

*Liturgy of the Hours*  
LITURGY OF THE HOURS

DAYTIME PRAYER

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July 19, 2026

{ Sixteenth Sunday in Ordinary Time }



*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

Let us sing praises to the Lord  
with willing mind and fervent heart;  
the noonday hour returns again  
and summons us once more to prayer.

For to the faithful at this hour  
true saving glory was restored  
by off'ring of the blessed Lamb  
and by the power of his Cross.

The Cross obscures the noonday sun  
by its most clear and brilliant light;  
let us receive with all our heart  
the gift of such resplendent grace.

To God the Father glory be,  
all honor to his only Son,  
one with the Spirit Paraclete,  
from age to age for evermore. Amen.

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

*Plainsong, mode II, melody 42; Liber Hymnarius, Solesmes, 1983\*; Text: Dicamus  
laudes Domino, before 6th c.*

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*Sit or stand*

PSALMODY

*Antiphon 1*

He who eats this bread will live for ever, alleluia.

*Psalm 23*

*The Good Shepherd*

*The Lamb himself will be their shepherd and will lead them to the springs of living waters (Revelation 7:17).*

The Lórd is my shépherd; \*  
there is nóthing I shall wánt.  
Frésh and gréen are the pástures \*  
where he gíves me repóse.  
Near réstful wáters he léads me, \*  
to revíve my drooping spírit.

He guídes me alóng the right páth; \*  
he is trúe to his náme.  
If I should wálk in the válléy of dárkness \*  
no évil would I féar.  
You are thére with your cróok and your stáff; \*  
with thése you give me cómfort.

You have prépared a bánquet for mé \*  
in the síght of my fóes.  
My héad you have anóinted with óil; \*  
my cúp is overflówing.

Surely góodness and kíndness shall fóllow me \*  
all the dáys of my lífe.  
In the Lórd's own hóuse shall I dwéll \*  
for éver and éver.

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*

He who eats this bread will live for ever, alleluia.

*Antiphon 2*

The Lord will come in glory and show himself wonderful in his saints, alleluia.

*Psalm 76*

*Thanksgiving for victory*

*They will see the Son of Man coming on the clouds of heaven (Matthew 24:30).*

*I*

Gód is made knówn in Júdah; \*  
in Ísrael his náme is gréat.  
He sét up his tént in Jerúsalem \*  
and his dwélling pláce in Zíon.  
It was thére he bróke the flashing árrows, \*  
the shíeld, the swórd, the ármor.  
Yóu, O Lórd, are respléndent, \*  
more majéstic than the éverlasting móuntains.  
The wárriors, despóiled, slept in déath; \*  
the hánds of the sóldiers were pówerless.  
At your thréat, O Gód of Jácob, \*  
hórsé and ríder lay stúnned.

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 Lord will come in glory and show himself wonderful in his saints, alleluia.

*Antiphon 3*

Pay your vows, and bring offerings to the Lord our God, alleluia.

*II*

Yóu, you alóne, strike térror. \*

Who shall stánd when your ánger is róused?  
You úttered your séntence from the héavens; \*  
the éarth in térror was stíll  
when Gód aróse to júdge, \*  
to sáve the húmble of the éarth.

Men's ánger will sérve to práise you; †  
its survívors surróund you in jój. \*  
Make vóws to your Gód and fulfill them.  
Let all pay tríbute to hím who strikes térror, †  
who cúts short the lífe of prínces, \*  
who strikes térror in the kíngs of the éarth.

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*

Pay your vows, and bring offerings to the Lord our God, alleluia.

*Sit*

## READING

*Deuteronomy 10:12*

What does the Lord, your God, ask of you but to fear the Lord,  
your God, and follow his ways exactly, to love and serve the Lord,  
your God, with all your heart and all your soul?

*Verse*

Lord, who can dwell in your sanctuary?

— One whose life is blameless, and whose heart is true.

*Stand*

## CONCLUDING PRAYER

Let us pray.

Lord, be merciful to your people.  
Fill us with your gifts  
and make us always eager to serve you

in faith, hope, and love.

Grant this through our Lord Jesus Christ, your Son,  
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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