

Liturgy of the Hours
LITURGY OF THE HOURS

DAYTIME PRAYER

February 2, 2026

{ Feast – Presentation of the Lord }



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: Tallis' Canon, 8 8 8 8; Thomas Tallis, ca. 1505-1585

*Plainsong, mode D, melody 124; Liber Hymnarius, Solesmes, 1983, Text: Dicamus
laudes Domino, before 6th c.*

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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 wónderful indéed; *
thérefore I obéy it.

The unfólding of your wórd gives líght *
and téaches the símple.

I ópen my móuth and I sígh *
as I yéarn for your commánds.
Túrn and shów me your mércy; *
show jústice to your fríends.

Let my stéps be guíded by your prómise; *
let no évil rúle me.

Redéem me from mán's oppréssion *
and Í will keep your précepts.

Let your fáce shíne on your sérvant *
and téach me your décrées.
Téars stréam from my éyes *
because your lág is disobéyed.

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 stánds in the divíne assémbly.*
In the mídst of the góds he gives júdgment.

“How lóng will you júdge unjústly*
and fávor the cáuse of the wícked?
Do jústice for the wéak and the órphan,*
defénd the afflícted and the néedy.
Réscue the wéak and the póor;*
set them frée from the hán'd of the wícked.

Unpercéiving, they grópe in the dárkness*
and the órder of the wórld is sháken.
I have saíd 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 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

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 distréss *

I cáll and he ánswers 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 wárior's árrows shárpened *
and cóals, red-hot, blázing.

Alas, that I abíde a stránger in Méshech, *

dwell among the ténts of Kédar!

Long enóugh have Í been dwélling *
with thóse who hate péace.

Í am for péace, but when I spéak, *
théy 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

Isaiah 42:13

The Lord goes forth like a hero,
like a warrior he stirs up his ardor;
He shouts out his battle cry,
against his enemies he shows his might.

Verse

All the ends of the earth have seen the saving power of God.

— Sing with joy to God, all the earth.

Stand

CONCLUDING PRAYER

Let us pray.

All-powerful Father,
Christ your Son became man for us
and was presented in the temple.
May he free our hearts from sin
and bring us into your presence.

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.

Acclamation

Let us praise the Lord.

— And give him thanks.

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