

Liturgy of the Hours
LITURGY OF THE HOURS

DAYTIME PRAYER

February 7, 2026

{ Memorial of the Blessed Virgin Mary on Saturday }



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

Let us sing praises to the Lord
with willing mind and fervent heart;
the noonday hour returns again
and summons us once more to prayer.

For to the faithful at this hour
true saving glory was restored
by off'ring of the blessed Lamb
and by the power of his Cross.

The Cross obscures the noonday sun
by its most clear and brilliant light;
let us receive with all our heart
the gift of such resplendent grace.

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: Tallis' Canon, 8 8 8 8; Thomas Tallis, ca. 1505–1585

*Plainsong, mode D, melody 124; Liber Hymnarius, Solesmes, 1983, Text: Dicamus
laudes Domino, before 6th c.*

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Sit or stand

PSALMODY

Antiphon 1

I have chosen to do your will; may your hand be always there to strengthen me.

Psalm 119:169-176

XXII (Tau)

Lórd, let my crý come befóre you: *
téach me by your wórd.

Let my pléading cóme befóre you; *
sáve me by your prómise.

Let my líps procláim your práise *
because you téach me your commánds.
Let my tóngue síng your prómise *
for your commánds are júst.

Let your hánd be réady to hélp me, *
since I have chósén your précepts.
Lord, I lóng for your sáving hélp *
and your láw is my delíght.

Give life to my sóul that I may práise you. *
Let your decreés give me hélp.
I am lóst like a shéep; seek your sérvant *
for I remémber your commánds.

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

I have chosen to do your will; may your hand be always there to strengthen me.

Antiphon 2

Your throne stands firm, O God, for ever.

Psalm 45

The marriage of the king

The Bridegroom is here; go out and welcome him (Matthew 25:6).

I

My héart overflóws with nóble wórds. †
To the kíng I must spéak the sóng I have máde; *
my tóngue as nímble as the pén of a scríbe.

Yóu are the fáirest of the chíldren of mén †
and gráciousness is póured upón your líps: *
because Gód has bléssed you for évermóre.

O míghty one, gírd your swórd upon your thígħ; †
in spléndor and státe, ríde on in tríumph *
for the cáuse of trúth and góodness and ríght.

Take áim with your bów in your dréad ríght hánd. †
Your árrows are shárp: péoples fall benéath you. *
The fóes of the kíng fall dówn and lose héart.

Your thróne, O Gód, shall endúre for éver. †
A scépter of jústice is the scépter of your kíngdom. *
Your lóve is for jústice; your hátred for évil.

Therefore Gód, your Gód, has anóinted yóu †
with the óil of gládness abóve other kíngs: *
your róbes are frágrant with áloes and mýrrh.

From the ívory pálace you are gréeted with músic. †
The dáughters of kíngs are amóng your lóved ones. *
On your ríght stands the quéén in góld of Óphir.

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

Your throne stands firm, O God, for ever.

Antiphon 3

I saw the new Jerusalem, beautiful as a bride adorned to meet her husband.

II

Lísten, O dáughter, give éar to my wórd: *
forgét your own péople and your fáther's hóuse.
Só will the kíng desíre your béauty: *
hé is your lórd, pay hómage to hím.

And the péople of Týre shall cóme with gifts, *
the richest of the péople shall séek your fávor.
The dáughter of the kíng is clóthed with spléndor, *
her róbés embróidered with péarls set in góld.

She is léd to the kíng with her maíden compánions. †
Théy are escórted amid gládnness and jóy; *
they páss withín the pálace of the kíng.

Sóns shall be yóurs in pláce of your fáthers: *
you will máke them prínces over áll the éarth.
May this sóng make your náme for éver remémbered. *
May the péoples práise you from áge to áge.

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

I saw the new Jerusalem, beautiful as a bride adorned to meet her husband.

Sit

READING

Romans 15:5-7

May God, the source of all patience and encouragement, enable you to live in perfect harmony with one another according to the spirit of Christ Jesus, so that with one heart and voice you may glorify God, the Father of our Lord Jesus Christ. Accept one another, then,

as Christ accepted you, for the glory of God.

Verse

The Lord finds joy in his people.

— He honors the lowly and saves them.

Stand

CONCLUDING PRAYER

Let us pray.

Lord,
fill us with the resplendent light
of your eternal love.
May we love you above all things,
and our brothers for your sake.
Grant this through Christ our Lord.

— Amen.

Acclamation

Let us praise the Lord.

— And give him thanks.

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