

Liturgy of the Hours
LITURGY OF THE HOURS

OFFICE OF READINGS

January 28, 2011

{ Memorial – Thomas Aquinas, Priest and Doctor }



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

Faith of our fathers! faith and prayer
Shall win all nations unto thee;
And through the truth that comes from God,
Mankind shall then indeed be free.

Faith of our fathers, holy faith!
We will be true to thee till death.

Faith of our fathers! we will love
Both friend and foe in all our strife:
And preach thee too, as love knows how,
By kindly deeds and virtuous life.

Faith of our fathers, holy faith!
We will be true to thee till death.

*Melody: Saint Catherine L.M. with Refrain; Music: Henri F. Hemy, 1818-1888 and
James G. Walton, 1821-1905; Text: Frederick W. Faber, 1814-1863*

Sit or stand

PSALMODY

Antiphon 1

I am worn out with crying, with longing for my God.

Psalm 69:2-22; 30-37

I am consumed with zeal for your house

They offered him a mixture of wine and gall (Matthew 27:34).

I

Save me, O God, *

for the waters have risen to my neck.

I have sunk into the mud of the deep *
and there is no foothold.

I have entered the waters of the deep *
and the waves overwhelm me.

I am wearied with all my crying, *
my throat is parched.

My eyes are wasted away *
from looking for my God.

More numerous than the hairs on my head *
are those who hate me without cause.
Those who attack me with lies *
are too much for my strength.

How can I restore *
what I have never stolen?
O God, you know my sinful folly; *
my sins you can see.

Let those who hope in you not be put to shame *
through me, Lord of hosts:
let not those who seek you be dismayed *
through me, God of Israel.

It is for you that I suffer taunts, *
that shame covers my face,
that I have become a stranger to my brothers, *
an alien to my own mother's sons.
I burn with zeal for your house *
and taunts against you fall on me.

When I afflict my soul with fasting *
they make it a taunt against me.
When I put on sackcloth in mourning *
then they make me a byword,
the gossip of men at the gates, *
the subject of drunkards' songs.

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 am worn out with crying, with longing for my God.

Antiphon 2

I needed food and they gave me gall; I was parched with thirst and they gave me vinegar.

II

This is my prayer to you, *
my prayer for your favor.
In your great love, answer me, O God, *
with your help that never fails:
rescue me from sinking in the mud; *
save me from my foes.

Save me from the waters of the deep *
lest the waves overwhelm me.
Do not let the deep engulf me *
nor death close its mouth on me.

Lord, answer, for your love is kind; *
in your compassion, turn towards me.
Do not hide your face from your servant; *
answer quickly for I am in distress.
Come close to my soul and redeem me; *
ransom me pressed by my foes.

You know how they taunt and deride me; *
my oppressors are all before you.
Taunts have broken my heart; *
I have reached the end of my strength.
I looked in vain for compassion, *
for consolers; not one could I find.

For food they gave me poison; *
in my thirst they gave me vinegar to drink.

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 needed food and they gave me gall; I was parched with thirst and they gave me vinegar.

Antiphon 3

Seek the Lord and you will live.

III

As for me in my poverty and pain *
let your help, O God, lift me up.

I will praise God's name with a song; *
I will glorify him with thanksgiving,
a gift pleasing God more than oxen, *
more than beasts prepared for sacrifice.

The poor when they see it will be glad *
and God-seeking hearts will revive;
for the Lord listens to the needy *
and does not spurn his servants in their chains.
Let the heavens and the earth give him praise, *
the sea and all its living creatures.

For God will bring help to Zion †
and rebuild the cities of Judah *
and men shall dwell there in possession.
The sons of his servants shall inherit it; *
those who love his name shall dwell there.

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 the Lord and you will live.

VERSE

The Lord will teach us his ways.

— And we will follow in his footsteps.

Sit

READINGS

First reading

From the book of Deuteronomy

31:1-15, 23

The last words of Moses

When Moses had finished speaking these words to all Israel, he said to them,

“I am now one hundred and twenty years old and am no longer able to move about freely; besides, the Lord has told me that I shall not cross this Jordan. It is the Lord, your God, who will cross before you; he will destroy these nations before you, that you may supplant them. (It is Joshua who will cross before you, as the Lord promised.) The Lord will deal with them just as he dealt with Sihon and Og, the kings of the Amorites whom he destroyed, and with their country. When, therefore, the Lord delivers them up to you, you must deal with them exactly as I have ordered you. Be brave and steadfast; have no fear or dread of them, for it is the Lord, your God, who marches with you; he will never fail you or forsake you.”

Then Moses summoned Joshua and in the presence of all Israel said to him, “Be brave and steadfast, for you must bring this people into the land which the Lord swore to their fathers he would give them; you must put them in possession of their heritage. It is the Lord who marches before you; he will be with you and will never fail you or forsake you. So do not fear or be dismayed.”

When Moses had written down this law, he entrusted it to the levitical priests who carry the ark of the covenant of the Lord, and to all the elders of Israel, giving them this order: “On the feast of Booths, at the prescribed time in the year of relaxation which comes at the end of every seven-year period, when all Israel goes to appear

before the Lord, your God, in the place which he chooses, you shall read this law aloud in the presence of all Israel. Assemble the people—men, women and children, as well as the aliens who live in your communities—that they may hear it and learn it, and so fear the Lord, your God, and carefully observe all the words of this law. Their children also, who do not know it yet, must hear it and learn it, that they too may fear the Lord, your God, as long as you live on the land which you will cross the Jordan to occupy.”

Then the Lord commissioned Joshua, son of Nun, and said to him, “Be brave and steadfast, for it is you who must bring the Israelites into the land which I promised them on oath. I myself will be with you.”

Responsory

Deuteronomy 31:23, 6; Proverbs 3:26

Be strong and steadfast, for the Lord your God is going with you.

— He goes before you; there is nothing you need fear.

The Lord will be at your side to keep your foot from stumbling.

— He goes before you; there is nothing you need fear.

Second reading

From a conference by Saint Thomas Aquinas, priest

(Collatio 6 super Credo in Deum)

The cross exemplifies every virtue

Why did the Son of God have to suffer for us? There was a great need, and it can be considered in a twofold way: in the first place, as a remedy for sin, and secondly, as an example of how to act.

It is a remedy, for, in the face of all the evils which we incur on account of our sins, we have found relief through the passion of Christ. Yet, it is no less an example, for the passion of Christ completely suffices to fashion our lives. Whoever wishes to live perfectly should do nothing but disdain what Christ disdained on the cross and desire what he desired, for the cross exemplifies every virtue.

If you seek the example of love: *Greater love than this no man has, than to lay down his life for his friends.* Such a man was Christ on the cross. And if he gave his life for us, then it should not be difficult to bear whatever hardships arise for his sake.

If you seek patience, you will find no better example than the cross. Great patience occurs in two ways: either when one patiently suffers much, or when one suffers things which one is able to avoid and yet does not avoid. Christ endured much on the cross, and did so patiently, because *when he suffered he did not threaten; he was led like a sheep to the slaughter and he did not open his mouth.* Therefore Christ's patience on the cross was great. *In patience let us run for the prize set before us, looking upon Jesus, the author and perfecter of our faith who, for the joy set before him, bore his cross and despised the shame.*

If you seek an example of humility, look upon the crucified one, for God wished to be judged by Pontius Pilate and to die.

If you seek an example of obedience, follow him who became obedient to the Father even unto death. *For just as by the disobedience of one man, namely, Adam, many were made sinners, so by the obedience of one man, many were made righteous.*

If you seek an example of despising earthly things, follow him who is *the King of kings and the Lord of lords, in whom are hidden all the treasures of wisdom and knowledge.* Upon the cross he was stripped, mocked, spat upon, struck, crowned with thorns, and given only vinegar and gall to drink.

Do not be attached, therefore, to clothing and riches, because *they divided my garments among themselves.* Nor to honors, for he experienced harsh words and scourgings. Nor to greatness of rank, for *weaving a crown of thorns they placed it on my head.* Nor to anything delightful, for *in my thirst they gave me vinegar to drink.*

Responsory

Wisdom 7:7-8; 9:17

I prayed, and understanding was given me; I entreated, and the spirit of wisdom came to me;

— I esteemed wisdom more than scepter or throne; compared

with her, I held riches to be nothing.

Who will know your design, O Lord, unless you bestow wisdom,
and send your Holy Spirit from above?

— I esteemed wisdom more than scepter or throne; compared
with her, I held riches to be nothing.

Stand

CONCLUDING PRAYER

Let us pray.

God our Father,
you made Thomas Aquinas known for his holiness and learning.
Help us to grow in wisdom by his teaching,
and in holiness by imitating his faith.

Grant this through our Lord Jesus Christ, your Son,
who lives and reigns with you and the Holy Spirit,
one God, for ever and ever.

— Amen.

Acclamation

Let us praise the Lord.

— And give him thanks.

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