

*Liturgy of the Hours*  
LITURGY OF THE HOURS

EVENING PRAYER

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July 3, 2026

{ Feast – Thomas, Apostle }

during Exposition  
of the Blessed Sacrament

concluding with  
Benediction and Reposition



*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**

Sing, my tongue, the hidden myst'ry  
of Christ's Body glorified,  
and his Precious Blood most holy,  
shed in ransom for the world,  
offered by the King of nations,  
born the fruit of noble womb.

Born for us and given to us  
Son of Mary, Virgin pure,  
in the world he lived among us,  
sowed as seeds the word of truth;  
then the season of his sojourn  
with a wondrous rite he closed.

On the night of that Last Supper  
feasting with his chosen friends,  
he obeyed the law completely  
in the food and drink prescribed;  
then he gave his twelve Apostles  
with his hands himself as food.

Word made flesh, true bread from heaven,  
by a word, made bread his Flesh,  
purest wine Christ's Blood becoming,  
though our sense cannot perceive;  
faith alone brings full assurance  
to the pure and faithful heart.

Let us, therefore, bow and worship  
such a wondrous Sacrament;

let the ancient law and custom  
to a newer rite now yield;  
let our faith supply conviction  
where the senses tire and fail.

To the Father, unbegotten,  
and the Sole-begotten Son,  
be salvation, blessing, honor,  
jubilation, pow'r, and praise;  
to the One from both proceeding  
equal glory and renown. Amen.

*Metrical hymn, melody: WESTMINSTER ABBEY, 8 7 8 7 8 7; adapted from an anthem by Henry Purcell (1659–1695)*

*Plainsong, mode III, melody 55; Liber Hymnarius, Solesmes, 1983, Text: Pange, lingua, gloriosi corporis mysterium, attributed to St. Thomas Aquinas, O.P., 1225–1274*

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*Sit or Stand*

## PSALMODY

### *Antiphon 1*

Lord, we do not know where you are going; how can we know the way? Jesus replied: I am the way, the truth and the life.

*Psalm 116:10–19*

*Thanksgiving in the Temple*

*Through Christ let us offer God a continual sacrifice of praise (Hebrews 13:15).*

I trústed, éven when I sáid: \*  
“I am sórely afflicted,”  
and whén I sáid in my alárm: \*  
“No mán can be trústed.”

How cán I repáy the Lórd \*  
for his góodness to mé?  
The cúp of salvátion I will ráise; \*  
I will cáll on the Lórd's name.

My vóws to the Lórd I will fulfill \*  
befóre all his péople.  
O précious in the éyes of the Lórd \*  
is the déath of his fáithful.

Your sérvant, Lord, your sérvant am Í; \*  
you have lóosened my bónds.  
A thánksiving sácrifice I máke: \*  
I will cáll on the Lórd's name.

My vóws to the Lórd I will fulfill \*  
befóre all his péople,  
in the cóurts of the hóuse of the Lórd, \*  
in your mídst, O Jerúsalem.

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*

Lord, we do not know where you are going; how can we know the way? Jesus replied: I am the way, the truth and the life.

### *Antiphon 2*

Thomas, who was called the Twin, was not present when Jesus appeared to the apostles; so they told him: We have seen the Lord, alleluia.

### *Psalm 126*

### *Joyful hope in God*

*Just as you share in sufferings so you will share in the divine glory (2 Corinthians 1:7).*

When the Lórd delivered Zíon from bóndage, \*  
it séemed like a dréam.  
Thén was our móuth filled with láughter, \*

on our líps there were sóngs.

The héathens themsélves said: “What márvels<sup>\*</sup>  
the Lórd worked for thém!”

What márvels the Lórd worked for ús!<sup>\*</sup>  
Indéed we were glád.

Delíver us, O Lórd, from our bóndage<sup>\*</sup>  
as stréams in dry lánd.

Thóse who are sówing in téars<sup>\*</sup>  
will síng when they réap.

They go óut, they go óut, full of téars,<sup>\*</sup>  
carrying séed for the sówing:  
they come bák, they come bák, full of sóng,<sup>\*</sup>  
cárrying their shéaves.

Glory to the Father, and to the Son,<sup>\*</sup>  
and to the Holy Spirit:  
as it was in the beginning, is now,<sup>\*</sup>  
and will be for ever. Amen.

*Antiphon*

Thomas, who was called the Twin, was not present when Jesus appeared to the apostles; so they told him: We have seen the Lord, alleluia.

*Antiphon 3*

With your hand, touch the mark of the nails; doubt no longer, but believe, alleluia.

*Canticle – Ephesians 1:3-10*

*God our Savior*

Praised be the God and Father<sup>\*</sup>  
of our Lord Jesus Christ,  
who has bestowed on us in Christ<sup>\*</sup>  
every spiritual blessing in the heavens.

God chose us in him<sup>\*</sup>  
before the world began  
to be holy<sup>\*</sup>

and blameless in his sight.

He predestined us \*  
to be his adopted sons through Jesus Christ,  
such was his will and pleasure, †  
that all might praise the glorious favor \*  
he has bestowed on us in his beloved.

In him and through his blood, we have been redeemed, \*  
and our sins forgiven,  
so immeasurably generous \*  
is God's favor to us.

God has given us the wisdom \*  
to understand fully the mystery,  
the plan he was pleased \*  
to decree in Christ.

A plan to be carried out \*  
in Christ, in the fulness of time,  
to bring all things into one in him, \*  
in the heavens and on earth.

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*

With your hand, touch the mark of the nails; doubt no longer, but believe, alleluia.

*Sit*

## READING

*Ephesians 4:11-13*

Christ gave apostles, prophets, evangelists, pastors and teachers in roles of service for the faithful to build up the body of Christ, till we become one in faith and in the knowledge of God's Son, and form that perfect man who is Christ come to full stature.

*Responsory*

Tell all the nations how glorious God is.

— Tell all the nations how glorious God is.

Make known his wonders to every people.

— How glorious God is.

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

— Tell all the nations how glorious God is.

*Stand*

GOSPEL CANTICLE

*Antiphon*

I touched the mark of the nails with my fingers; I put my hand into his side and said: My Lord and my God, alleluia.

*Luke 1:46-55*

*The soul rejoices in the Lord*

*Make sign of cross*

My soul proclaims the greatness of the Lord, \*  
my spirit rejoices in God my Savior  
for he has looked with favor on his lowly servant. \*

From this day all generations will call me blessed:  
the Almighty has done great things for me, \*  
and holy is his Name.

He has mercy on those who fear him \*  
in every generation.

He has shown the strength of his arm, \*  
he has scattered the proud in their conceit.

He has cast down the mighty from their thrones, \*  
and has lifted up the lowly.

He has filled the hungry with good things, \*  
and the rich he has sent away empty.

He has come to the help of his servant Israel \*

for he has remembered his promise of mercy,  
the promise he made to our fathers, \*  
to Abraham and his children for ever.

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 touched the mark of the nails with my fingers; I put my hand into  
his side and said: My Lord and my God, alleluia.

INTERCESSIONS

My brothers, we build on the foundation of the apostles. Let us  
pray to our almighty Father for his holy people and say:

— Be mindful of your Church, O Lord.

Father, you wanted your Son to be seen first by the apostles after  
the resurrection from the dead,  
we ask you to make us his witnesses to the farthest corners of the  
world.

— Be mindful of your Church, O Lord.

You sent your Son to preach the good news to the poor,  
help us to preach this Gospel to every creature.

— Be mindful of your Church, O Lord.

You sent your Son to sow the seed of unending life,  
grant that we who work at sowing the seed may share the joy of the  
harvest.

— Be mindful of your Church, O Lord.

You sent your Son to reconcile all men to you through his blood,  
help us all to work toward achieving this reconciliation.

— Be mindful of your Church, O Lord.

Your Son sits at your right hand in heaven,  
let the dead enter your kingdom of joy.

— Be mindful of your Church, O 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.

*Kneel*

BENEDICTION

Tantum ergo sacramentum  
Veneremur cernui:  
Et antiquum documentum  
Novo cedat ritui:  
Praestet fides supplementum  
Sensuum defectui.

Genitori, Genitoque  
Laus et iubilatio  
Salus, honor, virtus quoque  
Sit et benedictio:  
Procedenti ab utroque  
Compar sit laudatio. Amen.

*Melody: Pange Lingua 87.87.87; Music: Mode III Vatican Plainsong; Text: Pange  
Lingua, St. Thomas Aquinas, c. 1225-1274*

*Incensation*

Let us pray.  
Lord Jesus Christ,

you gave us the eucharist  
as the memorial of your suffering and death.  
May our worship of this sacrament of your body and blood  
help us to experience the salvation you won for us  
and the peace of the kingdom  
where you live with the Father and the Holy Spirit,  
God, for ever and ever.

— Amen.

### *Blessing*

#### *Divine Praises*

Blessed be God.  
Blessed be his holy Name.  
Blessed be Jesus Christ, true God and true Man.  
Blessed be the name of Jesus.  
Blessed be his most sacred Heart.  
Blessed be his most precious Blood.  
Blessed be Jesus in the most holy Sacrament of the altar.  
Blessed be the Holy Spirit, the Paraclete.  
Blessed be the great Mother of God, Mary most holy.  
Blessed be her holy and immaculate conception.  
Blessed be her glorious assumption.  
Blessed be the name of Mary, Virgin and Mother.  
Blessed be Saint Joseph, her most chaste spouse.  
Blessed be God in his angels and in his saints.

### *Reposition*

#### *Stand*

#### HYMN

Holy God, we praise thy name!  
Lord of all, we bow before thee!  
All on earth thy scepter claim,

All in heaven above adore thee!  
Infinite thy vast domain,  
Everlasting is thy reign.

Hark the loud celestial hymn  
Angel choirs above are raising;  
Cherubim and Seraphim,  
In unceasing chorus praising,  
Fill the heavens with sweet accord:  
Holy, Holy, Holy Lord!

Holy Father, Holy Son,  
Holy Spirit, Three we name thee,  
While in essence only One,  
Undivided God we claim thee;  
And adoring bend the knee,  
While we own the mystery.

*Melody: Grosser Gott 78.78.77; Music: Katholisches Gesangbuch, Vienna, c. 1774;  
Text: Ignaz Franz, 1719-1790; Translator: Clarence Walworth, 1820-1900*

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