

Liturgy of the Hours
LITURGY OF THE HOURS

DAYTIME PRAYER

August 14, 2026

{ Memorial – Maximilian Mary Kolbe, Priest and Martyr }



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

We saw him despised and rejected, a man of sorrows, acquainted with infirmity.

Psalm 22

God hears the suffering cry of his Holy One

Jesus cried with a loud voice: My God, my God, why have you forsaken me? (Matthew 27:46).

I

My Gód, my Gód, why have you forsáken me? *
You are fár from my pléa and the cry of my distréss.
O my Gód, I call by dáy and you gíve no replý; *
I cáll by níght and I fínd no péace.

Yet yóu, O Gód, are hólý, *
enthronéd on the práises of Ísrael.
In yóu our fáthers put their trúst; *
they trústed and you sét them frée.
When they críed to yóu, they escáped. *
In you they trústed and néver in váin.

But Í am a wórm and no mán, *
scorned by mén, despísed by the péople.
Áll who sée me deríde me. *
They curl their líps, they tóss their héads.
“He trústed in the Lórd, let him sáve him; *
let him reléase him if thís is his fríend.”

Yes, it was yóu who tóok me from the wómb, *
entrústed me to my móther’s bréast.
To yóu I was commítteD from my bírth, *
from my móther’s womb yóu have been my Gód.
Do not léave me alóne in my distréss; *
come clóse, there is nóne else to hélp.

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

We saw him despised and rejected, a man of sorrows, acquainted
with infirmity.

Antiphon 2

The garments of Jesus they divided among them by casting lots.

II

Mány búlls have surróunded me,*
fierce búlls of Báshan close me ín.
Agáinst me they ópen wide their jáws,*
like líons, rénding and róaring.

Like wáter Í am poured óut,*
disjóinted are áll my bónes.
My héart has becóme like wáx,*
it is mélted withín my bréast.

Párched as burnt cláy is my thróat,*
my tóngue cléaves to my jáws.

Mány dógs have surróunded me,*
a bánd of the wícked besét me.
They tear hóles in my hánds and my féet*
and láy me in the dúst of déath.

I can cóunt every óne of my bónes.*
These péople stáre at me and glóat;
they divíde my clóthing amóng them.*
They cást lóts for my róbe.

O Lórd, do not léave me alóne,*
my stréngth, make háste to hélp me!
Réscue my sóul from the swórd,*
my lífe from the gríp of these dógs.
Save my lífe from the jáws of these líons,*
my poor sóul from the hórn of these óxen.

I will téll of your náme to my bréthren *
and práise you where théy are assémbled.

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 garments of Jesus they divided among them by casting lots.

Antiphon 3

The family of nations will worship in the presence of the Lord.

III

“You who féar the Lórd, give him práise; †
all sóns of Jácob, give him glóry. *
Revére him, Ísrael’s sóns.

For hé has néver despised *
nor scórned the póverty of the póor.
From hím he has not hídden his fáce, *
but he héard the póor man when he cried.”

Yóu are my práise in the gréat assémbly. *
My vóws I will páy before thóse who féar him.
The póor shall éat and shall háve their fill. †
They shall práise the Lórd, thóse who séek him. *
May their héarts líve for éver and éver!

All the éarth shall reméber and retúrn to the Lórd, †
all fámilies of the nátions wórship befóre him *
for the kíngdom is the Lórd’s; he is rúler of the nátions.
They shall wórship him, áll the míghty of the éarth; *
befóre him shall bów all who go dówn to the dúst.

And my sóul shall live for hím, my children sérve him. *
They shall téll of the Lórd to the generátions yet to cóme,
decláre his fáithfulness to péoples yet unbórn: *
“Thése things the Lórd has dóne.”

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 family of nations will worship in the presence of the Lord.

Sit

READING

Romans 3:21-22

But now the justice of God has been manifested apart from the law, even though both law and prophets bear witness to it—that justice of God which works through faith in Jesus Christ for all who believe.

Verse

The judgments of the Lord are true; they gladden the heart.

— His precepts are clear; they give light to the mind.

Stand

CONCLUDING PRAYER

Let us pray.

Lord Jesus Christ,
at noon, when darkness covered all the earth,
you mounted the wood of the cross
as the innocent victim for our redemption.
May your light be always with us
to guide us to eternal life in that kingdom
where you live and reign for ever and ever.

— Amen.

Acclamation

Let us praise the Lord.

— And give him thanks.

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