

Liturgy of the Hours
LITURGY OF THE HOURS

MORNING PRAYER

February 1, 2025

{ Saturday of the Third Week in Ordinary Time }



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 God who holds the world and its wonders in his creating hand.

— Come, let us worship God who holds the world and its wonders in his creating hand.

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 God who holds the world and its wonders in his creating hand.

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 God who holds the world and its wonders in his creating hand.

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 God who holds the world and its wonders in his creating hand.

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 God who holds the world and its
wonders in his creating hand.

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 God who holds the world and its
wonders in his creating hand.

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 God who holds the world and its
wonders in his creating hand.

Morning Prayer

HYMN

Now dawn unfolds across the sky
and day drifts down upon the earth;
a piercing ray rebounds in light:
let ev'ry lure of sin depart.

Illusions of the night, be gone.
All guilt of mind and heart, now yield.
Whatever comes from dreaded fault,
brought in by night, now disappear.

So may that great and final dawn,

which we await with awe and hope,
shine forth on us in splendid light,
as morning echoes with this hymn.

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: Morning Hymn, 8 8 8 8; François Barthélémon, 1741–1808

*Plainsong, mode I, melody 1; Liber Hymnarius, Solesmes, 1983, Text: Aurora iam
spargit polum, 7–8th c.*

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Sit or stand

PSALMODY

Antiphon 1

Lord, you are near to us, and all your ways are true.

Psalm 119:145–152

XIX (Koph)

I cáll with all my héart; Lord, héar me, *
I will kéep your commánds;
I cáll upón you, sáve me *
and Í will do your wíll.

I ríse before dáwn and cry for hélp, *
I hópe in your wórd.
My éyes wách through the níght *
to pónder your prómise.

In your lóve hear my vóice, O Lórd; *
give me lífe by your decrées.
Those who hárm me unjústly draw néar: *

they are fár from your l aw.

But y ou, O L ord, are cl ose: *
your comm ands are tr uth.
L ong have I kn own that your will *
is est ablished for  ever.

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 near to us, and all your ways are true.

Antiphon 2

Wisdom of God, be with me, always at work in me.

Canticle – Wisdom 9:1-6, 9-11

Lord, give me wisdom

I will inspire you with wisdom which your adversaries will be unable to resist (Luke 21:15).

God of my fathers, Lord of mercy, *
you who have made all things by your word
and in your wisdom have established man *
to rule the creatures produced by you,
to govern the world in holiness and justice, *
and to render judgment in integrity of heart:

Give me Wisdom, the attendant at your throne, *
and reject me not from among your children:
for I am your servant, the son of your handmaid, †
a man weak and short-lived *
and lacking in comprehension of judgment and of laws.

Indeed, though one be perfect among the sons of men, †
if Wisdom, who comes from you, be not with him, *
he shall be held in no esteem.

Now with you is Wisdom who knows your works *
and was present when you made the world;

who understands what is pleasing in your eyes *
and what is conformable with your commands.

Send her forth from your holy heavens *
and from your glorious throne dispatch her
that she may be with me and work with me, *
that I may know what is your pleasure.

For she knows and understands all things, †
and will guide me discreetly in my affairs *
and safeguard me by her glory.

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

Wisdom of God, be with me, always at work in me.

Antiphon 3

The Lord remains faithful to his promise for ever.

Psalm 117

Praise for God's loving compassion

I affirm that . . . the Gentile peoples are to praise God because of his mercy (Romans 15:8-9).

O práise the Lórd, all you nátions, *
accláim him, all you péoples!

Stróng is his lóve for ús; *
he is fáithful for éver.

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

The Lord remains faithful to his promise for ever.

Sit

READING

Philippians 2:14-15

In everything you do, act without grumbling or arguing; prove yourselves innocent and straightforward, children of God beyond reproach in the midst of a twisted and depraved generation—among whom you shine like the stars in the sky.

RESPONSORY

I cry to you, O Lord, for you are my refuge.

— I cry to you, O Lord, for you are my refuge.

You are all I desire in the land of the living,

— for you are my refuge.

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

— I cry to you, O Lord, for you are my refuge.

Stand

GOSPEL CANTICLE

Antiphon

Lord, shine on those who dwell in darkness and the shadow of death.

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

Lord, shine on those who dwell in darkness and the shadow of death.

INTERCESSIONS

With confidence let us pray to the Father who willed that the Virgin Mary should surpass all creatures in heaven and earth:

— Look upon the Mother of your Son and hear our prayer.

We are grateful to you, Father of mercy, for you gave us Mary to be our mother and our model,
through her intercession cleanse our hearts.

— Look upon the Mother of your Son and hear our prayer.

You inspired Mary to be attentive to your word and faithful in your service,
through her intercession give us the gifts of the Holy Spirit.

— Look upon the Mother of your Son and hear our prayer.

You strengthened Mary at the foot of the cross and filled her with joy at the resurrection of your Son,
through her intercession relieve our distress and strengthen our hope.

— Look upon the Mother of your Son and hear our prayer.

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 our Father,
fountain and source of our salvation,
may we proclaim your glory every day of our lives,
that we may sing your praise for ever in heaven.
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.

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