

*Liturgy of the Hours*  
LITURGY OF THE HOURS

DAYTIME PRAYER

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August 10, 2024

{ Feast – Lawrence, Deacon and Martyr }



*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

Most ancient of all mysteries,  
Before your throne we lie;  
Have mercy now, most merciful,  
Most holy Trinity.

When heaven and earth were still unmade,  
When time was yet unknown,  
You in your radiant majesty  
Did live and love alone.

You were not born, there was no source  
From which your Being flowed;  
There is no end which you can reach,  
For you are simply God.

How wonderful creation is,  
The work which you did bless;  
What then must you be like, dear God,  
Eternal loveliness!

Most ancient of all mysteries,  
Before your throne we lie,  
Have mercy now and evermore,  
Most holy Trinity.

*Melody: Saint Flavian C.M.; Music: Adapted from Psalm 132, Day's Psalter, 1562;  
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*Sit or stand*

PSALMODY

*Antiphon 1*

Heaven and earth will pass away but my words will not pass away.

*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 trúe; then hélp me \*  
when líes opprés me.  
They álmóst made an énd of me on éarth \*  
but I képt your précepts.  
Becáuse 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.

*Antiphon*

Heaven and earth will pass away but my words will not pass away.

*Antiphon 2*

Lord, you are my hope, a strong citadel against my enemies.

*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 cry! \*  
Lísten to my práyer!  
From the énd of the éarth I cáll: \*  
my héart is fáint.

On the róck 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 shélder 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.

*Antiphon*

Lord, you are my hope, a strong citadel against my enemies.

*Antiphon 3*

O Lord, guard my life from the menace of the foe.

*Psalm 64*

*Prayer for help against enemies*

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

Hear my voice, O Gód, as I compláin,\*  
guard my life from dréad of the fóc.  
Híde me from the bánd of the wicked,\*  
from the thróng of thóse who do évil.

They shárpen their tóngues like swórd; \*  
they áim bitter wórd's 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 árow \*  
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 Spírit:  
as it was in the beginning, is now, \*  
and will be for ever. Amen.

*Antiphon*

O Lord, guard my life from the menace of the foe.

*Sit*

READING

*James 1:12*

Happy the man who holds out to the end through trial! Once he has been proved, he will receive the crown of life the Lord has promised to those who love him.

*Verse*

I have put my hope in God.

— I have no fear of man.

*Stand*

CONCLUDING PRAYER

Let us pray.

Father,  
you called Saint Lawrence to serve you by love  
and crowned his life with glorious martyrdom.  
Help us to be like him  
in loving you and doing your work.

Grant 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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