

*Liturgy of the Hours*  
LITURGY OF THE HOURS

DAYTIME PRAYER

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May 31, 2025

{ Feast – Visitation }



*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

Come, servants, join in humble prayer  
with psalms and hymns of worthy praise;  
let mind and heart and lips extol  
the blest and holy name of God.

For this is that dread time and hour,  
in which the Judge of ages stood  
condemned to death by false decree,  
unjustly judged by mortal foes.

And we with all the love we owe,  
compelled by just and humble fear,  
seek help against our wicked foe  
and all his sly and fierce assaults.

Let us implore the one true God,  
the Father and the Son, our King,  
the Holy Spirit, Paraclete,  
in Trinity, our God and Lord. Amen.

*Metrical hymn, melody: DEUS TUORUM MILITUM, 8 8 8 8; form the Grenoble Antiphoner, 1753*

*Plainsong, mode I, melody 2; Liber Hymnarius, Solesmes, 1983\*; Text: Venite, servi, supplices, 5-6th c.*

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*Sit or stand*

## PSALMODY

### *Antiphon*

Alleluia, alleluia, alleluia.

*Psalm 119:81-88*

*XI (Caph)*

I yéarn for your sáving hélp; \*  
I hópe in your wórd.  
My éyes yéarn to see your prómise. \*  
Whén will you consóle me?  
Though párchéd and exháusted with wáiting \*  
I have not forgóttén your commánds.  
How lóng must your sérvant súffer? \*  
When will you júdge my fóes?  
For mé the próud have dug pítfalls, \*  
agáinst your láw.  
Your commánds are all trúe; then hélp me \*  
when líes oppréss me.  
They álmóste made an énd of me on éarth \*  
but I képt your précepts.  
Becáuse of your lóve give me lífe \*  
and Í will do your wíll.  
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.

*Psalm 61*

*Prayer of an exile*

*The prayer of the just man who places his hope in the things of heaven (Saint Hilary).*

O Gód, héar my crý! \*  
Lístén to my práyer!

From the énd of the éarth I cáll: \*  
my héart is fáint.

On the róck too hígh for me to réach \*  
sét me on hígh,  
O yóu who have béen my réfuge, \*  
my tówer against the fóe.

Let me dwéll in your tént for éver \*  
and híde in the shéltér of your wíngs.  
For yóu, O Gód, hear my práyer, \*  
grant me the héritage of thóse who féar you.

May you léngthen the lífe of the kíng: \*  
may his yéars cover mány generátions.  
May he éver sit enthronéd before Gód: \*  
bid lóve and trúth be his protéction.

So I will álways práise your náme \*  
and dáy after dáy fulfill my vóws.

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.

*Psalm 64*

*Prayer for help against enemies*

*This psalm commemorates most particularly our Lord's passion (Saint Augustine).*

Hear my vóice, O Gód, as I compláin, \*  
guard my life from dréad of the fóe.  
Híde me from the bánd of the wícked, \*  
from the thróng of thóse who do évil.

They shárpen their tóngues like swórd; \*  
they áim bitter wórd; like árróws  
to shóot at the ínnocent from ámbush, \*  
shóoting súddenly and récklessly.

They schéme their évil cóurse; \*  
they conspíre to lay sécret snáres.

They sáy: “Whó will sée us? \*  
Whó can séarch out our crímes?”

He will séarch who séarches the mínd \*  
and knóws the dépth of the héart.  
Gód has shót them with his árrów \*  
and déalt them súdden wóunds.  
Their ówn tongue has bróught them to rúin \*  
and áll who sée them móck.

Thén will áll men féar; †  
they will téll what Gód has dóne. \*  
They will únderstánd God’s déeds.  
The júst will rejóice in the Lórd †  
and flý to hím for réfuge. \*  
All the úpright héarts will glóry.

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*

Alleluia, alleluia, alleluia.

*Sit*

## READING

*Tobit 12:6b*

Thank God! Give him the praise and the glory. Before all the living, acknowledge the many good things he has done for you, by blessing and extolling his name in song.

*Verse*

Blessed is the womb of the Virgin Mary, alleluia.

— Who bore the Son of the eternal Father, alleluia.

*Stand*

## CONCLUDING PRAYER

Let us pray.

Eternal Father,  
you inspired the Virgin Mary, mother of your Son,  
to visit Elizabeth and assist her in her need.

Keep us open to the working of your Spirit,  
and with Mary may we praise you for ever.

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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