

*Liturgy of the Hours*  
LITURGY OF THE HOURS

MORNING PRAYER

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January 29, 2024

{ Monday of the Fourth 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*

Each morning, Lord, you fill us with your kindness.

*Psalm 90*

*May we live in the radiance of God*

*There is no time with God: a thousand years, a single day, it is all one (2 Peter 3:8).*

O Lórd, you have béen our réfuge \*  
from óne generátiön to the néxt.  
Befóre the móuntains were bórn †  
or the éarth or the wórld brought fórt, \*  
you are Gód, without beginníng or énd.

You túrn men báck into dúst \*  
and say: “Go báck, sóns of mén.”  
To yóur eyes a thóusand yéars †  
are like yésterday, cóme and góne, \*  
no móre than a wáttch in the níght.

You swéep men awáy like a dréam, \*  
like grássh which springs úp in the mórning.  
In the mórning it springs úp and flówers: \*  
by évening it wíthers and fádes.

So wé are destróyed in your ánger, \*  
strúck with térror in your fúry.  
Our guílt lies ópen befóre you; \*  
our sécrets in the líght of your fáce.

All our dáys pass awáy in your ánger. \*

Our life is óver like a sígh.  
Our spán is séventy yéars \*  
or éighty for thóse who are stróng.  
And most of thése are émptiness and páin. \*  
They pass swíftly and wé are góne.  
Who understánds the pówer of your ánger \*  
and féars the stréngth of your fúry?

Make us knów the shórtness of our life \*  
that we may gáin wísdom of héart.  
Lord, relént! Is your ánger for éver? \*  
Show píty tó your sérvants.

In the mórning, fill us with your lóve; \*  
we shall exúlt and rejóice all our dáy.  
Give us jóy to bálance our afflíction \*  
for the yéars when we knéw misfórtune.

Show fórth your wórk to your sérvants; \*  
let your glóry shíne on their chýldren.  
Let the fávor of the Lórd be upón us: †  
give succéss to the wórk of our hánds, \*  
give succéss to the wórk of our hánds.

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*

Each morning, Lord, you fill us with your kindness.

### *Antiphon 2*

From the farthest bounds of earth, may God be praised!

*Canticle – Isaiah 42:10-16*

*God, victor and savior*

*They were singing a new hymn before the throne of God (Revelation 14:3).*

Sing to the Lord a new song, \*  
his praise from the end of the earth:

Let the sea and what fills it resound, \*  
the coastlands, and those who dwell in them.  
Let the steppe and its cities cry out, \*  
the villages where Kedar dwells;

Let the inhabitants of Sela exult, \*  
and shout from the top of the mountains.  
Let them give glory to the Lord, \*  
and utter his praise in the coastlands.

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:

I have looked away, and kept silence, \*  
I have said nothing, holding myself in;  
but now, I cry out as a woman in labor, \*  
gasping and panting.

I will lay waste mountains and hills, \*  
all their herbage I will dry up;  
I will turn the rivers into marshes, \*  
and the marshes I will dry up.

I will lead the blind on their journey; \*  
by paths unknown I will guide them.  
I will turn darkness into light before them, \*  
and make crooked ways straight.

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*

From the farthest bounds of earth, may God be praised!

### *Antiphon 3*

You who stand in his sanctuary, praise the name of the Lord.

*Psalm 135:1-12*

*Praise for the wonderful things God does for us*

*He has won you for himself. . . and you must proclaim what he has done for you: he has called you out of darkness into his own wonderful light (1 Peter 2:9).*

Práise the náme of the Lórd,\*  
práise him, sérvants of the Lórd,  
who stánd in the hóuse of the Lórd,\*  
in the cóurts of the hóuse of our Gód.

Praise the Lórd for the Lórd is góod.\*  
Sing a psálm to his náme for he is lóving.  
For the Lórd has chosen Jácob for himsélf\*  
and Ísrael for his ówn posséssion.

For I knów the Lórd is gréat,\*  
that our Lórd is hígh above all góds.  
The Lórd does whatever he wílls,\*  
in héaven, on éarth, in the séas.

He summons clóuds from the énds of the éarth; †  
makes líghtning producé the ráin; \*  
from his tréasuries he sénd forth the wínd.

The first-born of the Egýptians he smóte,\*  
of mán and béast alike.  
Sígns and wónders he wórked †  
in the mídst of your lánd, O Égypt,\*  
against Pháraoh and áll his sérvants.

Nátions in their gréatness he strúck\*  
and kíngs in their spléndor he sléw.  
Síhon, kíng of the Ámorites, †  
Óg, the kíng of Báshan,\*  
and áll the kíngdoms of Cánaan.  
He let Ísrael inhérit their lánd; \*  
on his péople their lánd he bestówed.

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*

You who stand in his sanctuary, praise the name of the Lord.

*Sit*

READING

*Judith 8:25-27*

We should be grateful to the Lord our God, for putting us to the test, as he did our forefathers. Recall how he dealt with Abraham, and how he tried Isaac, and all that happened to Jacob in Syrian Mesopotamia while he was tending the flocks of Laban, his mother's brother. Not for vengeance did the Lord put them in the crucible to try their hearts, nor has he done so with us. It is by way of admonition that he chastises those who are close to him.

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

Because Christ hears and saves those who hope in him, let us pray:

— We praise you, Lord, we hope in you.

We thank you because you are rich in mercy,  
and for the abundant love with which you have loved us.

— We praise you, Lord, we hope in you.

With the Father you are always at work in the world,

make all things new through the power of your Holy Spirit.

— We praise you, Lord, we hope in you.

Open our eyes and the eyes of our brothers,  
to see your wonders this day.

— We praise you, Lord, we hope in you.

You call us today to your service,  
make us stewards of your many gifts.

— We praise you, Lord, we hope in you.

### *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 creator,  
you gave us the earth to cultivate  
and the sun to serve our needs.  
Help us to spend this day  
for your glory and our neighbor's good.

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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