

Liturgy of the Hours
LITURGY OF THE HOURS

MORNING PRAYER

January 15, 2024

{ Monday of the Second 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 sing joyful songs to the Lord.

— Come, let us sing joyful songs to the Lord.

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 sing joyful songs to the Lord.

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 sing joyful songs to the Lord.

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 sing joyful songs to the Lord.

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 sing joyful songs to the Lord.

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 sing joyful songs to the Lord.

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 sing joyful songs to the Lord.

Morning Prayer

HYMN

I sing the mighty power of God,
That made the mountains rise;
That spread the flowing seas abroad,
And built the lofty skies.

I sing the wisdom that ordained
The sun to rule the day;
The moon shines full at his command,
And all the stars obey.

I sing the goodness of the Lord,
That filled the earth with food;
He formed the creatures with his word,
And then pronounced them good.
Lord, how your wonders are displayed,
Where e'er I turn my eye:
If I survey the ground I tread,
Or gaze upon the sky!

There's not a plant or flower below,

But makes your glories known;
And clouds arise, and tempests blow,
By order from your throne;
While all that borrows life from you
Is ever in your care,
And everywhere that man can be,
You, God, are present there.

*Melody: Ellacombe C.M.D.; Music: Wurtemberg Gesangbuch, 1784, adapted in the
Mainz Gesangbuch, 1833, and further adapted in the St. Gall Gesangbuch, 1863;
Text: Isaac Watts, 1715*

Sit or stand

PSALMODY

Antiphon 1

When will I come to the end of my pilgrimage and enter the
presence of God?

Psalm 42

Longing for the Lord's presence in his Temple

*Let all who thirst come; let all who desire it, drink from the life-giving water
(Revelation 22:17).*

Líke the déer that yéarns *
for rúnning stréams,
só my sóul is yéarning *
for yóu, my Gód.

My sóul is thírsting for Gód, *
the Gód of my life;
whén can I énter and séc *
the fáce of Gód?

My téars have becóme my bréad, *
by níght, by dáy,
as I héar it sáid all the day lóng: *
“Whére is your Gód?”

Thése things will Í remémber *
as I póur out my sóul:
how I would léad the rejóicing crówd *

into the hóuse of Gód,
amid críes of gládness and thanksgíving, *
the thróng wild with jóy.

Whý are you cast dówn, my sóul, *
why gróan withín me?
Hope in Gód; I will práise him stíll, *
my sávior and my Gód.

My sóul is cast dówn withín me *
as I thínk of yóu,
from the cóuntry of Jórdan and Mount Hérmon, *
from the Híll of Mízar.

Déep is cálling on déep, *
in the róar of wáters:
your tórrents and áll your wáves *
swept óver mé.

By dáy the Lórd will sénd *
his lóving kíndness;
by níght I will síng to hím, *
praise the Gód of my life.

I will sáy to Gód, my rók: *
“Whý have you forgóttén me?
Whý do Í go móurning *
oppresed by the fóe?”

With críes that píerce me to the héart, *
my énemies revíle me,
sáying to me áll the dáy lóng: *
“Whére is your Gód?”

Whý are you cast dówn, my sóul, *
why gróan withín me?
Hope in Gód; I will práise him stíll, *
my sávior and my Gód.

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

When will I come to the end of my pilgrimage and enter the presence of God?

Antiphon 2

Lord, show us the radiance of your mercy.

Canticle – Sirach 36:1-5, 10-13

Prayer of entreaty for the holy city, Jerusalem

This is eternal life: to know you, the one true God, and Jesus Christ whom you have sent (John 17:3).

Come to our aid, O God of the universe, *
and put all the nations in dread of you!
Raise your hand against the heathen, *
that they may realize your power.

As you have used us to show them your holiness, *
so now use them to show us your glory.
Thus they will know, as we know, *
that there is no God but you.

Give new signs and work new wonders; *
show forth the splendor of your right hand and arm.

Gather all the tribes of Jacob, *
that they may inherit the land as of old.
Show mercy to the people called by your name; *
Israel, whom you named your first-born.

Take pity on your holy city, *
Jerusalem, your dwelling place.
Fill Zion with your majesty, *
your temple with your 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

Lord, show us the radiance of your mercy.

Antiphon 3

The vaults of heaven ring with your praise, O Lord.

Psalm 19A

Praise of the Lord, Creator of all

*The dawn from on high shall break on us . . . to guide our feet into the way of peace
(Luke 1:78,79).*

The héavens procláim the glóry of Gód *
and the firmament shows fórth the wórk of his hánds.
Dáy unto dáy tákes up the stóry *
and níght unto níght makes knówn the méssage.

No spéech, no wórd, no vóice is héárd †
yet their spán exténds through áll the éarth, *
their wórds to the útmost bóunds of the wórld.

Thére he has pláced a tént for the sún; †
it comes fórth like a brídegroom cóming from his tént, *
rejóices like a chámption to rún its cóurse.

At the énd of the ský is the rísing of the sún; †
to the fúrthest énd of the ský is its cóurse. *
There is nóthing conceáled from its búrning héat.

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 vaults of heaven ring with your praise, O Lord.

Sit

READING

Jeremiah 15:16

When I found your words, I devoured them;
they became my joy and the happiness of my heart,

Because I bore your name,
O Lord, God of hosts.

RESPONSORY

Sing for joy, God's chosen ones, give him the praise that is due.

— Sing for joy, God's chosen ones, give him the praise that is due.

Sing a new song to the Lord,

— give him the praise that is due.

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

— Sing for joy, God's chosen ones, give him the praise that is due.

Stand

GOSPEL CANTICLE

Antiphon

Blessed be the Lord, for he has come to his people and set them free.

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

Blessed be the Lord, for he has come to his people and set them free.

INTERCESSIONS

Our Savior has made us a nation of priests to offer acceptable
sacrifice to the Father. Let us call upon him in gratitude:

— Preserve us in your ministry, Lord.

Christ, eternal priest, you conferred the holy priesthood on your
people,
grant that we may offer spiritual sacrifices acceptable to the Father.

— Preserve us in your ministry, Lord.

In your goodness pour out on us the fruits of your Spirit,
patience, kindness and gentleness.

— Preserve us in your ministry, Lord.

May we love you and possess you, for you are love,
and may every action of our lives praise you.

— Preserve us in your ministry, Lord.

May we seek those things which are beneficial to our brothers,
without counting the cost,
to help them on the way to salvation.

— Preserve us in your ministry, Lord.

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

Almighty Father,
you have brought us to the light of a new day:
keep us safe the whole day through
from every sinful inclination.
May all our thoughts, words and actions
aim at doing what is pleasing in your sight.
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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