Liturgy of the Hours

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Daytime Prayer

December 29, 2026

{ Fifth Day in the Octave of Christmas }

Liturgy of the Hours
EBREVIARY

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: A la venue de Noël, 8 8 8 8; Fleurs des noëls, Lyons, 1535

Plainsong, mode II, melody 46; Liber Hymnarius, Solesmes, 1983, Text: Rector potens, verax Deus, unknown author, very ancient; traditionally attributed to St. Ambrose, 340–397

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Sit or stand

Psalmody

Antiphon

Mary treasured all these words and pondered them in her heart.

Psalm 119:1–8

I (Aleph)

Meditation on God's law

Loving God means keeping his commandments (1 John 5:3).

They are háppy whose lífe is blámeless, *
who fóllow God's láw!
They are háppy who dó his wíll, *
seeking hím with all their héarts,
who néver do ánything évil *
but wálk in his wáys.

Yóu have laid dówn your précepts *
to be obéyed with cáre.
Máy my fóotsteps be fírm *
to obéy your státutes.
Thén I shall nót be put to sháme *
as I héed your commánds.

I will thánk you with an úpright héart *
as I léarn your decrées.
Í will obéy your státutes: *
dó not forsáke 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.

Psalm 13

The lament of the just man who does not lose hope in God

May the God of hope fill you with every joy (Romans 15:13).

How lóng, O Lórd, will yóu forgét me? *
How lóng wíll you híde your fáce?

How lóng must Í bear gríef in my sóul, †
this sórrow in my héart dáy and níght? *
How lóng sháll my énemy preváil?

Lóok at me, ánswer me, Lórd my Gód! *
Give líght to my éyes lest I fáll asleep in déath,
lest my énemy sáy: "Í have overcóme him"; *
lest my fóes rejóice to sée my fáll.

As for mé, I trúst in your mérciful lóve. *
Let my héart rejoíce in your sáving hélp:
Let me síng to the Lórd for his góodness to mé, *
singing psálms to the náme of the Lórd, the Most Hígh.

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.

Psalm 14

The foolishness of sinners

Sin has increased but grace has far surpassed it (Romans 5:20).

The fóol has sáid in his héart: *
"There is no Gód abóve."
Their déeds are corrúpt, depráved; *
not a góod man is léft.

From héaven the Lórd looks dówn *
on the sóns of mén
to sée if ány are wíse, *
if ány seek Gód.

Áll have léft the right páth, *
depráved, every óne:
there is nót a góod man léft, *
nó, not even óne.

Will the évil-doers nót understánd? *
They éat up my péople
as thóugh they were éating bréad: *
they never práy to the Lórd.

Sée how they trémble with féar †
without cáuse for féar: *
for Gód is with the júst.
You may móck the póor man's hópe, *
but his refúge is the Lórd.

O that Ísrael's salvátion might cóme from Zíon! †
When the Lórd delívers his péople from bóndage, *
then Jácob will be glád and Ísrael rejóice.

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

Mary treasured all these words and pondered them in her heart.

Sit

Reading

1 John 4:9

God's love was revealed in our midst in this way: he sent his only Son to the world that we might have life through him.

Verse

All the ends of the earth, alleluia.

— Have seen the saving power of God, alleluia.

Stand

Concluding Prayer

Let us pray.

All-powerful and unseen God,
the coming of your light into our world
has made the darkness vanish.
Teach us to proclaim the birth of your Son Jesus Christ,
who lives and reigns with you and the Holy Spirit,
God, for ever and ever.

— Amen.

Acclamation

Let us praise the Lord.

— And give him thanks.

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