

Liturgy of the Hours
LITURGY OF THE HOURS

DAYTIME PRAYER

August 6, 2024

{ Feast – Transfiguration }



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

Lord of all hopefulness, Lord of all joy,
Whose trust, ever childlike, no cares could destroy,
Be there at our waking, and give us, we pray,
Your bliss in our hearts, Lord, at the break of the day.

Lord of all eagerness, Lord of all faith,
Whose strong hands were skilled at the plane and the lathe,
Be there at our labors, and give us, we pray,
Your strength in our hearts, Lord, at the noon of the day.

Lord of all kindness, Lord of all grace,
Your hand swift to welcome, your arms to embrace,
Be there at our homing, and give us we pray,
Your love in our hearts, Lord, at the eve of the day.

Lord of all gentleness, Lord of all calm,
Whose voice is contentment, whose presence is balm,
Be there at our sleeping, and give us, we pray,
Your peace in our hearts, Lord, at the end of the day.

*Melody: Slane 10.11.11.12; Music: Irish Traditional Melody; Text: Jan Struther,
1901-1953*

*'Lord of all hopefulness' words by Jan Struther (1901-53) from Enlarged Songs of
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Sit or stand

PSALMODY

Antiphon

By his Gospel our Lord and Savior has lighted up for us the way to
life and immortality.

Psalm 119:49-56

VII (Zain)

Remémber your wórd to your sérvant *
by wích you gave me hópe.
Thís is my cómfort in sórrow *
that your prómise gives me lífe.

Though the próud may útterly deríde me *
I kéept to your lów.
I remémber your decrées of óld *
and thése, Lord, consóle me.

I am séized with indignátion at the wícked *
who forsáke your lów.
Your commánd has becóme my sóng *
in the lánd of éxile.

I thínk of your náme in the níght-time *
and I kéept your lów.
Thís has béen my bléssing, *
the kéepting of your précepts.

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 53

The foolishness of sinners

We all have sinned and are deprived of God's glory (Romans 3:23).

The fóol has sáid in his héart: *
“There is no Gód abóve.”
Their déeds are corrúpt, depráved; *
not a góod man is léft.

Gód looks dówn from héaven *
on the sóns of mén
to sée if ány are wíse, *
if ány seek Gód.

Áll have left the right páth, *
depráved, every óne.
There is nó a góod man léft, *
nó, not even óne.

Will the évil-doers nó understand? *
They éat up my péople
as though they were éating bréad: *
they néver pray to Gód.

Sée how they trémble with féar *
without cáuse for féar:
for Gód scatters the bónes of the wicked. *
They are shámed; God rejécts them.

O that Ísrael's salvátion might cóme from Zíon! †
When Gód delívers his péople from bóndage, *
then Jácob will be glád and Ísrael rejóice.

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 54:1-6, 8-9

Plea for help

The prophet prays that God will deliver him from the malice of his enemies (Cassian).

O Gód, sáve me by your náme; *
by your pówer, uphóld my cáuse.
O Gód, héar my práyer; *
listén to the wórds of my móuth.

For próud men have rísen agáinst me, †
rúthless men séek my lífe. *
They háve no regárd for Gód.
But Í have Gód for my hélp. *
The Lórd uphólds my lífe.

I will sácrifice to yóu with willing héart *
and práise your náme for it is góod:
for you have réscued me from áll my distréss *

and my eyes have seen the downfall of my foes.

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

By his Gospel our Lord and Savior has lighted up for us the way to life and immortality.

Sit

READING

Exodus 33:9, 11a

As Moses entered the tent, the column of cloud would come down and stand at its entrance while the Lord spoke with Moses. The Lord used to speak to Moses face to face, as one man speaks to another.

Verse

Look to the Lord and be enlightened.

— And never let your faces be ashamed.

Stand

CONCLUDING PRAYER

Let us pray.

God our Father,
in the transfigured glory of Christ your Son,
you strengthen our faith
by confirming the witness of your prophets,
and show us the splendor of your beloved sons and daughters.
As we listen to the voice of your Son,
help us to become heirs to eternal life with him
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.

ACKNOWLEDGEMENTS

The English Translation of the Introductory Verses and Responses, the Invitatories, the Antiphons, Captions and Patristic Commentaries for the Psalms, Psalm-prayers, Responsories, Intercessions, Greeting, Blessings, and Dismissal, Non-Biblical Readings, and Hagiographical Introductions from *The Liturgy of the Hours* © 1974, 1975, 1976, International Committee on English in the Liturgy, Inc. (ICEL); the Alternative Opening Prayers and the English translation of the Opening Prayers (Prayers of the Day) from *The Roman Missal* © 1973, ICEL. All rights reserved.

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