

Liturgy of the Hours
LITURGY OF THE HOURS

DAYTIME PRAYER

July 22, 2024

{ Feast – Mary Magdalene }



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 God and Maker of all things,
Creation is upheld by you.
While all must change and know decay,
You are unchanging, always new.

You are man's solace and his shield,
His rock secure on which to build,
You are the spirit's tranquil home,
In you alone is hope fulfilled.

To God the Father and the Son
And Holy Spirit render praise,
Blest Trinity, from age to age
The strength of all our living days.

*Melody: Auctoritate Saeculi L.M.; Music: Poitiers Antiphoner, 1746; Text: Stanbrook
Abbey*

Sit or stand

PSALMODY

Antiphon 1

Lord, guide my steps according to your promise.

Psalm 119:129-136

XVII (Pe)

A meditation on God's law

The whole law is summed up in love (Romans 13:10).

Your will is wonderful indeed; *
therefore I obey it.

The unfolding of your word gives light *
and teaches the simple.

I open my mouth and I sigh *
as I yearn for your commands.
Turn and show me your mercy; *
show justice to your friends.

Let my steps be guided by your promise; *
let no evil rule me.

Redeem me from man's oppression *
and I will keep your precepts.

Let your face shine on your servant *
and teach me your decrees.
Tears stream from my eyes *
because your law is disobeyed.

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

Lord, guide my steps according to your promise.

Antiphon 2

There is but one lawgiver and judge; who are you to judge your neighbor?

Psalm 82

Denunciation of evil judges

Do not attempt to judge another now; the Lord's coming will reveal all (1 Corinthians 4:5).

God stands in the divine assembly. *
In the midst of the gods he gives judgment.

“How long will you judge unjustly *
and favor the cause of the wicked?
Do justice for the weak and the orphan, *
defend the afflicted and the needy.

Réscue the wéak and the póor; *
set them frée from the hánd of the wícked.

Unpercéiving, they grópe in the dárkness *
and the órder of the wórld is sháken.
I have sáid to you: ‘Yóu are góds, *
and áll of you, sóns of the Most Hígh.’
And yét, you shall díe like mén, *
you shall fáll like ány of the prínces.”

Aríse, O Gód, judge the éarth, *
for yóu rule áll the nátions.

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

Antiphon

There is but one lawgiver and judge; who are you to judge your neighbor?

Antiphon 3

I cried out to the Lord, and he heard me.

Psalm 120

Longing for peace

Be patient in suffering; persevere in prayer (Romans 12:12).

To the Lórd in the hóur of my dístréss *
I cáll and he ánsvers me.
“O Lórd, save my sóul from lying líps, *
from the tóngue of the decéitful.”

Whát shall he páy you in retúrn, *
O tréacherous tóngue?
The wárríor’s árróws shárpened *
and cóals, red-hot, blázíng.

Alas, that I abíde a stránger in Méshech, *
dwell among the ténts of Kédár!

Long enough have I been dwelling *
with those who hate peace.
I am for peace, but when I speak, *
they are for fighting.

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

I cried out to the Lord, and he heard me.

Sit

READING

1 Corinthians 9:26, 27a

I do not run like a man who loses sight of the finish line. I do not fight as if I were shadowboxing. What I do is discipline my own body and master it.

Verse

I found him whom I love.

— I held him fast; I would not leave him.

Stand

CONCLUDING PRAYER

Let us pray.

Father,
your Son first entrusted to Mary Magdalene
the joyful news of his resurrection.
By her prayers and example
may we proclaim Christ as our living Lord
and one day see him 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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