

*Liturgy of the Hours*  
LITURGY OF THE HOURS

DAYTIME PRAYER

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July 5, 2025

{ Memorial of the Blessed Virgin Mary on Saturday }



*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: Tallis' Canon, 8 8 8 8; Thomas Tallis, ca. 1505–1585*

*Plainsong, mode D, melody 124; Liber Hymnarius, Solesmes, 1983, Text: Rector  
Potens, verax Deus, unknown author, very ancient; traditionally attributed to St.  
Ambrose, 340–397*

*The English translation of Hymns and chants from The Liturgy of the Hours © 2023  
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*Sit or stand*

PSALMODY

*Antiphon 1*

Lead me, Lord, in the path of your commandments.

*Psalm 119:33-40*

*V (He)*

Téach me the demánds of your précepts \*  
and I will kéep them to the énd.  
Tráin me to obsérve your láw, \*  
to kéep it with my héart.

Guíde me in the páth of your commánds; \*  
for thére is my delíght.  
Bénd my héart to your wíll \*  
and nó't to love of gáin.

Kéep my éyes from what is fálse: \*  
by your wórd, give me lífe.  
Kéep the prómise you have máde \*  
to the sérvant who féars you.

Kéep me from the scórn I dréad, \*  
for your decrées are góod.  
Sée, I lóng for your précepts: \*  
then in your jústice, give me lífe.

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*

Lead me, Lord, in the path of your commandments.

*Antiphon 2*

Those who seek the Lord will be filled with every blessing.

*Psalm 34*

*God the savior of the just*

*You have tasted the sweetness of the Lord (1 Peter 2:3).*

*I*

I will bléss the Lórd at all tímes, \*  
his práise álways on my líps;  
in the Lórd my sóul shall make its bóast. \*  
The húmble shall héar and be glád.

Glórfify the Lórd with mé. \*  
Togéther let us práise his náme.  
I sóught the Lórd and he ánswered me; \*  
from all my térrors he sét me frée.

Lóok towards hím and be rádiant; \*  
let your fáces nóte be abáshed.  
This póor man cálléd; the Lord héárd him \*  
and réscued him from áll his distréss.

The ángel of the Lórd is encámped \*  
around thóse who revére him, to réscue them.  
Taste and sée that the Lórd is góod. \*  
He is háppy who seeks réfuge in hím.

Revére the Lórd, you his sáints. \*  
They lack nóthing, thóse who revére him.  
Strong líons suffer wánt and go húngry \*  
but thóse who seek the Lórd lack no bléssing.

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*

Those who seek the Lord will be filled with every blessing.

*Antiphon 3*

Seek and strive after peace.

Cóme, children, and héar me \*  
 that I may téach you the féar of the Lórd.  
 Who is hé who lóns for life \*  
 and many dáy, to enjói his prospérité?

Then kéep your tóngue from évil \*  
 and your líps from spéaking decéit.  
 Turn asíde from évil and do góod; \*  
 séek and stríve after péace.

The Lórd turns his fáce against the wícked \*  
 to destróy their remémbrance from the éarth.  
 The Lórd turns his éyes to the júst \*  
 and his éars to théir appéal.

They cáll and the Lórd héars \*  
 and réscues them in áll their distréss.  
 The Lord is clóse to the bróken-héarted; \*  
 those whose spírit is crúshed he will sáve.

Mány are the tríals of the júst man \*  
 but from them áll the Lórd will réscue him.  
 He will keep gúard over áll his bónes, \*  
 not óne of his bónes shall be bróken.

Évil brings déath to the wícked; \*  
 those who háte the góod are dóomed.  
 The Lord ránsoms the sóuls of his sérvants. \*  
 Those who híde in him shall nóte be condénned.

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*

Seek and strive after peace.

*Sit*

READING

*Jeremiah 17:9-10*

More tortuous than all else is the human heart,  
beyond remedy; who can understand it?  
I, the Lord, alone probe the mind  
and test the heart  
To reward everyone according to his ways,  
according to the merit of his deeds.

*Verse*

Free me from my hidden faults.  
— Never let me sin through pride.

*Stand*

CONCLUDING PRAYER

Let us pray.  
Lord,  
fill us with the resplendent light  
of your eternal love.  
May we love you above all things,  
and our brothers for your sake.  
Grant this through Christ our Lord.  
— Amen.

*Acclamation*

Let us praise the Lord.  
— And give him thanks.

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