

*Liturgy of the Hours*  
LITURGY OF THE HOURS

MORNING PRAYER

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December 12, 2024

{ Feast – Our Lady of Guadalupe }



# *Invitatory*

*Stand and make sign of cross on lips with thumb*

Lord, open my lips.

— And my mouth will proclaim your praise.

*Psalm 95*

*A call to praise God*

*Encourage each other daily while it is still today (Hebrews 3:13).*

Come, let us worship Christ, the Son of Mary.

— Come, let us worship Christ, the Son of Mary.

Come, let us sing to the Lord  
and shout with joy to the Rock who saves us.  
Let us approach him with praise and thanksgiving  
and sing joyful songs to the Lord.

— Come, let us worship Christ, the Son of Mary.

The Lord is God, the mighty God,  
the great king over all the gods.  
He holds in his hands the depths of the earth  
and the highest mountains as well.  
He made the sea; it belongs to him,  
the dry land, too, for it was formed by his hands.

— Come, let us worship Christ, the Son of Mary.

Come, then, let us bow down and worship,  
bending the knee before the Lord, our maker.  
For he is our God and we are his people,  
the flock he shepherds.

— Come, let us worship Christ, the Son of Mary.

Today, listen to the voice of the Lord:  
Do not grow stubborn, as your fathers did  
in the wilderness,  
when at Meriba and Massah  
they challenged me and provoked me,

Although they had seen all of my works.

— Come, let us worship Christ, the Son of Mary.

Forty years I endured that generation.

I said, “They are a people whose hearts go astray  
and they do not know my ways.”

So I swore in my anger,

“They shall not enter into my rest.”

— Come, let us worship Christ, the Son of Mary.

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.

— Come, let us worship Christ, the Son of Mary.

## *Morning Prayer*

### HYMN

Heart of the household,  
pilgrim with your people,  
you are devoted  
both as wife and mother,  
yet you will follow  
paths where God would lead you,  
while your heart ponders.

As dawn is breaking,  
you stand on the hilltop  
love has compelled you  
to make haste to help us  
waiting for Jesus,  
you prepare his cradle:  
Bethlehem once more.

Perfectly sharing  
in our race and nature,  
you speak our language

lovingly, with sweetness;  
you seek a temple,  
where your love most tender  
may show us kindness.

Like a bird flying,  
soaring down then upward,  
first to your Son's cross,  
then on high to heaven,  
now to our country,  
here you draw us homeward:  
may we fly with you.

Praise to the Father,  
who has no beginning,  
glory eternal  
to the Son, Christ Jesus,  
and to the Spirit,  
comforter most holy:  
praise everlasting. Amen.

*Metrical hymn, melody: CHRISTE SANCTORUM, 11 11 11 5; from François de La Feillée's Methode de plain-chant, 1782*

*Plainsong, mode I, melody 22; Liber Hymnarius, Solesmes, 1983\*; Text: Eres mujer de casa y, además, peregrina, unknown author*

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*Sit or stand*

## PSALMODY

### *Antiphon 1*

Who is this that comes forth like the dawn, as beautiful as the moon, as resplendent as the sun?

*Psalm 63:2-9*

*A soul thirsting for God*

*Whoever has left the darkness of sin yearns for God.*

O Gód, you are my Gód, for you I lóng; \*  
for yóu my sóul is thírsting.

My bódy pínes for yóu \*  
like a drý, weary lánd without wáter.  
So I gáze on yóu in the sánctuary \*  
to sée your stréngth and your glóry.

For your lóve is bétter than lífe, \*  
my líps will spéak your práise.  
So I will bléss you áll my lífe, \*  
in your náme I will líft up my hánds.  
My sóul shall be filled as with a bánquet, \*  
my móuth shall práise you with jóy.

On my béd I remémber yóu. \*  
On yóu I múse through the níght  
for yóu have béen my hélp; \*  
in the sháadow of your wíngs I rejóice.  
My sóul clíngs to yóu; \*  
your ríght hand hólds me fást.

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

*Antiphon*

Who is this that comes forth like the dawn, as beautiful as the moon, as resplendent as the sun?

*Antiphon 2*

You are the glory of Jerusalem, the joy of Israel; you are the fairest honor of our race.

*Canticle – Daniel 3:57-88, 56*

*Let all creatures praise the Lord*

*All you servants of the Lord, sing praise to him (Revelation 19:5).*

Bless the Lord, all you works of the Lord.\*  
Praise and exalt him above all forever.  
Angels of the Lord, bless the Lord.\*  
You heavens, bless the Lord.  
All you waters above the heavens, bless the Lord.\*  
All you hosts of the Lord, bless the Lord.  
Sun and moon, bless the Lord.\*  
Stars of heaven, bless the Lord.  
  
Every shower and dew, bless the Lord.\*  
All you winds, bless the Lord.  
Fire and heat, bless the Lord.\*  
Cold and chill, bless the Lord.  
Dew and rain, bless the Lord.\*  
Frost and chill, bless the Lord.  
Ice and snow, bless the Lord.\*  
Nights and days, bless the Lord.  
Light and darkness, bless the Lord.\*  
Lightnings and clouds, bless the Lord.  
  
Let the earth bless the Lord.\*  
Praise and exalt him above all forever.  
Mountains and hills, bless the Lord.\*  
Everything growing from the earth, bless the Lord.  
You springs, bless the Lord.\*  
Seas and rivers, bless the Lord.  
You dolphins and all water creatures, bless the Lord.\*  
All you birds of the air, bless the Lord.  
All you beasts, wild and tame, bless the Lord.\*  
You sons of men, bless the Lord.  
  
O Israel, bless the Lord.\*  
Praise and exalt him above all forever.  
Priests of the Lord, bless the Lord.\*  
Servants of the Lord, bless the Lord.

Spirits and souls of the just, bless the Lord.\*  
Holy men of humble heart, bless the Lord.  
Hananiah, Azariah, Mishael, bless the Lord.\*  
Praise and exalt him above all forever.

Let us bless the Father, and the Son, and the Holy Spirit.\*  
Let us praise and exalt him above all forever.  
Blessed are you, Lord, in the firmament of heaven.\*  
Praiseworthy and glorious and exalted above all forever.

*Antiphon*

You are the glory of Jerusalem, the joy of Israel; you are the fairest honor of our race.

*Antiphon 3*

O Virgin Mary, how great your cause for joy; God found you worthy to bear Christ our Savior.

*Psalm 149*

*The joy of God's holy people.*

*Let the sons of the Church, the children of the new people, rejoice in Christ, their King (Hesychius).*

Síng a new sǫng to the Lórd,\*  
his práise in the assémbly of the fáithful.  
Let Ísrael rejóice in its máker,\*  
let Zíon's sons exúlt in their kíng.  
Let them práise his náme with dáncing\*  
and make músic with tímbrél and hárp.  
For the Lórd takes delíght in his péople.\*  
He crówns the póor with salvátion.  
Let the fáithful rejóice in their glóry,\*  
shout for jóy and táke their rést.  
Let the práise of Gód be on their líps\*  
and a twó-edged swórd in their hánd,  
to déál out véngéance to the nátions\*  
and púnishment on áll the péoples;  
to bínd their kíngs in cháíns\*  
and their nóbles in fétters of íron;

to cárry out the séntence pre-ordáined; \*  
this hónor is for áll his fáithful.

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*

O Virgin Mary, how great your cause for joy; God found you worthy  
to bear Christ our Savior.

*Sit*

READING

*Zechariah 2:14-17*

Sing and rejoice, O daughter Zion! See I am coming to dwell among  
you, says the Lord. Many nations shall join themselves to the Lord  
on that day, and they shall be his people, and he will dwell among  
you, and you shall know that the Lord of hosts has sent me to you.  
The Lord will possess Judah as his portion in the holy land, and he  
will again choose Jerusalem. Silence, all people, in the presence of  
the Lord! for the Lord stirs forth from his holy dwelling.

RESPONSORY

I lift up my eyes toward the mountains, from where shall help come  
to me?

— I lift up my eyes toward the mountains, from where shall  
help come to me?

Lord, for you I rise early, give me a sign of your favor.

— From where shall help come to me?

Glory to the Father, and to the Son, and to the Holy Spirit,

— I lift up my eyes toward the mountains, from where shall  
help come to me?



*Stand*

GOSPEL CANTICLE

*Antiphon*

Go up onto a high mountain, Jerusalem, herald of good news! Say to the cities of Judah: Here is your God! Like a shepherd he feeds his flock.

*Luke 1:68-79*

*The Messiah and his forerunner*

*Make sign of cross*

Blessed be the Lord, the God of Israel; \*  
he has come to his people and set them free.  
He has raised up for us a mighty savior, \*  
born of the house of his servant David.

Through his holy prophets he promised of old †  
that he would save us from our enemies, \*  
from the hands of all who hate us.  
He promised to show mercy to our fathers \*  
and to remember his holy covenant.

This was the oath he swore to our father Abraham: \*  
to set us free from the hands of our enemies,  
free to worship him without fear, \*  
holy and righteous in his sight all the days of our life.

You, my child, shall be called the prophet of the Most High; \*  
for you will go before the Lord to prepare his way,  
to give his people knowledge of salvation \*  
by the forgiveness of their sins.

In the tender compassion of our God \*  
the dawn from on high shall break upon us,  
to shine on those who dwell in darkness and the shadow of death, \*  
and to guide our feet into the way of peace.

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*

Go up onto a high mountain, Jerusalem, herald of good news! Say to the cities of Judah: Here is your God! Like a shepherd he feeds his flock.

INTERCESSIONS

Let us praise God, our all-powerful Father, and say:

— Lord, Creator of life, hear us.

Blessed are you, Lord of the universe. In your great goodness you sent us the Mother of your Son, to call us to faith and make us members of your holy people.

— Lord, Creator of life, hear us.

We bless you, Lord, because you have hidden your message from those who are wise and prudent in the ways of this world, and have revealed it to the lowly and the poor.

— Lord, Creator of life, hear us.

You call us to be your worthy and trusted messengers, may we carry to all peoples and nations your words of love and peace.

— Lord, Creator of life, hear us.

By the presence of Mary, you made the desert bloom with flowers, may the Blessed Virgin Mary's love transform us into the image of Christ.

— Lord, Creator of life, hear us.

Make us attentive to the message of Our Lady of Guadalupe, so that we may deserve to meet Mary along the path of our lives.

— Lord, Creator of life, hear us.

*The Lord's Prayer*

Our Father who art in heaven,  
hallowed be thy name.  
Thy kingdom come.

Thy will be done on earth, as it is in heaven.  
Give us this day our daily bread,  
and forgive us our trespasses,  
as we forgive those who trespass against us,  
and lead us not into temptation,  
but deliver us from evil.

*Concluding Prayer*

God of power and mercy,  
you blessed the Americas at Tepeyac  
with the presence of the Virgin Mary of Guadalupe.  
May her prayers help all men and women  
to accept each other as brothers and sisters.  
Through your justice present in our hearts  
may your peace reign in the world.

We ask this through our Lord Jesus Christ, your Son,  
who lives and reigns with you and the Holy Spirit,  
God, for ever and ever.

— Amen.

*Dismissal*

May the Lord bless us, protect us from all evil and bring us to  
everlasting life.

— Amen.

# ACKNOWLEDGEMENTS

The English translation of Antiphons, Invitatories, Responsories, Intercessions, Psalm 95, the Canticle of the Lamb, Psalm Prayers, Non-Biblical Readings, Hagiographical Introductions from *The Liturgy of the Hours* © 1973, 1974, 1975, International Commission on English in the Liturgy Corporation (ICEL); excerpts from the English translation of *The Roman Missal* © 2010, ICEL; the English translation of Hymns from *The Liturgy of the Hours* © 2023. All rights reserved.

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