

*Liturgy of the Hours*  
LITURGY OF THE HOURS

DAYTIME PRAYER

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June 11, 2026

{ Memorial – Barnabas, Apostle }



*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 D, melody 124; Liber Hymnarius, Solesmes, 1983, Text: Dicamus  
laudes Domino, before 6th c.*

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*Sit or stand*

PSALMODY

*Antiphon 1*

More precious than gold or silver, Lord, is the way of life you teach us.

*Psalm 119:65-72*

*IX (Teth)*

Lórd, you have been góod to your sérvant \*  
accórding to your wórd.

Téach me discérnment and knówledge \*  
for I trúst in your commánds.

Befóre I was afflícted I stráyed \*  
but nów I keep your wórd.

You are góod and your déeds are góod; \*  
téach me your commándments.

Though próud men sméar me with lís \*  
yet I kéepp your précepts.

Their mínds are clósed to góod \*  
but your lów is my delíght.

It was góod for mé to be afflícted, \*  
to léarn your wíll.

The lów from your móuth means móre to me \*  
than sílver and góld.

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*

More precious than gold or silver, Lord, is the way of life you teach us.

*Antiphon 2*

I have put my hope in God; I have no fear of man.

*Psalm 56:2-7b, 9-14*

*Trust in God's word*

*This psalm shows Christ in his passion (Saint Jerome).*

Have mércy on me, Gód, men crúsh me; \*  
they fight me all day lóng and opprés me.  
My fóes crúsh me all day lóng, \*  
for mány fight prúedly agáinst me.

When I féar, I will trúst in yóu, \*  
in Gód whose wórd I práise.  
In God I trúst, I sháll not féar: \*  
whát can mortal mán do to mé?

All day lóng they distórt my wórd, \*  
áll their thóught is to hárm me.  
They bánd togéther in ámbush, \*  
track me dówn and séek my life.

You have képt an accóunt of my wánderings; †  
you have képt a récord of my téars; \*  
áre they not wríten in your bóok?  
Then my fóes will be pút to flíght †  
on the dáy that I cáll to yóu. \*

This I knów, that Gód is on my síde.  
In Gód, whose wórd I práise, \*  
in the Lórd, whose wórd I práise,  
in Gód I trúst; I shall not féar: \*  
whát can mortal mán do to mé?

I am bóund by the vóws I have máde you. \*  
O Gód, I will óffer you práise  
for you réscued my sóul from déath, \*  
you képt my féet from stúmbing  
that I may wálk in the présence of Gód \*  
and enjóy the líght of the líving.

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*

I have put my hope in God; I have no fear of man.

*Antiphon 3*

Your merciful love reaches high as the heavens, Lord.

*Psalm 57*

*Morning prayer in affliction*

*This psalm tells of our Lord's passion (Saint Augustine).*

Have mércy on me, Gód, have mércy \*  
for in yóu my sóul has taken réfuge.  
In the sháadow of your wíngs I take réfuge \*  
till the stórms of destrúction pass bý.

I cáll to Gód the Most Hígh, \*  
to Gód who has álways been my hélp.  
May he sénd from héaven and sáve me †  
and sháme thóse who assáil me. \*  
May Gód send his trúth and his lóve.

My sóul lies dówn among líons, \*  
who would devóur the sóns of mén.  
Their téeth are spéars and árrows, \*  
their tóngue a shárpened swórd.

O Gód, aríse above the héavens; \*  
may your glóry shine on éarth!

They láid a snáre for my stéps, \*  
my sóul was bowed dówn.  
They dúg a pít in my páth \*  
but féll in it themsélves.

My héart is réady, O Gód, †  
my héart is réady. \*  
I will síng, I will síng your práise.  
Awáke, my sóul, †  
awáke, lýre and hárp, \*  
I will awáke the dáwn.

I will thank you, Lórd, among the péoples, \*  
among the nátions I will práise you,  
for your lóve réaches to the héavens \*  
and your trúth to the skíes.

O Gód, aríse above the héavens; \*  
may your glóry shine on 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*

Your merciful love reaches high as the heavens, Lord.

*Sit*

READING

*1 Thessalonians 2:2b-4*

We drew courage from our God to preach his good tidings to you in the face of great opposition. The exhortation we deliver does not spring from deceit or impure motives or any sort of trickery; rather, having met the test imposed on us by God, as men entrusted with the good tidings, we speak like those who strive to please God rather than men.

*Verse*

The apostles held fast to Christ's message.

— They kept the precepts he gave them.

*Stand*

CONCLUDING PRAYER

Let us pray.

God our Father,  
you filled Saint Barnabas with faith and the Holy Spirit  
and sent him to convert the nations.  
Help us to proclaim the gospel by word and deed.

We ask 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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