

*Liturgy of the Hours*  
LITURGY OF THE HOURS

MORNING PRAYER

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July 19, 2026

{ Sixteenth Sunday in Ordinary Time }



# *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).*

Come, worship the Lord, for we are his people, the flock he shepherds, alleluia.

— Come, worship the Lord, for we are his people, the flock he shepherds, alleluia.

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.

— Come, worship the Lord, for we are his people, the flock he shepherds, alleluia.

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.

— Come, worship the Lord, for we are his people, the flock he shepherds, alleluia.

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.

— Come, worship the Lord, for we are his people, the flock he shepherds, alleluia.

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.

— Come, worship the Lord, for we are his people, the flock he  
shepherds, alleluia.

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.”

— Come, worship the Lord, for we are his people, the flock he  
shepherds, alleluia.

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.

— Come, worship the Lord, for we are his people, the flock he  
shepherds, alleluia.

## *Morning Prayer*

### HYMN

Lo, night is waning,  
darkness now surrenders,  
dawn, fresh and golden,  
glows with light and splendor;  
with ev'ry effort,  
let us all together  
beg the Almighty,  
That God may show us  
mercy and compassion,  
drive away anguish,

grant to us salvation;  
then may he give us,  
as a loving father,  
heaven's high Kingdom.

Grant this, we ask you,  
Godhead ever blessed,  
equal and holy  
Father, Son, and Spirit,  
through all creation  
age to age reechoes  
your wondrous glory. Amen.

*Metrical hymn, melody: Iste Confessor (Rouen/Poitiers), 11 11 11 5; from the Poitiers Antiphoner, 1746*

*Plainsong, mode IV, melody 74; Liber Hymnarius, Solesmes, 1983, Text: Ecce iam noctis tenuatur umbra, attributed to Alcuin, O.S.B., ca. 735-804*

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*Sit or stand*

## PSALMODY

### *Antiphon 1*

Praise the Lord, for his loving kindness will never fail, alleluia.

*Psalm 118*

*Song of joy for salvation*

*This Jesus is the stone which, rejected by you builders, has become the chief stone supporting all the rest (Acts 4:11).*

Give thánks to the Lórd for he is góod, \*  
for his lóve endures for éver.

Let the sóns of Ísrael sáy: \*  
“His lóve endures for éver.”

Let the sóns of Áaron sáy: \*

“His lóve endures for éver.”

Let thóse who fear the Lórd sáy: \*

“His lóve endures for éver.”

I cálled to the Lórd in my distréss; \*

he ánswered and fréed me.

The Lórd is at my síde; I do not féar. \*

What can mán do agáinst me?

The Lórd is at my síde as my hélper: \*

I shall look dówn on my fóes.

It is bétter to take réfuge in the Lórd \*

than to trúst in mén:

it is bétter to take réfuge in the Lórd \*

than to trúst in prínces.

The nátions áll encómpassed me; \*

in the Lórd’s name I crúshed them.

They cómpassed me, cómpassed me abóut; †

in the Lórd’s name I crúshed them. \*

They cómpassed me abóut like bées;

they blázed like a fire among thórns. \*

In the Lórd’s name I crúshed them.

I was hárd-préssed and was fálling \*

but the Lórd came to hélp me.

The Lórd is my stréngth and my sóng; \*

hé is my sáviór.

There are shóuts of jóy and víctory \*

in the ténts of the júst.

The Lórd’s right hánd has tríumphed; \*

his ríght hand ráised me.

The Lórd’s right hánd has tríumphed; †

I shall not díe, I shall líve \*

and recóunt his déeds.

I was púnished, I was púnished by the Lórd, \*

but nótt doomed to díe.

Ópen to mé the gates of hóliness: \*

I will énter and give thánks.  
Thís is the Lórd's own gáte \*  
where the júst may énter.  
I will thánk you for yóu have ánswered \*  
and yóu are my sáviór.

The stóne which the builders rejécted \*  
has becóme the córner stone.  
Thís is the wórk of the Lórd, \*  
a márvel in our éyes.  
Thís day was máde by the Lórd; \*  
we rejóice and are glád.

O Lórd, gránt us salvátion; \*  
O Lórd, grant succéss.  
Bléssed in the náme of the Lórd \*  
is hé who cómes.  
We bléss you from the hóuse of the Lórd; \*  
the Lord Gód is our líght.

Go fóward in procéssion with bránches \*  
éven to the áltar.  
Yóu are my Gód, I thánk you. \*  
My Gód, I práise you.  
Give thánks to the Lórd for he is góod; \*  
for his lóve endures for 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*

Praise the Lord, for his loving kindness will never fail, alleluia.

*Antiphon 2*

Alleluia! Bless the Lord, all you works of the Lord, alleluia!

*Canticle – Daniel 3:52-57*

*Let all creatures praise the Lord*

*The Creator . . . is blessed for ever (Romans 1:25).*

Blessed are you, O Lord, the God of our fathers, \*  
praiseworthy and exalted above all forever.

And blessed is your holy and glorious name, \*  
praiseworthy and exalted above all for all ages.

Blessed are you in the temple of your holy glory, \*  
praiseworthy and glorious above all forever.

Blessed are you on the throne of your kingdom, \*  
praiseworthy and exalted above all forever.

Blessed are you who look into the depths †  
from your throne upon the cherubim, \*  
praiseworthy and exalted above all forever.

Blessed are you in the firmament of heaven, \*  
praiseworthy and glorious forever.

Bless the Lord, all you works of the Lord, \*  
praise and exalt him above all forever.

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*

Alleluia! Bless the Lord, all you works of the Lord, alleluia!

*Antiphon 3*

Let everything that breathes give praise to the Lord, alleluia.

*Psalm 150*

*Praise the Lord*

*Let mind and heart be in your song: this is to glorify God with your whole self (Hesychius).*

Práise Gód in his hólly pláce, \*

práise him in his míghty héavens.  
Práise him for his pówerful déeds, \*  
práise his surpássing gréatness.

O práise him with sóund of trúmpet, \*  
práise him with lúte and hárp.  
Práise him with tímbrél and dánce, \*  
práise him with stríngs and pípes.

O práise him with resóunding cýmbals, \*  
práise him with cláshing of cýmbals.  
Let éverything that líves and that bréathes \*  
give práise to the Lórd.

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*

Let everything that breathes give praise to the Lord, alleluia.

*Sit*

READING

*2 Timothy 2:8, 11-13*

Remember that Jesus Christ, a descendant of David,  
was raised from the dead. You can depend on this:

If we have died with him  
we shall also live with him;

If we hold out to the end  
we shall also reign with him.

But if we deny him he will deny us. If we are unfaithful  
he will still remain faithful, for he cannot deny himself.

*Responsory*

We give thanks to you, O God, as we call upon your name.

— We give thanks to you, O God, as we call upon your name.

We cry aloud how marvelous you are,

— as we call upon your name.

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

— We give thanks to you, O God, as we call upon your name.

*Stand*

## GOSPEL CANTICLE

*Antiphon*

He saw the great crowd and had pity on them, for they were like sheep without a shepherd.

*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*

He saw the great crowd and had pity on them, for they were like sheep without a shepherd.

INTERCESSIONS

Open your hearts to praise the God of power and goodness, for he loves us and knows our needs:

— We praise you, Lord, and trust in you.

We bless you, almighty God, King of the universe, because you called us while we were yet sinners,  
to acknowledge your truth and to serve your majesty.

— We praise you, Lord, and trust in you.

O God, you opened the gates of mercy for us,  
let us never turn aside from the path of life.

— We praise you, Lord, and trust in you.

As we celebrate the resurrection of your beloved Son,  
help us to spend this day in the spirit of joy.

— We praise you, Lord, and trust in you.

Give to your faithful, O Lord, a prayerful spirit of gratitude,  
that we may thank you for all your gifts.

— We praise you, Lord, and trust in you.

*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

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.

### *Dismissal*

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

— Amen.

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