

*Liturgy of the Hours*  
LITURGY OF THE HOURS

DAYTIME PRAYER

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September 8, 2025

{ Feast – Birth of Mary }



*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: DUGUET, 8 8 8 8; Abbé Dieudonné Duguet, 1794–1849*

*Plainsong, mode VIII, melody 107; Liber Hymnarius, Solesmes, 1983\*, Text: Dicamus  
laudes Domino, before 6th c.*

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*Sit or stand*

## PSALMODY

### *Antiphon*

Born of a royal family, Mary shines forth like the noonday sun; with mind and heart we ask for the help of her prayers.

*Psalm 119:89-96*

*XII (Lamed)*

*A meditation on God's law*

*I give you a new commandment: love one another as I have loved you (John 13:34).*

Your wórd, O Lórd, for éver \*  
stands firm in the héavens:  
your trúth lasts from áge to áge, \*  
like the éarth you créated.

By your decrée it endúres to this dáy; \*  
for áll things sérvé you.  
Had your láw not béen my delíght \*  
I would have díed in my afflíction.

I will néver forgét your précepts \*  
for with thém you gíve me lífe.  
Sáve me, for Í am yóurs \*  
since I séek your précepts.

Though the wícked lie in wáit to destróy me \*  
yet I pónder on your wíll.  
I have séen that all perféction has an énd \*  
but your commánd is bóundless.

Glory to the Father, and to the Son, \*  
and to the Holy Spírit:  
as it was in the beginning, is now, \*  
and will be for ever. Amen.

*Psalm 71*

*You have stood by me, Lord, from my youth*

*Let hope be your joy; be patient in trials (Romans 12:12).*

*I*

In yóu, O Lórd, I take réfuge; \*  
let me néver be pút to sháme.  
In your jústice réscue me, frée me: \*  
pay héed to mé and sáve me.

Be a róck where Í can take réfuge, †  
a míghty strónghold to sáve me; \*  
for yóu are my róck, my strónghold.  
Frée me from the hánd of the wícked, \*  
from the gríp of the unjúst, of the oppréssor.

It is yóu, O Lórd, who are my hópe, \*  
my trúst, O Lórd, since my yóuth.  
On yóu I have léaned from my bírth, †  
from my móther's womb yóu have been my hélp. \*  
My hópe has álways been in yóu.

My fáte has filled mány with áwe \*  
but yóu are my strónge réfuge.  
My líps are filled with your práise, \*  
with your glóry ál the day lónge.  
Do not rejéct me nów that I am óld; \*  
when my stréngth fails dó not forsáke me.

For my énemies are spéaking abóut me; \*  
those who wáitch me take cóunsel togéther.  
They say: "Gód has forsáken him; fólloiw him, \*  
séize him; there is nó one to sáve him."  
O Gód, do not stáy far óff: \*  
my Gód, make háste to hélp me!

Let thém be put to sháme and destróyed, \*  
all thóse who seek my lífe.  
Let them be cóvered with sháme and confúsiún, \*  
all thóse who seek to hárm 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.

## II

But as for mé, I will álways hópe \*  
and práise you móre and móre.  
My líps will téll of your jústice †  
and dáy by dáy of your hélp \*  
though Í can néver tell it áll.

I will decláre the Lórd's mighty déeds, \*  
procláiming your jústice, yours alóne.  
O Gód, you have táught me from my yóuth \*  
and I procláim your wónders stíll.

Nów that I am óld and grey-héaded, \*  
dó not forsáke me, Gód.

Let me téll of your pówer to all áges, \*  
praise your stréngth and jústice to the skíes,  
tell of yóu who have wórked such wónders. \*  
O Gód, whó is líke you?

You have búrdened me with bítter tróubles \*  
but you will gíve me báck my lífe.  
You will ráise me from the dépths of the éarth; \*  
you will exált me and consóle me agáin.

So I will gíve you thánks on the lýre \*  
for your fáithful lóve, my Gód.  
To yóu will I síng with the hárp, \*  
to yóu, the Hóly One of Ísrael.  
When I síng to you my líps shall rejóice \*  
and my sóul, which yóu have redéemed.

And áll the day lóng my tóngue \*  
shall téll the tále of your jústice:  
for théy are put to sháme and disgráced, \*  
all thóse who séek to hárm 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*

Born of a royal family, Mary shines forth like the noonday sun; with  
mind and heart we ask for the help of her prayers.

*Sit*

READING

*Judith 13:24, 25*

Blessed be the Lord God, the creator of heaven and earth, who has  
given you such high renown this day. Your deed of hope will never  
be forgotten by those who tell of the might of God.

*Verse*

Blessed is the womb of the Virgin Mary.

— Who bore the Son of the eternal Father.

*Stand*

CONCLUDING PRAYER

Let us pray.

Father of mercy,  
give your people help and strength from heaven.  
The birth of the Virgin Mary's Son  
was the dawn of our salvation.  
May this celebration of her birthday  
bring us closer to lasting peace.

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.

*Acclamation*

Let us praise the Lord.

— And give him thanks.

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