

Liturgy of the Hours
LITURGY OF THE HOURS

DAYTIME PRAYER

October 3, 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

Heaven and earth will pass away but my words will not pass away.

Psalm 119:81-88

XI (Caph)

I yéarn for your sáving hélp; *
I hópe in your wórd.
My éyes yéarn to see your prómise. *
Whén will you consóle me?

Though párchéd and exháusted with wáiting *
I have not forgóttén your commánds.
How lóng must your sérvant súffer? *
When will you júdge my fóes?

For mé the pród have dug pítfalls, *
agáinst your lów.
Your commánds are all trúé; then hélp me *
when líes opprèss me.

They álmòst made an énd of me on éarth *
but I képt your précepts.
Becáuse of your lóve give me lífe *
and Í will do your wíll.

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

Heaven and earth will pass away but my words will not pass away.

Antiphon 2

Lord, you are my hope, a strong citadel against my enemies.

Psalm 61

Prayer of an exile

The prayer of the just man who places his hope in the things of heaven (Saint Hilary).

O Gód, héar my cry! *
Lísten to my práyer!
From the énd of the éarth I cáll: *
my héart is fáint.

On the róck too hích for me to réach *
sét me on hích,
O yóu who have béen my réfuge, *
my tówer against the fóe.

Let me dwéll in your tént for éver *
and híde in the shéltér of your wíngs.
For yóu, O Gód, hear my práyer, *
grant me the héritage of thóse who féar you.

May you léngthen the life of the kíng: *
may his yéars cover mány generátions.
May he éver sit enthronéd before Gód: *
bid lóve and trúth be his protéction.

So I will álways práise your náme *
and dáy after dáy fulfill my vóws.

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

Lord, you are my hope, a strong citadel against my enemies.

Antiphon 3

O Lord, guard my life from the menace of the foe.

Psalm 64

Prayer for help against enemies

This psalm commemorates most particularly our Lord's passion (Saint Augustine).

Hear my voice, O Gód, as I compláin, *
guard my life from dréad of the fóe.
Hide me from the bánd of the wícked, *
from the thróng of thóse who do évil.

They shárpen their tóngues like swórd; *
they áim bitter wórds like árrows
to shóot at the ínnocent from ámbush, *
shóoting súddenly and récklessly.

They schéme their évil cóurse; *
they conspíre to lay sécret snáres.
They sáy: "Whó will sée us? *
Whó can séarch out our crímes?"

He will séarch who séarches the mínd *
and knóws the dépth of the héart.
Gód has shót them with his árrow *
and déalt them súdden wóunds.
Their ówn tongue has bróught them to rúin *
and áll who sée them móck.

Thén will áll men féar; †
they will téll what Gód has dóne. *
They will únderstánd God's déeds.
The júst will rejóice in the Lórd †
and flý to hím for réfuge. *
All the úpright héarts will glóry.

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

O Lord, guard my life from the menace of the foe.

Sit

READING

1 Kings 2:2b-3

Take courage and be a man. Keep the mandate of the Lord, your God, following his ways and observing his statutes, commands, ordinances, and decrees, that you may succeed in whatever you do.

Verse

Guide me, Lord, in the way of your precepts.

— For this is all I desire.

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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