

*Liturgy of the Hours*  
LITURGY OF THE HOURS

DAYTIME PRAYER

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January 10, 2026  
{ Saturday after Epiphany }



*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: A la venue de Noël, 8 8 8 8; Fleurs des Noël, Lyons, 1535*

*Plainsong, mode VIII, melody 97; Liber Hymnarius, Solesmes, 1983\*, Text: Dicamus  
laudes Domino, before 6th c.*

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*Sit or stand*

## PSALMODY

### *Antiphon*

Christ Jesus has come, bringing the joyful news: peace to those who were far off; peace to those who are near.

*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 láw.  
Your commánds are all trúe; then hélp me \*  
when líes oppréss 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.

*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! \*  
Lístén to my práyer!  
From the énd of the éarth I cáll: \*

my héart is fáint.

On the rók 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 shéltér 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.

*Psalm 64*

*Prayer for help against enemies*

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

Hear my vóice, O Gód, as I compláin, \*  
guard my lífe from dréad of the fóe.  
Híde me from the bánd of the wícked, \*  
from the thróng of thóse who do évil.

They shárpen their tóngues like swórd; \*  
they áim bitter wórds like árrows  
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 árrów \*  
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 Spirit:  
as it was in the beginning, is now, \*  
and will be for ever. Amen.

*Antiphon*

Christ Jesus has come, bringing the joyful news: peace to those who were far off; peace to those who are near.

*Sit*

## READING

*Ezekiel 34:11-12*

I myself will look after and tend my sheep. As a shepherd tends his flock when he finds himself among his scattered sheep, so will I tend my sheep. I will rescue them from every place where they were scattered when it was cloudy and dark.

*Verse*

All nations will see the glory of your holy One.

— All the kings of the earth will acknowledge your majesty.

*Stand*

## CONCLUDING PRAYER

Let us pray.

God our Father,  
through your Son you made us a new creation.  
He shared our nature and became one of us;  
with his help, may we become more like 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.

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