

Liturgy of the Hours
LITURGY OF THE HOURS

DAYTIME PRAYER

September 15, 2026
{ Memorial – Our Lady of Sorrows }



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: ELY, 8 8 8 8; Thomas Turton, 1780-1864

*Plainsong, mode VIII, melody 106; Liber Hymnarius, Solesmes, 1983, Text: Dicamus
laudes Domino, before 6th c.*

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Sit or stand

PSALMODY

Antiphon 1

Do the things you have learned, and you will be blessed.

Psalm 119:137-144

XVIII (Sade)

Lórd, you are júst indéed; *
your décrées are ríght.
You have impósed your wíll with jústice *
and with ábsolute trúth.

I am cárried áwáy by ánger *
for my fóes forget your wórd.
Your prómise is tried in fíre, *
the delíght of your sérvant.

Althóugh I am wéak and despísed *
I remémber your précepts.
Your jústice is etérnal jústice *
and your láw is trúth.

Though ánguish and distréss have séized me, *
I delíght in your commánds.
The jústice of your wíll is etérnal: *
if you téach me, I shall líve.

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

Do the things you have learned, and you will be blessed.

Antiphon 2

Let my prayer rise up before you, O Lord.

Psalm 88

Prayer of a person who is gravely ill

This is your moment—when darkness reigns (Luke 22:53).

I

Lord my Gód, I call for hélp by dáy; *
I cry at níght befóre you.
Let my práyer cóme into your présence. *
O túrn your éar to my cry.

For my sóul is filled with évils; *
my life is on the brínk of the gráve.
I am réckoned as óne in the tómb: *
I have réached the énd of my stréngth,
like óne alóne among the déad; *
like the sláin lýing in their gráves;
like thóse you remémber no móre, *
cut óff, as they áre, from your hánd.

You have láid me in the dépths of the tómb, *
in pláces that are dárk, in the dépths.
Your ánger weighs dówn upón me: *
I am drówned benéath your wáves.

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

Let my prayer rise up before you, O Lord.

Antiphon 3

I cry to you, O Lord; do not hide your face from me.

II

You have táken awáy my fríends *
and máde me háteful in their síght.
Imprísoned, I cánnót escápe; *
my éyes are súnken with gríef.

I cáll to you, Lórd, all the day lóng; *
to yóu I strétch out my hánds.
Will you wórk your wónders for the déad? *
Will the shádes stánd and práise you?

Will your lóve be tóld in the gráve *
or your fáithfulness amóng the déad?
Will your wónders be knówn in the dárk *
or your jústice in the lánd of oblívion?

As for mé, Lord, I cáll to you for hélp: *
in the mórning my práyer comes befóre you.
Lórd, why do you rejéct me? *
Why do you híde your fáce?

Wrétched, close to déath from my yóuth, *
I have bórne your tríals; I am númb.
Your fúry has swépt down upón me; *
your térrors have útterly destróyed me.

They surróund me all the dáy like a flóod, *
they assáil me áll togéther.
Friend and néighbor you have táken awáy: *
my óne compánion is dárkness.

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 cry to you, O Lord; do not hide your face from me.

Sit

READING

Deuteronomy 30:11, 14

This command which I enjoin on you today is not too mysterious and remote for you. No, it is something very near to you, already in your mouths and in your hearts; you have only to carry it out.

Verse

Your word, O Lord, as a lantern guides my steps.

— And lights up my pathway before me.

Stand

CONCLUDING PRAYER

Let us pray.

Lord God,
you made known to Peter
your desire to bring all nations to salvation.
Let all our work give you praise
and carry out your loving plan.
Grant this through Christ our Lord.

— Amen.

Acclamation

Let us praise the Lord.

— And give him thanks.

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