

*Liturgy of the Hours*  
LITURGY OF THE HOURS

DAYTIME PRAYER

---

October 31, 2025

{ Friday of the 30th Week in Ordinary Time }



*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.*

*The English translation of Hymns and chants from The Liturgy of the Hours © 2023  
International Commission on English in the Liturgy Corporation (ICEL).*

*Reproduced from The Divine Office Hymnal (hymns #325/326B). Copyright © 2023  
United States Conference of Catholic Bishops, Washington, DC (USCCB). Published  
and distributed exclusively by GIA Publications, Inc., Chicago, IL. To acquire the  
Pew Edition or Accompaniment Edition of the hymnal with metrical hymn tunes and  
plainsong melodies, visit [www.giamusic.com](http://www.giamusic.com).*

*Sit or stand*

PSALMODY

*Antiphon 1*

Let your loving kindness console me as you promised.

*Psalm 119:73-80*

*X (Yod)*

It was yóur hands that máde me and sháped me: \*  
help me to léarn your commánds.  
Your fáithful will sée me and rejóice \*  
for I trúst in your wórd.

Lord, I knów that your DECREES are ríght, \*  
that you afflicted me jústly.  
Let your lóve be réady to consóle me \*  
by your prómise to your sérvant.

Let your lóve cóme and I shall líve \*  
for your lÁw is my delíght.  
Shame the pród who hÁrm me with líes \*  
while I pónder your précepts.

Let your fáithful túrn to mé, \*  
those who knów your wíll.  
Let my héart be blámeless in obéying you \*  
lést I be ashámed.

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*

Let your loving kindness console me as you promised.

*Antiphon 2*

Protect me, my God, from those who rise up against me.

*Psalm 59:2-5, 10-11, 17-18*

*Prayer for help against enemies*

*These words of the Savior teach us the devotion that all should have for the Father  
(Eusebius of Caesarea).*

Réscue me, Gód, from my fóes; \*  
protéct me from thóse who attáck me.  
O réscue me from thóse who do évil \*  
and sáve me from blóod-thirsty mén.

See, they líe in wáit for my lífe; \*  
powerful mén band togéther agáinst me.  
For no offénse, no sín of mine, Lórd, †  
for no guílt of mine they rúsh to take their stánd. \*  
Awáke, come to my áid and sée!

O my Stréngth, it is yóu to whom I túrn, †  
for yóu, O Gód, are my stróngthold, \*  
the Gód who shóws me lóve.

O Gód, cóme to my áid \*  
and let me lóok in tríumph on my fóes.

As for mé, I will síng of your stréngth \*  
and each mórning accláim your lóve  
for yóu have béen my stróngthold, \*  
a réfuge in the dáy of my distréss.

O my Stréngth, it is yóu to whom I túrn, †  
for yóu, O Gód, are my stróngthold, \*  
the Gód who shóws me lóve.

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*

Protect me, my God, from those who rise up against me.

*Antiphon 3*

We are happy to be chastened by God, who heals us as he wounds.

*Psalm 60*

*Prayer after disaster*

*You will suffer in the world, but have confidence: I have overcome the world (John 16:33).*

O Gód, you have rejeécted us and bróken us. \*  
Yóu have been ángry; come báck to us.

You have máde the earth quáke, torn it ópen. \*  
Repáir what is sháttered for it swáys.  
You have inflicéted hárdships on your péople \*  
and máde us drink a wíne that dázed us.

You have gíven those who féar you a sígnal \*  
to flée from the énemy's bów.  
O cóme and delíver your fríends, \*  
hélp with your ríght hand and replý.

From his hólý place Gód has made this prómise: †  
"I will tríumph and dívide the land of Shéchem, \*  
I will méasure out the válley of Súccoth.

Gílead is míne and Manásseh, †  
Éphraim I táke for my hélmet, \*  
Júdah for my commánder's stáff.

Móab I will úse for my wáshbowl; †  
on Édom I will plánt my shóe. \*  
Over the Phílístines I will shóut in tríumph."

But who will léad me to cónquer the fórtress? \*  
Who will bríng me face to fáce with Édom?  
Will you útterly rejeéct us, O Gód, \*  
and no lóngér márch with our ármies?

Give us hélp agáinst the fóe: \*  
for the hélp of mán is váin.  
With Gód wé shall do brávely \*  
and hé will trámples down our fóes.

Glory to the Fátter, and to the Son, \*  
and to the Hólý Spírít:

as it was in the beginning, is now, \*  
and will be for ever. Amen.

*Antiphon*

We are happy to be chastened by God, who heals us as he wounds.

*Sit*

READING

*Baruch 4:28-29*

As your hearts have been disposed to stray from God,  
turn now ten times the more to seek him;  
For he who has brought disaster upon you  
will, in saving you, bring you back enduring joy.

*Verse*

With the Lord there is mercy.

— And the fullness of redemption.

*Stand*

CONCLUDING PRAYER

Let us pray.

Lord Jesus Christ,  
at noon, when darkness covered all the earth,  
you mounted the wood of the cross  
as the innocent victim for our redemption.  
May your light be always with us  
to guide us to eternal life in that kingdom  
where you live and reign for ever and ever.

— Amen.

*Acclamation*

Let us praise the Lord.

— And give him thanks.

# 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.

English translation of *Gloria Patri*, *Te Deum Laudamus*, *Benedictus*, *Magnificat*, and *Nunc Dimittis* by the International Consultation on English Texts.

Readings and New Testament Canticles (except the Magnificat) from the *New American Bible* Copyright © 1970 by the Confraternity of Christian Doctrine, Washington, D.C. Used with permission. All Rights Reserved. No part of the *New American Bible* may be reproduced in any form without permission in writing from the copyright owner.

Psalm texts except Psalm 95 Copyright © 1963, The Grail (England). Used with permission of A.P. Watt Ltd. All rights reserved.

Arrangement Copyright © 2006 by eBreviary, New York.



mobile prayers



---

UNITED STATES OF AMERICA

*[www.ebreviary.com](http://www.ebreviary.com)*