

Liturgy of the Hours
LITURGY OF THE HOURS

MORNING PRAYER

September 15, 2026

{ Memorial – Our Lady of Sorrows }



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).

Let us adore Christ, the Savior of the world, who called his mother to share in his passion.

— Let us adore Christ, the Savior of the world, who called his mother to share in his passion.

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.

— Let us adore Christ, the Savior of the world, who called his mother to share in his passion.

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.

— Let us adore Christ, the Savior of the world, who called his mother to share in his passion.

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.

— Let us adore Christ, the Savior of the world, who called his mother to share in his passion.

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.

- Let us adore Christ, the Savior of the world, who called his mother to share in his passion.

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.”

- Let us adore Christ, the Savior of the world, who called his mother to share in his passion.

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.

- Let us adore Christ, the Savior of the world, who called his mother to share in his passion.

Morning Prayer

HYMN

Font of love, O fairest Mother,
let me feel your sorrow's burden,
so that I may mourn with you.

Stir my heart to flaming ardor,
that by loving Christ my Savior,
I may please him as my God.

Holy Mother, grant this favor:
place the wounds the Cross inflicted
firm and deep within my heart.

Share with me the bitter Passion
of your wounded Son in torment,
who endured so much for me.

Through my life, O let me truly
weep with you and share the anguish
suffered by the Crucified.

At the Cross in lamentation,
there to stand with you in sorrow:
such is all my heart's desire.

When in death my body slumbers,
lead my soul to endless glory
in the joy of Paradise. Amen.

Metrical hymn, melody: Stabat mater, 8 8 7; from the Mainz Gesangbuch, 1661

*Plainsong, mode II, melody 47; Liber Hymnarius, Solesmes, 1983, Text: Eia, mater,
fons amoris, taken from Stabat mater dolorosa, attributed to Iacopone da Todi, ca.*

1230-1306

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Sit or stand

PSALMODY

Antiphon 1

My soul clings to you, Lord Jesus Christ.

Psalm 63:2-9

A soul thirsting for God

Whoever has left the darkness of sin yearns for God.

O Gód, you are my Gód, for you I lóng; *
for yóu my sóul is thírsting.
My bódy pínes for yóu *
like a drý, weary lánd without wáter.

So I gáze on yóu in the sánctuary *
to sée your stréngth and your glóry.

For your lóve is bétter than life, *
my líps will spéak your práise.
So I will bléss you áll my life, *
in your náme I will líft up my hánds.
My sóul shall be filled as with a bándquet, *
my móuth shall práise you with jóy.

On my béd I remémber yóu. *
On yóu I múse through the níght
for yóu have béen my hélp; *
in the sháadow of your wíngs I rejóice.
My sóul clíngs to yóu; *
your ríght hand hólds me fást.

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

My soul clings to you, Lord Jesus Christ.

Antiphon 2

Let us rejoice that we have been made sharers in Christ's passion.

Canticle – Daniel 3:57-88, 56

Let all creatures praise the Lord

All you servants of the Lord, sing praise to him (Revelation 19:5).

Bless the Lord, all you works of the Lord. *
Praise and exalt him above all forever.
Angels of the Lord, bless the Lord. *
You heavens, bless the Lord.
All you waters above the heavens, bless the Lord. *
All you hosts of the Lord, bless the Lord.
Sun and moon, bless the Lord. *
Stars of heaven, bless the Lord.

Every shower and dew, bless the Lord. *

All you winds, bless the Lord.

Fire and heat, bless the Lord. *

Cold and chill, bless the Lord.

Dew and rain, bless the Lord. *

Frost and chill, bless the Lord.

Ice and snow, bless the Lord. *

Nights and days, bless the Lord.

Light and darkness, bless the Lord. *

Lightnings and clouds, bless the Lord.

Let the earth bless the Lord. *

Praise and exalt him above all forever.

Mountains and hills, bless the Lord. *

Everything growing from the earth, bless the Lord.

You springs, bless the Lord. *

Seas and rivers, bless the Lord.

You dolphins and all water creatures, bless the Lord. *

All you birds of the air, bless the Lord.

All you beasts, wild and tame, bless the Lord. *

You sons of men, bless the Lord.

O Israel, bless the Lord. *

Praise and exalt him above all forever.

Priests of the Lord, bless the Lord. *

Servants of the Lord, bless the Lord.

Spirits and souls of the just, bless the Lord. *

Holy men of humble heart, bless the Lord.

Hananiah, Azariah, Mishael, bless the Lord. *

Praise and exalt him above all forever.

Let us bless the Father, and the Son, and the Holy Spirit. *

Let us praise and exalt him above all forever.

Blessed are you, Lord, in the firmament of heaven. *

Praiseworthy and glorious and exalted above all forever.

Antiphon

Let us rejoice that we have been made sharers in Christ's passion.

Antiphon 3

It has pleased the Father to reconcile all creation in himself
through the blood of Christ.

Psalm 149

The joy of God's holy people.

*Let the sons of the Church, the children of the new people, rejoice in Christ, their King
(Hesychius).*

Síng a new sǫng to the Lórd,*
his práise in the assémbly of the fáithful.
Let Ísrael rejóice in its máker,*
let Zíon's sons exúlt in their kíng.
Let them práise his náme with dáncing*
and make músic with tímbrel and hárp.

For the Lórd takes delíght in his péople.*
He crówns the póor with salvátiön.
Let the fáithful rejóice in their glóry,*
shout for jóy and táke their rést.
Let the práise of Gód be on their líps*
and a twó-edged swórd in their hánd,
to déál out véngeance to the nátiöns*
and púnishment on áll the péoples;
to bínd their kíngs in cháins*
and their nóbles in fétters of íron;
to cárry out the séntence pre-ordáined;*
this hónor is for áll his fáithful.

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

It has pleased the Father to reconcile all creation in himself
through the blood of Christ.

Sit

READING

Colossians 1:24-25

Even now I find my joy in the suffering I endure for you. In my own flesh I fill up what is lacking in the sufferings of Christ for the sake of his body, the church. I became a minister of this church through the commission God gave me to preach among you his word in its fullness.

Responsory

Through you we drink from the wellsprings of salvation, O Blessed Virgin Mary.

— Through you we drink from the wellsprings of salvation, O Blessed Virgin Mary.

From the sacred wounds of Christ,

— O Blessed Virgin Mary.

Glory to the Father, and to the Son, and to the Holy Spirit,

— Through you we drink from the wellsprings of salvation, O Blessed Virgin Mary.

Stand

GOSPEL CANTICLE

Antiphon

Rejoice, O sorrowful Mother; after your great sufferings, you shine forth as Queen, enthroned beside your Son.

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

Rejoice, O sorrowful Mother; after your great sufferings, you shine
forth as Queen, enthroned beside your Son.

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

Father,
as your Son was raised on the cross,
his mother Mary stood by him, sharing his sufferings.
May your Church be united with Christ
in his suffering and death
and so come to share in his rising to new life,
where he 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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