

Liturgy of the Hours
LITURGY OF THE HOURS

MORNING PRAYER

October 3, 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).

Come, let us worship Christ, the Son of Mary.

— Come, let us worship Christ, the Son of 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.

— Come, let us worship Christ, the Son of 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.

— Come, let us worship Christ, the Son of 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.

— Come, let us worship Christ, the Son of 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.

— Come, let us worship Christ, the Son of 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.”

— Come, let us worship Christ, the Son of 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.

— Come, let us worship Christ, the Son of 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

As morning breaks we sing of your mercy, Lord, and night will find
us proclaiming your fidelity.

Psalm 92

Praise of God the Creator

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

It is góod to give thánks to the Lórd, *
to make músic to your náme, O Most Hígh,
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 géat are your wórks! *
How déep are yóur désígn!s!
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 hígh.
Sée how your énemies pérish; *
all dóers of évil are scáttered.

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 róck, 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

As morning breaks we sing of your mercy, Lord, and night will find
us proclaiming your fidelity.

Antiphon 2

Extol the greatness of our God.

Canticle – Deuteronomy 32:1-12

God's kindness to his people

*How often I have longed to gather your children as a hen gathers her brood under her
wing (Matthew 23:37).*

Give ear, O heavens, while I speak; *
let the earth hearken to the words of my mouth!
May my instruction soak in like the rain, *
and my discourse permeate like the dew,

like a downpour upon the grass, *
like a shower upon the crops:

For I will sing the Lord's renown. *
Oh, proclaim the greatness of our God!
The Rock—how faultless are his deeds, *
how right all his ways!
A faithful God, without deceit, *
how just and upright he is!

Yet basely has he been treated by his degenerate children, *
a perverse and crooked race!
Is the Lord to be thus repaid by you, *
O stupid and foolish people?
Is he not your father who created you? *
Has he not made you and established you?

Think back on the days of old, *
reflect on the years of age upon age.
Ask your father and he will inform you, *
ask your elders and they will tell you:

When the Most High assigned the nations their heritage, *
when he parceled out the descendants of Adam,
he set up the boundaries of the peoples *
after the number of the sons of God;
While the Lord's own portion was Jacob, *
his hereditary share was Israel.

He found them in a wilderness, *
a wasteland of howling desert.
He shielded them and cared for them, *
guarding them as the apple of his eye.

As an eagle incites its nestlings forth *
by hovering over its brood,
so he spread his wings to receive them *
and bore them up on his pinions.
The Lord alone was their leader, *
no strange god was with him.

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

Extol the greatness of our God.

Antiphon 3

How wonderful is your name, O Lord, in all creation.

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 ényemy,*
to sílence the fóc 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 fish*
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

How wonderful is your name, O Lord, in all creation.

Sit

READING

Revelation 12:1

A great sign appeared in the sky, a woman clothed with the sun,
with the moon under her feet, and on her head a crown of twelve
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

The Lord God Most High has blessed you, Virgin Mary, above all
the women on the earth.

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

The Lord God Most High has blessed you, Virgin Mary, above all
the women on the earth.

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 an-
nouncing 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

Lord,
take away the sins of your people.
May the prayers of Mary the mother of your Son help us,
for alone and unaided we cannot hope to please you.

We ask 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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