

Liturgy of the Hours
LITURGY OF THE HOURS

DAYTIME PRAYER

June 9, 2025

{ Memorial – Mary, Mother of the Church }



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 mighty Ruler, God of truth,
for days and seasons setting bounds,
you clothe with splendor morning light
and midday skies with brilliant heat.

Extinguish flames of bitter strife,
all harmful passion take away,
grant health unto our mortal frame,
and on our hearts bestow true peace.

Most loving Father, hear our prayer,
and you, O Christ coequal Son,
who with the Spirit Paraclete
now reign for all eternity. Amen.

Metrical hymn, melody: ELY, 8 8 8 8; Thomas Turton, 1780-1864

*Plainsong, mode VIII, melody 106; Liber Hymnarius, Solesmes, 1983, Text: Rector
Potens, verax Deus, unknown author, very ancient; traditionally attributed to St.
Ambrose, 340-397*

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Sit or stand

PSALMODY

Antiphon 1

Blessed are those who hear the word of God and cherish it in their hearts.

Psalm 119:41-48

VI (Vau)

Lórd, let your lóve come upón me, *
the saving hélp of your prómise.
And I shall ánsWER thóse who táunt me *
for I trúst in your wórd.

Do not táke the word of trúth from my móuth *
for I trúst in your decreés.
I shall álways kéep your lÁw *
for éver and éver.

I shall wÁlk in the páth of fréedom *
for I séek your précepts.
I will spéak of your wÍll before kíngs *
and nóT be abÁshed.

Your commÁnds have bÉen my delÍght; *
thése I have lÓved.
I will wórship your commÁnds and lÓve them *
and pÓnder 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

Blessed are those who hear the word of God and cherish it in their hearts.

Antiphon 2

Doing my Father's will is the food that sustains me.

Psalm 40:2-14, 17-18

Thanksgiving and plea for help

*It was not sacrifice and oblation you wanted, but you have prepared a body for me
(Hebrews 10:5).*

I

I waited, I waited for the Lórd †
and he stóoped down to mé; *
he héard my cry.

He dréw me from the déadly pít, *
from the míry cláy.
He sét my féet upon a rók *
and made my fóotsteps firm.

He pút a new sóg into my móuth, *
práise of our Gód.
Mány shall sée and féar *
and shall trúst in the Lórd.

Háppy the mán who has pláced *
his trúst in the Lórd
and has nót gone óver to the rébels *
who fóllow false góds.

How mány, O Lórd my Gód, †
are the wónders and desígns that yóu have wórked for ús; *
you háve no équal.
Shóuld I procláim and spéak of them, *
they are móre than I can téll!

You do not ásk for sácrifice and ófferings, *
but an ópen éar.
You do not ásk for hólocaust and víctim. *
Instéad, here am Í.

In the scróll of the bóok it stands wríten *
that Í should do your wíll.
My Gód, I delíght in your láw *
in the dépth of my héart.

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

Doing my Father's will is the food that sustains me.

Antiphon 3

I am poor but the Lord takes care of me.

II

Your justice Í have proclaimed *
in the gréat assémbly.
My líps I háve not séaled; *
you knów it, O Lórd.

I have not hídden your justice in my héart *
but decláred your faithful hélp.
I have not hídden your love and your trúth *
from the gréat assémbly.

O Lórd, you will not withhóld *
your compássion from mé.
Your mérciful love and your trúth *
will álways guárd me.

For Í am besét with évils *
too mány to be cóunted.
My síns have fállen upón me *
and my síght fáils me.
They are móre than the háirs on my héad *
and my héart sínks.

O Lórd, cóme to my réscue, *
Lord, cóme to my áid.

O lét there be rejóicing and gládness *
for áll who séek you.
Let them éver say: "The Lórd is gréat," *
who love your saving hélp.

As for mé, wrétched and póor, *

the Lórd thinks of mé.
Yóu are my réscuer, my hélp, *
O Gód, do not deláy.

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 am poor but the Lord takes care of me.

Sit

READING

Jeremiah 32:40

I will make with them an eternal covenant, never to cease doing good to them; into their hearts I will put the fear of me, that they may never depart from me.

Verse

God is my savior and my glory.

— I take refuge in him.

Stand

CONCLUDING PRAYER

Let us pray.

Father,
yours is the harvest
and yours is the vineyard:
you assign the task
and pay a wage that is just.
Help us to meet this day's responsibilities,
and let nothing separate us from your love.
Grant this through Christ our Lord.

— Amen.

Acclamation

Let us praise the Lord.

— And give him thanks.

ACKNOWLEDGEMENTS

The English translation of Antiphons, Invitatories, Responsories, Intercessions, Psalm 95, the Canticle of the Lamb, Psalm Prayers, Non-Biblical Readings, Hagiographical Introductions from *The Liturgy of the Hours* © 1973, 1974, 1975, International Commission on English in the Liturgy Corporation (ICEL); excerpts from the English translation of *The Roman Missal* © 2010, ICEL; the English translation of Hymns from *The Liturgy of the Hours* © 2023. All rights reserved.

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