

Liturgy of the Hours
LITURGY OF THE HOURS

DAYTIME PRAYER

December 21, 2025
{ Fourth 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

Let us sing praises to the Lord
with willing mind and fervent heart;
the noonday hour returns again
and summons us once more to prayer.

For to the faithful at this hour
true saving glory was restored
by off'ring of the blessed Lamb
and by the power of his Cross.

The Cross obscures the noonday sun
by its most clear and brilliant light;
let us receive with all our heart
the gift of such resplendent grace.

To God the Father glory be,
all honor to his only Son,
one with the Spirit Paraclete,
from age to age for evermore. 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: Dicamus
laudes Domino, before 6th c.*

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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 válley 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 bándquet for mé *
in the síght of my fóes.
My héad you have anóinted with óil; *
my cúp is overflówing.

Surely góodness and kíndness shall fólloiw 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 árrrows, *
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 Father, and to the Son, *
and to the Holy Spirit:
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 sérvé to práise you; †
its survívors surróund you in jóy. *
Make vóws to your Gód and fulfil them.
Let all pay tríbute to hím who strikes térror, †
who cúts short the life of prínces, *

who strikes terror in the kings of the earth.

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 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.

Lord,
fill our hearts with your love,
and as you revealed to us by an angel
the coming of your Son as man,
so lead us through his suffering and death
to the glory of his resurrection,
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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