

Liturgy of the Hours
LITURGY OF THE HOURS

EVENING PRAYER I

August 22, 2026

{ Twenty-First Sunday in Ordinary Time }



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

O God, Creator of the world
and Ruler of the sky above,
you clothe the day with splendid light
and night with gracious gifts of sleep,

That limbs relaxed by quiet rest
may be restored to use and toil,
that weary minds may be refreshed
and anxious sorrows be relieved.

As day now changes into night
we pay our debt of grateful prayer;
sustain and help those bound to you
as we pour forth our hymn of praise.

May hearts unite from deep within
to honor you with ringing praise,
to cherish you with purest love,
to worship you with sober mind,

That as the deep'ning gloom of night
shuts out the light and bars the day,
no darkness may obscure our faith
and night by faith may fill with light.

We ask the Father and the Son
and beg the Spirit of them both:
Sustain us with your loving care,
who reign for ever Three in One. Amen.

Metrical hymn, melody: Truro, 8 8 8 8; From Thomas Williams's Psalmodia

Evangelica, Part II, 1789

Plainsong, mode VIII, melody 96; Antiphonale Sacrosanctae Ecclesiae Romanae, Typis Polyglottis Vaticanis, 1912, Text: Deus, creator omnium, St. Ambrose, 340-397

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Sit or stand

PSALMODY

Antiphon 1

Like burning incense, Lord, let my prayer rise up to you.

Psalm 141:1-9

A prayer when in danger

An angel stood before the face of God, thurible in hand. The fragrant incense soaring aloft was the prayer of God's people on earth (Revelation 8:4).

I have called to you, Lórd; hásten to hélp me! *

Héar my vóice when I crý to yóu.

Let my práyer aríse befóre you like íncense, *
the ráising of my hánds like an évening oblátion.

Sét, O Lórd, a guard óver my móuth; *
keep wáth, O Lórd, at the dóor of my líps!

Do not túrn my héart to thínghs that are wóng, †
to évil déeds with mén who are sínners. *

Néver allów me to sháre in their féasting.

If a góod man stríkes or repróves me it is kíndness; †
but let the óil of the wícked not anóint my héad. *

Let my práyer be éver agáinst their málice.

Their prínces were thrown dówn by the síde of the róck: *
thén they understóod that my wórds were kínd.

As a míllstone is sháattered to píeces on the gróund, *
so their bónes were stréwn at the móuth of the gráve.

To yóu, Lord Gód, my éyes are túrned: *
in yóu I take réfuge; spáre my sóul!
From the tráp they have láid for me kéeep me sáfe: *
kéeep me from the snáres of thóse who do évil.

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

Like burning incense, Lord, let my prayer rise up to you.

Antiphon 2

You are my refuge, Lord; you are all that I desire in life.

Psalm 142

You, Lord, are my refuge

What is written in this psalm was fulfilled in our Lord's passion (Saint Hilary).

With all my vóice I crý to the Lórd, †
with all my vóice I entréat the Lórd. *
I póur out my tróuble befóre him;
I téll him áll my distréss †
while my spírit fáints withín me. *
But yóu, O Lórd, know my páth.

On the wáy where Í shall wálk *
they have hídden a snáre to entráp me.
Lóok on my ríght and sée: *
there is nót one who tákes my párt.
I have nó méans of escápe, *
not óne who cáres for my sóul.

I crý to yóu, O Lórd. †
I have sáid: "Yóu are my réfuge, *
all I háve in the lánd of the líving."
Lísten thén to my crý *
for Í am in the dépths of distréss.

Réscue me from thóse who pursúe me *

for they are stronger than I.
Bring my soul out of this prison *
and then I shall praise your name.
Around me the just will assemble *
because of your goodness to 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.

Antiphon

You are my refuge, Lord; you are all that I desire in life.

Antiphon 3

The Lord Jesus humbled himself, and God exalted him for ever.

Canticle – Philipians 2:6-11

Christ, God's holy servant

Though he was in the form of God, †
Jesus did not deem equality with God *
something to be grasped at.

Rather, he emptied himself †
and took the form of a slave, *
being born in the likeness of men.

He was known to be of human estate, *
and it was thus that he humbled himself,
obediently accepting even death, *
death on a cross!

Because of this, *
God highly exalted him
and bestowed on him the name *
above every other name,

So that at Jesus' name *
every knee must bend
in the heavens, on the earth, *
and under the earth,

and every tongue proclaim †
to the glory of God the Father: *
JESUS CHRIST IS 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.

Antiphon

The Lord Jesus humbled himself, and God exalted him for ever.

Sit

READING

Romans 11:33-36

How deep are the riches and the wisdom and the knowledge of God! How inscrutable his judgments, how unsearchable his ways! For “who has known the mind of the Lord? Or who has been his counselor? Who has given him anything so as to deserve return?” For from him and through him and for him all things are. To him be glory forever. Amen.

Responsory

Our hearts are filled with wonder as we contemplate your works, O Lord.

— Our hearts are filled with wonder as we contemplate your works, O Lord.

We praise the wisdom which wrought them all,

— as we contemplate your works, O Lord.

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

— Our hearts are filled with wonder as we contemplate your works, O Lord.

Stand

GOSPEL CANTICLE

Antiphon

You are Christ, the Son of the living God. Blessed are you, Simon, son of John.

Luke 1:46-55

The soul rejoices in the Lord

Make sign of cross

My soul proclaims the greatness of the Lord, *
my spirit rejoices in God my Savior
for he has looked with favor on his lowly servant. *

From this day all generations will call me blessed:
the Almighty has done great things for me, *
and holy is his Name.

He has mercy on those who fear him *
in every generation.

He has shown the strength of his arm, *
he has scattered the proud in their conceit.

He has cast down the mighty from their thrones, *
and has lifted up the lowly.

He has filled the hungry with good things, *
and the rich he has sent away empty.

He has come to the help of his servant Israel *
for he has remembered his promise of mercy,
the promise he made to our fathers, *
to Abraham and his children for ever.

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 Christ, the Son of the living God. Blessed are you, Simon,

son of John.

INTERCESSIONS

We give glory to the one God—Father, Son and Holy Spirit—and in our weakness we pray:

— Lord, be with your people.

Holy Lord, Father all-powerful, let justice spring up on the earth, then your people will dwell in the beauty of peace.

— Lord, be with your people.

Let every nation come into your kingdom, so that all peoples will be saved.

— Lord, be with your people.

Let married couples live in your peace, and grow in mutual love.

— Lord, be with your people.

Reward all who have done good to us, Lord, and grant them eternal life.

— Lord, be with your people.

Look with compassion on victims of hatred and war, grant them heavenly peace.

— Lord, be with your people.

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

Father,
help us to seek the values
that will bring us lasting joy in this changing world.
In our desire for what you promise
make us one in mind and heart.

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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