Liturgy of the Hours

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Morning Prayer

December 29, 2026

{ Fifth Day in the Octave of Christmas }



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).

Christ is born for us; come, let us adore him.

— Christ is born for us; come, let us adore him.

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.

— Christ is born for us; come, let us adore him.

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.

— Christ is born for us; come, let us adore him.

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.

— Christ is born for us; come, let us adore him.

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.

— Christ is born for us; come, let us adore him.

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."

— Christ is born for us; come, let us adore him.

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.

— Christ is born for us; come, let us adore him.

Morning Prayer

Hymn

From lands beneath the rising sun,
through all the compass of the earth,
now let us sing to Christ the Lord,
the Virgin Mary's newborn Son.

The hallowed Author of the world
a servant's body has assumed,
that liberating flesh by flesh
he should not lose what he has made.

Pure grace from heaven entered then
the Mother's womb, both sealed and closed;
the cloister of this maiden bride
bore secrets she could not have known.

The home of this pure heart became,
with sudden pow'r, the shrine of God;
a virgin still, she knew not man
and by a word conceived her Son.

She brought to birth her holy child,

whose advent Gabriel proclaimed,
whose presence John perceived with joy
and leapt within his mother's womb.

He lay on straw with no complaint,
not shrinking from a manger bed;
an infant's share of milk he drank,
while in his care he fed the birds.

The hosts on high exult with joy
and angels sing to God with praise;
the shepherds wondrously behold
the Shepherd, Maker of all things.

To you, Lord Jesus, glory be,
the Virgin Mother's newborn Son,
with God the Father, ever blest,
and loving Spirit, ever one. Amen.

Metrical hymn, melody: Puer nobis nascitur, 8 8 8 8; adapted by Michael Praetorius, 1571–1621, in Musae Sionae, VI, 1809

Plainsong, mode III, melody 53; Liber Hymnarius, Solesmes, 1983, Text: A solis ortus cardine, Sedulius, ca. 5th c.*

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Sit or stand

Psalmody

Antiphon 1

Tell us, shepherds, what have you seen? Who has appeared on earth? We have seen a newborn infant and a choir of angels praising the Lord, alleluia.

Psalm 63:2-9

A soul thirsting for God

Whoever has left the darkness of sin yearns for God.

O Gód, you are my Gód, for you I lóng; *
for yóu my sóul is thírsting.
My bódy pínes for yóu *
like a drý, weary lánd without wáter.
So I gáze on yóu in the sánctuary *
to sée your stréngth and your glóry.

For your lóve is bétter than lífe, *
my líps will spéak your práise.
So I will bléss you áll my lífe, *
in your náme I will líft up my hánds.
My sóul shall be fílled as with a bánquet, *
my móuth shall práise you with jóy.

On my béd I remémber yóu. *
On yóu I múse through the níght
for yóu have béen my hélp; *
in the shádow of your wíngs I rejóice.
My sóul clíngs to yóu; *
your ríght hand hólds me fást.

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

Tell us, shepherds, what have you seen? Who has appeared on earth? We have seen a newborn infant and a choir of angels praising the Lord, alleluia.

Antiphon 2

The angel said to the shepherds: I proclaim to you a great joy; today the Savior of the world is born for you, alleluia.

Canticle – Daniel 3:57-88, 56

Let all creatures praise the Lord

All you servants of the Lord, sing praise to him (Revelation 19:5).

Bless the Lord, all you works of the Lord. *
Praise and exalt him above all forever.
Angels of the Lord, bless the Lord. *
You heavens, bless the Lord.
All you waters above the heavens, bless the Lord. *
All you hosts of the Lord, bless the Lord.
Sun and moon, bless the Lord. *
Stars of heaven, bless the Lord.

Every shower and dew, bless the Lord. *
All you winds, bless the Lord.
Fire and heat, bless the Lord. *
Cold and chill, bless the Lord.
Dew and rain, bless the Lord. *
Frost and chill, bless the Lord.
Ice and snow, bless the Lord. *
Nights and days, bless the Lord.
Light and darkness, bless the Lord. *
Lightnings and clouds, bless the Lord.

Let the earth bless the Lord. *
Praise and exalt him above all forever.
Mountains and hills, bless the Lord. *
Everything growing from the earth, bless the Lord.
You springs, bless the Lord. *
Seas and rivers, bless the Lord.
You dolphins and all water creatures, bless the Lord. *
All you birds of the air, bless the Lord.
All you beasts, wild and tame, bless the Lord. *
You sons of men, bless the Lord.

O Israel, bless the Lord. *
Praise and exalt him above all forever.
Priests of the Lord, bless the Lord. *
Servants of the Lord, bless the Lord.

Spirits and souls of the just, bless the Lord. *
Holy men of humble heart, bless the Lord.
Hananiah, Azariah, Mishael, bless the Lord. *
Praise and exalt him above all forever.

Let us bless the Father, and the Son, and the Holy Spirit. *
Let us praise and exalt him above all forever.
Blessed are you, Lord, in the firmament of heaven. *
Praiseworthy and glorious and exalted above all forever.

Antiphon

The angel said to the shepherds: I proclaim to you a great joy; today the Savior of the world is born for you, alleluia.

Antiphon 3

A little child is born for us today; little and yet called the mighty God, alleluia.

Psalm 149

The joy of God's holy people

Let the sons of the Church, the children of the new people, rejoice in Christ, their King (Hesychius).

Síng a new sóng to the Lórd, *
his práise in the assémbly of the fáithful.
Let Ísrael rejóice in its máker, *
let Zíon's sons exúlt in their kíng.
Let them práise his náme with dáncing *
and make músic with tímbrel and hárp.

For the Lórd takes delíght in his péople. *
He crówns the póor with salvátion.
Let the fáithful rejóice in their glóry, *
shout for jóy and táke their rést.
Let the práise of Gód be on their líps *
and a twó-edged swórd in their hánd,

to déal out véngeance to the nátions *
and púnishment on áll the péoples;
to bínd their kíngs in cháins *
and their nóbles in fétters of íron;

to cárry out the séntence pre-ordáined; *
this hónor is for áll his fáithful.

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

A little child is born for us today; little and yet called the mighty God, alleluia.

Sit

Reading

Hebrews 1:1-2

In times past, God spoke in fragmentary and varied ways to our fathers through the prophets; in this, the final age, he has spoken to us through his Son, whom he has made heir of all things and through whom he first created the universe.

Responsory

The Lord has made known, alleluia, alleluia.

— The Lord has made known, alleluia, alleluia.

His saving power.

— Alleluia, alleluia.

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

— The Lord has made known, alleluia, alleluia.

Stand

Gospel Canticle

Antiphon

The shepherds said to one another: Let us make our way to Bethlehem and see for ourselves this thing which the Lord has revealed to us.

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

The shepherds said to one another: Let us make our way to Bethlehem and see for ourselves this thing which the Lord has revealed to us.

Intercessions

Because God has been merciful to us and sent his Son, the Prince of peace, let us cry out with confidence:

— Peace to his people on earth.

Almighty God, Father of our Lord Jesus Christ, the Church now celebrates your saving love,
graciously receive our praise.

— Peace to his people on earth.

From the very beginning you promised mankind your victory through Christ our Savior,
let all be enlightened by the good news.

— Peace to his people on earth.

In praise of your Son whose coming was joyously foreseen by Abraham, hoped for by the patriarchs, announced by the prophets and yearned for by the Gentiles,
save the whole people of Israel.

— Peace to his people on earth.

You wished the birth of your Son to be proclaimed by angels and to be praised by the apostles, martyrs and faithful of all ages,
grant the world that peace which the angels proclaimed.

— Peace to his people on earth.

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

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.

Dismissal

May the Lord bless us, protect us from all evil and bring us to everlasting life.

— Amen.

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