

Liturgy of the Hours
LITURGY OF THE HOURS

MORNING PRAYER

February 7, 2026

{ Memorial of the Blessed Virgin Mary on Saturday }



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 keep this day in memory of the
Blessed Virgin Mary.

— Let us sing to the Lord as we keep this day in memory of the
Blessed Virgin Mary.

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 keep this day in memory of the
Blessed Virgin Mary.

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 keep this day in memory of the
Blessed Virgin Mary.

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 keep this day in memory of the
Blessed Virgin Mary.

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 keep this day in memory of the
Blessed Virgin Mary.

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 keep this day in memory of the
Blessed Virgin Mary.

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 keep this day in memory of the
Blessed Virgin Mary.

Morning Prayer

HYMN

O Virgin, gleaming star of love
for blessed saints who dwell on high,
O everliving font of hope
for us, mere mortals, here below:

O Lady blest, you so prevail
upon your Son's all loving heart,
that whosoever asks in faith
may see their prayers fulfilled through you.

Not only does your kindness bring

most loving aid to those who ask,
but often you foresee their pleas
and gladly help before they pray.

In you such tender mercies dwell,
such beauty and magnificence,
in you, the crown of all the good
that all created things possess.

To Father and to Paraclete
and to your Son all glory be,
who have, all three, invested you
with such a wondrous robe of grace. Amen.

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

Plainsong, mode II, melody 30; Liber Hymnarius, Solesmes, 1983; Text: Quæ caritatis
fulgidum, Anselmo Lentini, O.S.B., 1901–1989*

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Sit or stand

PSALMODY

Antiphon 1

We do well to sing to your name, Most High, and proclaim your
mercy at daybreak.

Psalm 92

Praise of God the Creator

Sing in praise of Christ's redeeming work (Saint Athanasius).

It is good to give thanks to the Lórd,*
to make músic to your náme, O Most High,
to procláim your lóve in the mórning*
and your trúth in the wátches of the níght,
on the tén-stringed lýre and the lúte,*

with the múrmuring sóund of the hárp.

Your déeds, O Lórd, have made me glád; *
for the wórk of your hánds I shout with jóy.

O Lórd, how gréat are your wórks! *

How déep are yóur desígns!

The fóolish man cánnót knów this *
and the fóol cánnót understánd.

Though the wícked spring úp like gráss *
and áll who do évil thríve:

they are dóomed to be etérnally destróyed. *

But yóu, Lord, are etérnally on high.

Sée how your énemies pérish; *

all dóers of évil are scátttered.

To mé you give the wíld-ox's stréngth; *
you anóint me with the púrest óil.

My éyes looked in tríumph on my fóes; *
my éars heard gládly of their fáll.

The júst will flóurish like the pálm-tree *
and grów like a Lébanon cédar.

Plánted in the hóuse of the Lórd *
they will flóurish in the cóurts of our Gód,
stíll bearing frúit when they are óld, *
stíll full of sáp, stíll gréen,
to procláim that the Lórd is júst; *
in hím, my rók, there is no wróng.

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

We do well to sing to your name, Most High, and proclaim your mercy at daybreak.

Antiphon 2

I will create a new heart in you, and breathe into you a new spirit.

Canticle – Ezekiel 36:24-28

The Lord will renew his people

*They will be his own people, and God himself will be with them, their own God
(Revelation 21:3).*

I will take you away from among the nations, †
gather you from all the foreign lands, *
and bring you back to your own land.

I will sprinkle clean water upon you †
to cleanse you from all your impurities, *
and from all your idols I will cleanse you.

I will give you a new heart *
and place a new spirit within you,
taking from your bodies your stony hearts *
and giving you natural hearts.

I will put my spirit within you †
and make you live by my statutes, *
careful to observe my decrees.

You shall live in the land I gave your fathers; †
you shall be my people, *
and I will be your God.

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 will create a new heart in you, and breathe into you a new spirit.

Antiphon 3

On the lips of children and infants you have found perfect praise.

Psalm 8

The majesty of the Lord and man's dignity

The Father gave Christ lordship of creation and made him head of the Church

(Ephesians 1:22).

How gréat is your náme, O Lórd our Gód, *
through áll the éarth!

Your májesty is práised above the héavens; *
on the líps of chíldren and of bábes
you have found práise to fóil your énemy, *
to sílence the fóe and the rébel.

When I see the héavens, the wórks of your hánds, *
the móon and the stárs which you arráinged,
what is mán that you should kéeep him in mínd, *
mortal mán that you cáre for hím?

Yet you have máde him little léss than a gód; *
with glóry and hónor you crówned him,
gave him pówer over the wórks of your hánd, *
put áll things únder his féet.

Áll of them, shéep and cáttle, *
yes, éven the sávage béasts,
bírd's of the aír, and físh *
that máke their wáy through the wáters.

How gréat is your náme, O Lórd our Gód, *
through áll the éarth!

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

On the líps of chíldren and ínfants you have found perfect práise.

Sit

READING

Revelation 12:1

A gréat sígn appéared in the sky, a wóman clothed with the sun,
with the móon únder her féet, and on her héad a crówn of twélve
stars.

RESPONSORY

Hail, Mary, full of grace; the Lord is with you.

— Hail, Mary, full of grace; the Lord is with you.

Blessed are you among women, and blessed is the fruit of your womb.

— The Lord is with you.

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

— Hail, Mary, full of grace; the Lord is with you.

Stand

GOSPEL CANTICLE

Antiphon

You are the glory of Jerusalem, the joy of Israel; you are the fairest honor of our race.

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

You are the glory of Jerusalem, the joy of Israel; you are the fairest
honor of our race.

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.

Eternal Word, you chose Mary as the uncorrupted ark of your
dwelling place,
free us from the corruption of sin.

— May your mother intercede for us, Lord.

Savior of mankind, your mother stood at the foot of your cross,
grant, through her intercession, that we may rejoice to share in your
passion.

— May your mother intercede for us, Lord.

With ultimate generosity and love, you gave Mary as a mother to
your beloved disciple,
help us to live as worthy sons of so noble a mother.

— 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

All-powerful God,
we rejoice in the protection of the holy Virgin Mary.
May her prayers help to free us from all evils here on earth
and lead us to eternal joy in heaven.

Grant 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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