

*Liturgy of the Hours*  
LITURGY OF THE HOURS

MORNING PRAYER

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May 31, 2025

{ Feast – Visitation }



## *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).*

Let us sing to the Lord as we celebrate the Visitation of the Blessed Virgin Mary, alleluia.

— Let us sing to the Lord as we celebrate the Visitation of the Blessed Virgin Mary, alleluia.

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.

— Let us sing to the Lord as we celebrate the Visitation of the Blessed Virgin Mary, alleluia.

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.

— Let us sing to the Lord as we celebrate the Visitation of the Blessed Virgin Mary, alleluia.

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.

— Let us sing to the Lord as we celebrate the Visitation of the Blessed Virgin Mary, alleluia.

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.

— Let us sing to the Lord as we celebrate the Visitation of the  
Blessed Virgin Mary, alleluia.

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.”

— Let us sing to the Lord as we celebrate the Visitation of the  
Blessed Virgin Mary, alleluia.

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.

— Let us sing to the Lord as we celebrate the Visitation of the  
Blessed Virgin Mary, alleluia.

## *Morning Prayer*

### HYMN

O Mary, noble Mother, come,  
and visit us who dwell in flesh;  
come with the Holy Spirit’s gift,  
as once you came to visit John.

Go forth and bring your unborn child  
for all the world to see in faith,  
that they may know to raise on high  
the banner of your holy praise.

And now draw near to greet the Church,

that as she hears your welcome voice  
and senses Christ in his approach,  
she too may rise and leap for joy.

O Mary, raise your eyes and see  
the peoples filled with living faith;  
they seek you with devoted hearts,  
that you may bring your help to all.

O hope of true, abiding joy,  
safe haven for our weary souls,  
bring us at last to heaven's courts,  
arrayed in robes of glorious light.

O Mary, may our souls rejoice  
to magnify the Lord with you,  
as he exalts you with the praise  
of saints and angels evermore. Amen.

*Metrical hymn, melody: EISENACH, 8 8 8 8; Johann Hermann Schein, 1586–1630*

*Plainsong, mode II, melody 30; Liber Hymnarius, Solesmes, 1983\*, Text: Veniens,  
mater inclita, ca. 16th c.*

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*Sit or stand*

## PSALMODY

### *Antiphon 1*

Mary arose and went with haste into the hill country, to a town of  
Judah, alleluia.

*Psalm 63:2–9*

*A soul thirsting for God*

*Whoever has left the darkness of sin yearns for God.*

O Gód, you are my Gód, for you I lóng; \*

for yóu my sóul is thírsting.  
My bódy pínes for yóu \*  
like a dry, weary lánd without wáter.  
So I gáze on yóu in the sánctuary \*  
to sée your stréngth and your glóry.

For your lóve is bétter than lífe, \*  
my líps will spéak your práise.  
So I will bléss you áll my lífe, \*  
in your náme I will líft up my hánds.  
My sóul shall be filled as with a bándquet, \*  
my móuth shall práise you with jóy.

On my béd I remémber yóu. \*  
On yóu I múse through the níght  
for yóu have béen my hélp; \*  
in the sháadow of your wings I rejóice.  
My sóul clíngs to yóu; \*  
your ríght hand hólds me fást.

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*

Mary arose and went with haste into the hill country, to a town of Judah, alleluia.

### *Antiphon 2*

When Elizabeth heard Mary's greeting, the infant in her womb leaped for joy, and she was filled with the Holy Spirit, alleluia.

*Canticle – Daniel 3:57-88, 56*

*Let all creatures praise the Lord*

*All you servants of the Lord, sing praise to him (Revelation 19:5).*

Bless the Lord, all you works of the Lord. \*  
Praise and exalt him above all forever.  
Angels of the Lord, bless the Lord. \*  
You heavens, bless the Lord.

All you waters above the heavens, bless the Lord. \*  
All you hosts of the Lord, bless the Lord.  
Sun and moon, bless the Lord. \*  
Stars of heaven, bless the Lord.

Every shower and dew, bless the Lord. \*  
All you winds, bless the Lord.  
Fire and heat, bless the Lord. \*  
Cold and chill, bless the Lord.  
Dew and rain, bless the Lord. \*  
Frost and chill, bless the Lord.  
Ice and snow, bless the Lord. \*  
Nights and days, bless the Lord.  
Light and darkness, bless the Lord. \*  
Lightnings and clouds, bless the Lord.

Let the earth bless the Lord. \*  
Praise and exalt him above all forever.  
Mountains and hills, bless the Lord. \*  
Everything growing from the earth, bless the Lord.  
You springs, bless the Lord. \*  
Seas and rivers, bless the Lord.  
You dolphins and all water creatures, bless the Lord. \*  
All you birds of the air, bless the Lord.  
All you beasts, wild and tame, bless the Lord. \*  
You sons of men, bless the Lord.

O Israel, bless the Lord. \*  
Praise and exalt him above all forever.  
Priests of the Lord, bless the Lord. \*  
Servants of the Lord, bless the Lord.  
Spirits and souls of the just, bless the Lord. \*  
Holy men of humble heart, bless the Lord.  
Hananiah, Azariah, Mishael, bless the Lord. \*  
Praise and exalt him above all forever.

Let us bless the Father, and the Son, and the Holy Spirit. \*  
Let us praise and exalt him above all forever.  
Blessed are you, Lord, in the firmament of heaven. \*  
Praiseworthy and glorious and exalted above all forever.

*Antiphon*

When Elizabeth heard Mary's greeting, the infant in her womb leaped for joy, and she was filled with the Holy Spirit, alleluia.

*Antiphon 3*

Blessed are you, Mary, because you believed that the Lord's words to you would be fulfilled, alleluia.

*Psalm 149*

*The joy of God's holy people.*

*Let the sons of the Church, the children of the new people, rejoice in Christ, their King (Hesychius).*

Síng a new sǫng to the Lórd,\*  
his práise in the assémbly of the fáithful.

Let Ísrael rejóice in its máker,\*  
let Zíon's sons exúlt in their kíng.  
Let them práise his náme with dǎncíng\*  
and make músic with tímbrel and hárp.

For the Lórd takes délight in his péople.\*  
He crówns the póor with salvátion.

Let the fáithful rejóice in their glóry,\*  
shout for jóy and táke their rést.

Let the práise of Gód be on their líps\*  
and a twó-edged swórd in their hánd,

to déal out véngéance to the nátions\*  
and púnishment on áll the péoples;  
to bínd their kíngs in cháíns\*  
and their nóbles in fétters of íron;  
to cárry out the séntence pre-ordáined;\*  
this hónor is for áll his fáithful.

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 are you, Mary, because you believed that the Lord's words to you would be fulfilled, alleluia.

*Sit*

READING

*Joel 2:27—3:1a*

You shall know that I am in the midst of Israel;  
I am the Lord, your God, and there is no other;  
my people shall nevermore be put to shame.  
Then afterward I will pour out  
my spirit upon all mankind.  
Your sons and daughters shall prophesy.

RESPONSORY

The Lord has chosen her, his loved one from the beginning, alleluia,  
alleluia.

— The Lord has chosen her, his loved one from the beginning,  
alleluia, alleluia.

He has taken her to live with him,

— alleluia, alleluia.

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

— The Lord has chosen her, his loved one from the beginning,  
alleluia, alleluia.

*Stand*

GOSPEL CANTICLE

*Antiphon*

When Elizabeth heard Mary's greeting, she cried out and said: Who am I that the mother of my Lord should come to me? Alleluia.



*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*

When Elizabeth heard Mary's greeting, she cried out and said: Who am I that the mother of my Lord should come to me? Alleluia.

**INTERCESSIONS**

Let us glorify our Savior, who chose the Virgin Mary for his mother.

Let us ask him:

— May your mother intercede for us, Lord.

Sun of Justice, the immaculate Virgin was the white dawn  
announcing your rising,  
grant that we may always live in the light of your coming.

— May your mother intercede for us, Lord.

Lord, help us imitate Mary, your mother, who chose the best part,  
may we seek the food that will sustain us for ever.

— May your mother intercede for us, Lord.

Savior of the world, by your redeeming might you preserved your  
mother beforehand from all stain of sin,  
keep watch over us, lest we sin.

— May your mother intercede for us, Lord.

You are our redeemer, who made the immaculate Virgin Mary your  
purest home and the sanctuary of the Holy Spirit,  
make us temples of your Spirit for ever.

— May your mother intercede for us, 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*

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.

*Dismissal*

May the Lord bless us, protect us from all evil and bring us to  
everlasting life.

— Amen.

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