

Liturgy of the Hours
LITURGY OF THE HOURS

MORNING PRAYER

May 20, 2024

{ Memorial – Mary, Mother of the Church }



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

Mary the dawn, Christ the Perfect Day;
Mary the gate, Christ the Heavenly Way!

Mary the root, Christ the Mystic Vine;
Mary the grape, Christ the Sacred Wine!

Mary the wheat, Christ the Living Bread;
Mary the stem, Christ the Rose blood-red!

Mary the font, Christ the Cleansing Flood;
Mary the cup, Christ the Saving Blood!

Mary the temple, Christ the temple’s Lord;
Mary the shrine, Christ the God adored!

Mary the beacon, Christ the Haven’s Rest;
Mary the mirror, Christ the Vision Blest!

Mary the mother, Christ the mother’s Son
By all things blest while endless ages run. Amen.

*Melody: Mary the Dawn; Music: Anon.; Text: Anon., alt. by the Dominican Sisters of
Summit, 1972*

Sit or stand

PSALMODY

Antiphon 1

Blessed are they who dwell in your house, O Lord.

Psalms 84

Longing for God's Temple

Here we do not have a lasting city; we seek a home that is yet to come (Hebrews 13:14).

How lovely is your dwelling place, *
Lórd, Gód of hósts.

My sóul is lónging and yéarning, *
is yéarning for the cóurts of the Lórd.
My héart and my sóul ring out their jój *
to Gód, the líving Gód.

The spárraw hersélf finds a hóme *
and the swállow a nést for her bróod;
she láys her yóung by your áltars, *
Lord of hósts, my kíng and my Gód.

They are háppy, who dwéll in your hóuse, *
for éver sínging your práise.
They are háppy, whose stréngth is in yóu, *
in whose héarts are the róads to Zíon.

As they gó through the Bítter Váley †
they máke it a pláce of spríngs, *
the áutumnn rain cóvers it with bléssings.
They wálk with éver grówing stréngth, *
they will sée the God of góds in Zíon.

O Lórd God of hósts, hear my práyer, *
give éar, O Gód of Jácob.
Turn your éyes, O Gód, our shíeld, *
lók on the fáce of your anóinted.

Óne day withín your cóurts *
is bétter than a thóusand elsewhére.

The thréshold of the hóuse of Gód *
I préfér to the dwéllings of the wícked.

For the Lord Gód is a rámpart, a shíeld; *
he will gíve us his fávor and glóry.
The Lórd will not refúse any góod *
to thóse who wálk without bláme.

Lórd, Gód of hósts, *
háppy the mán who trusts in yóu!

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 they who dwell in your house, O Lord.

Antiphon 2

Come, let us climb the mountain of the Lord.

Canticle – Isaiah 2:2-5

The mountain of the Lord's dwelling towers above every mountain

All peoples shall come and worship in your presence (Revelation 15:4).

In days to come, *
the mountain of the Lord's house
shall be established as the highest mountain *
and raised above the hills.

All nations shall stream toward it; *
many peoples shall come and say:
“Come, let us climb the Lord's mountain, *
to the house of the God of Jacob,
that he may instruct us in his ways, *
and we may walk in his paths.”

For from Zion shall go forth instruction, *
and the word of the Lord from Jerusalem.

He shall judge between the nations, *

and impose terms on many peoples.
They shall beat their swords into plowshares *
and their spears into pruning hooks;
one nation shall not raise the sword against another, *
nor shall they train for war again.

O house of Jacob, come, *
let us walk in the light of the Lord!

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

Come, let us climb the mountain of the Lord.

Antiphon 3

Sing to the Lord and bless his name.

Psalms 96

The Lord, king and judge of the world

A new theme now inspires their praise of God; they belong to the Lamb (see Revelation 14:3).

O síng a new sǒng to the Lórd, †
síng to the Lórd, all the éarth. *
O síng to the Lórd, bless his náme.

Procláim his hélp day by dáy, †
téll among the nátions his glóry *
and his wónders amóng all the péoples.

The Lord is gréat and wóorthy of práise, †
to be féared abóve all góds; *
the góds of the héathens are náught.

It was the Lórd who máde the héavens, †
his are májesty and státe and pówer *
and spléndor in his hólý pláce.

Give the Lórd, you fámlies of péoples, †
give the Lórd glóry and pówer, *

give the Lórd the glóry of his náme.

Bring an óffering and énter his cóurts, †
wórship the Lórd in his témples.*

O éarth, trémble befóre him.

Procláim to the nátions: “God is kíng.” †
The wórld he made firm in its pláce;*
he will júdge the péoples in fáirness.

Let the héavens rejóice and earth be glád,*
let the séa and all withín it thunder práise,
let the lánd and all it béars rejóice,*
all the trées of the wóod shout for jóy

at the présence of the Lórd for he cómes,*
he cómes to rúle the éarth.

With jústice he will rúle the wórld,*
he will júdge the péoples with his trúth.

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

Sing to the Lord and bless his name.

Sit

READING

See Isaiah 61:10

I rejoice heartily in the Lord,
in my God is the joy of my soul;
For he has clothed me with a robe of salvation,
and wrapped me in a mantle of justice,
like a bride bedecked with her jewels.

RESPONSORY

The Lord has chosen her, his loved one from the beginning.

— The Lord has chosen her, his loved one from the beginning.

He has taken her to live with him,

— his loved one from the beginning.

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

— The Lord has chosen her, his loved one from the beginning.

Stand

GOSPEL CANTICLE

Antiphon

Eve shut all her children out of Paradise; the Virgin Mary opened wide its gates.

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

Eve shut all her children out of Paradise; the Virgin Mary opened wide its gates.

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
announcing 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

O God, Father of mercies,
whose Only Begotten Son, as he hung upon the Cross,
chose the Blessed Virgin Mary, his Mother,
to be our Mother also,
grant, we pray, that with her loving help
your Church may be more fruitful day by day
and, exulting in the holiness of her children,
may draw to her embrace all the families of the peoples.
Through our Lord Jesus Christ, your Son,
who lives and reigns with you in the unity of 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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