who shall stánd when your ánger is róused?
You úttered your séntence from the héavens; *
the éarth in térror was stíll
when Gód aróse to júdge, *
to sáve the húmble of the éarth.
Men's ánger will sérve to práise you; †
its survívors surróund you in jój. *
Make vóws to your Gód and fulfill them.
Let all pay tríbute to hím who strikes térror, †
who cúts short the lífe of prínces, *
who strikes térror in the kíngs of the éarth.
Glory to the Fátter, 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 angel Gabriel said to Mary in greeting: Hail, full of grace, the Lord is with you; blessed are you among women.

Sit

READING

1 Thessalonians 3:12-13

May the Lord make you overflow with love for one another and for all, even as our love does for you. May he strengthen your hearts, making them blameless and holy before our God and Father at the coming of our Lord Jesus with all his holy ones.

Verse

Remember us, Lord, because of the love you have for your people.

— Come and bring us your salvation.

Stand

CONCLUDING PRAYER

Let us pray.

God of power and mercy,
open our hearts in welcome.
Remove the things that hinder us from receiving Christ with joy,
so that we may share his wisdom
and become one with him
when he comes in glory,
for he 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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