

Liturgy of the Hours
LITURGY OF THE HOURS

OFFICE OF READINGS

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

Hail, O day, of all days most glorious,
blessed day of Christ's noble victory,
day of gladness, worthy of endless joy,
first and foremost.

Light divine now shines over all the blind:
Christ the victor harrows the underworld,
conqu'ring death he reconciles us to God,
least to highest.

By the judgment of our eternal King
all were sentenced under the law of sin,
that from heaven grace for the poor and weak
might bring solace.

In his wisdom and everlasting pow'r,
God with mercy tempered his holy wrath,
though the foolish world ran on heedlessly,
all to ruin.

He is risen, free from the pow'r of hell,
great restorer of the whole human race,
on his shoulders bearing his wayward sheep
up to heaven.

Peace of angels graces the human race;
ranks of heaven grow and fill up again;
praise is fitting to our triumphant Lord,
praise eternal.

Let the Church our Mother now raise her voice

with the choirs of heaven in harmony.
Let the faithful cry out with joy this day:
Alleluia!

Death is conquered, vanquished and powerless;
with delight let all sing in victory:
Peace on earth, and let jubilation ring
in high heaven. Amen.

Metrical hymn, melody: Tothill, 10 10 10 4; ICEL, 2021

Plainsong, mode VII, melody 91; Liber Hymnarius, Solesmes, 1983, Text: Salve dies,
dierum gloria, Adam of St. Victor, 12th c.*

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Sit or stand

PSALMODY

Antiphon 1

Who can climb the Lord's mountain, or stand in his holy place?

Psalms 24

The Lord's entry into his temple

Christ opened heaven for us in the manhood he assumed (Saint Irenaeus).

The Lórd's is the éarth and its fúllness,*
the wórld and áll its péoples.
It is hé who sét it on the séas;*
on the wáters he máde it firm.

Who shall címb the móuntain of the Lórd? *
Who shall stánd in his hólý pláce?
The mán with clean hánds and pure héart, †
who desíres not wórtless thínghs,*
who has not swórn so as to decéive his néíghbor.
He shall recéive bléssings from the Lórd *

and rewárd from the Gód who sáves him.
Súch are the mén who séek him, *
seek the fáce of the Gód of Jácob.

O gátes, lift hígh your héads; †
grow hígher, áncient dóors. *
Let him énter, the kíng of glóry!

Whó is the kíng of glóry? †
The Lórd, the míghty, the váliant, *
the Lórd, the váliant in wár.

O gátes, lift hígh your héads; †
grow hígher, áncient dóors. *
Let him énter, the kíng of glóry!

Who is hé, the kíng of glóry? †
Hé, the Lórd of ármies, *
hé is the kíng of glóry.

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

Who can climb the Lord's mountain, or stand in his holy place?

Antiphon 2

Bless our God, you nations of the world; he has given us life, alleluia.

Psalm 66

Eucharistic hymn

The Lord is risen and all people have been brought by him to the Father (Hesychius).

I

Cry out with jój to Gód, all the éarth, *
O síng to the glóry of his náme.
O rénder him glórious práise. *
Say to Gód: "How treméndous your déeds!

Because of the gréatness of your stréngth *
your énemies críngé befóre you.
Befóre you all the éarth shall bów; *
shall síng to you, síng to your náme!”

Come and sée the wórks of Gód, *
treméndous his déeds among mén.
He túrned the séa into dry lánd, *
they pássed through the ríver dry-shód.

Let our jóy then bé in hím; *
he rúles for éver by his míght.
His éyes keep wáitch over the nátions; *
let rébels not ríse agáinst him.

O péoples, bléss our Gód, *
let the vóice of his práise resóund,
of the Gód who gave lífe to our sóuls *
and képt our féet from stúmbing.

For yóu, O Gód, have tésted us, *
you have tried us as sílver is tried:
you léd us, Gód, into the snáre; *
you láid a heavy búrden on our bácks.

You lét men ríde over our héads; †
we wént through fire and through wáter *
but thén you bróught us relíef.

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

Bless our God, you nations of the world; he has given us life, alleluia.

Antiphon 3

Listen to me, all you who revere God, let me tell you what great things he has done for me, alleluia.

II

Burnt offering I bring to your house; *
to you I will pay my vows,
the vows which my lips have uttered, *
which my mouth spoke in my distress.

I will offer burnt offerings of fatlings †
with the smoke of burning rams. *
I will offer bullocks and goats.

Come and hear, all who fear God. *
I will tell what he did for my soul:
to him I cried aloud, *
with high praise ready on my tongue.

If there had been evil in my heart, *
the Lord would not have listened.
But truly God has listened; *
he has heeded the voice of my prayer.

Blessed be God who did not reject my prayer *
nor withhold his love from 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.

Antiphon

Listen to me, all you who revere God, let me tell you what great things he has done for me, alleluia.

VERSE

God's word is alive; it strikes to the heart.

— It pierces more surely than a two-edged sword.

Sit

READINGS

First reading

From the beginning of the second letter of the apostle Paul to the

Corinthians

1:1-14

Thanksgiving in the midst of tribulations

Paul, by God's will an apostle of Jesus Christ, and Timothy his brother, to the church of God that is at Corinth and to all the holy ones of the church who live in Achaia. Grace and peace from God our Father and the Lord Jesus Christ.

Praised be God, the Father of our Lord Jesus Christ, the Father of mercies, and the God of all consolation! He comforts us in all our afflictions and thus enables us to comfort those who are in trouble, with the same consolation we have received from him. As we have shared much in the suffering of Christ, so through Christ do we share abundantly in his consolation. If we are afflicted it is for your encouragement and salvation, and when we are consoled it is for your consolation, so that you may endure patiently the same sufferings we endure. Our hope for you is firm because we know that just as you share in the sufferings, so you will share in the consolation.

Brothers, we do not wish to leave you in the dark about the trouble we had in Asia; we were crushed beyond our strength, even to the point of despairing of life. We were left to feel like men condemned to death so that we might trust, not in ourselves, but in God who raises the dead. He rescued us from that danger of death and will continue to do so. We have put our hope in him who will never cease to deliver us. But you must help us with your prayers, so that on our behalf God may be thanked for the gift granted us through the prayers of so many.

Conscience gives testimony to the boast that in our behavior toward all and especially toward you we have always acted from God-given holiness and candor; this has been prompted, not by debased human wisdom, but by God's goodness. We never write anything that you cannot read and understand. I hope that, just as you know us to a certain degree already, you will in time come to know us well, and will recognize that we shall be your boast, and you ours, on the day of our Lord Jesus.

Responsory

Psalm 94:18-19

Your love, O Lord, sustains me.

- In the midst of all my troubles, your consolation gladdens my soul.

As we share abundantly in Christ's suffering, so through Christ we share abundantly in his consolation.

- In the midst of all my troubles, your consolation gladdens my soul.

Second reading

From the beginning of a letter to the Magnesians by Saint Ignatius of Antioch, bishop and martyr

(Nn. 1, 1—5, 2: Funk 1, 191-195)

We should be Christians in deed, as well as in name

Ignatius, also called Theophorus, to the church at Magnesia on the Meander, a church blessed with the grace of God the Father in Christ Jesus, our Savior, in whom I salute you. I send you every good wish in God the Father and in Jesus Christ.

I was delighted to hear of your love of God, so well-ordered and devout, and so I decided to address you in the faith of Jesus Christ. Honored as I am with a name of the greatest splendor, though I am still in chains I sing with the praises of the churches, and pray that they be united with the flesh and the spirit of Jesus Christ, who is our eternal life; a union in faith and love, to which nothing must be preferred; and above all a union with Jesus and the Father, for if in him we endure all the power of the prince of this world, and escape unharmed, we shall make our way to God.

I have had the honor of seeing you in the person of Damas your bishop, a man of God, and in the persons of your worthy presbyters, Bassus and Apollonius, and my fellow-servant, the deacon Zotion; may I continue to take delight in him for he is obedient to the bishop as to the grace of God, and to the presbyters as to the law of Jesus Christ.

Now it hardly becomes you to presume on your bishop's youth, but rather, having regard to the power of God the Father, to show him every mark of respect. This, I understand, is what your holy presbyters do, not taking advantage of his youthful condition but deferring to him with the prudence which comes from God, or rather not to him but to the Father of Jesus Christ, to the bishop of all. So then, for the honor of him who loves us, it is proper to obey without hypocrisy; for a man does not so much deceive the bishop he can see as try to deceive the bishop he cannot see. In such a case he has to reckon not with a man, but with God who knows the secrets of the heart.

We should then really live as Christians and not merely have the name; for many invoke the bishop's name but do everything apart from him. Such men, I think, do not have a good conscience, for they do not assemble lawfully as commanded.

All things have an end, and two things, life and death, are side by side set before us, and each man will go *to his own place*. Just as there are two coinages, one of God and the other of the world, each with its own image, so unbelievers bear the image of this world, and those who have faith with love bear the image of God the Father through Jesus Christ. Unless we are ready through his power to die in the likeness of his passion, his life is not in us.

Responsory

1 Timothy 4:12, 16, 15

Be an example for all believers in speech and conduct, in love, faith and purity.

- In this way you will save both yourself and those who hear you.

Ponder these duties and attend to them, so that all may see your progress.

- In this way you will save both yourself and those who hear you.

TE DEUM

You are God: we praise you;
You are the Lord: we acclaim you;
You are the eternal Father:
All creation worships you.

To you all angels, all the powers of heaven,
Cherubim and Seraphim, sing in endless praise:
Holy, holy, holy, Lord, God of power and might,
heaven and earth are full of your glory.

The glorious company of apostles praise you.
The noble fellowship of prophets praise you.
The white-robed army of martyrs praise you.

Throughout the world the holy Church acclaims you:
Father, of majesty unbounded,
your true and only Son, worthy of all worship,
and the Holy Spirit, advocate and guide.

You, Christ, are the King of glory,
the eternal Son of the Father.

When you became man to set us free
you did not spurn the Virgin's womb.

You overcame the sting of death,
and opened the kingdom of heaven to all believers.

You are seated at God's right hand in glory.
We believe that you will come, and be our judge.

Come then, Lord, and help your people,
bought with the price of your own blood,
and bring us with your saints
to glory everlasting.

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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