

Liturgy of the Hours
LITURGY OF THE HOURS

OFFICE OF READINGS

June 14, 2026

{ Eleventh 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

This day, more sacred than the rest,
shines forth the first and eighth of days,
which you, firstfruits of those who rise,
have consecrated to yourself.

O Jesus, raise our souls to you;
first grant that we may share your life,
then make our bodies rise to you,
for ever free from second death,

That soon we may be carried up
to meet you, Christ, on heaven's clouds,
to live with you for evermore,
our Resurrection and our Life.

And as we gaze upon your face,
conform us to your glory, Lord,
that we may know you as you are,
true light and sweetness for our souls.

Filled with your joy and sev'nfold grace
and given to the Father's care,
then may we see the perfect reign
of God, the holy Three in One. Amen.

Metrical hymn, melody: Morning Hymn, 8 8 8 8; François Barthélémon, 1741–1808

Plainsong, mode IV, melody 67; Liber Hymnarius, Solesmes, 1983, Text: Dies ætasque
ceteris, unknown author, ca. 12th c.*

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Sit or stand

PSALMODY

Antiphon 1

Day by day I shall bless you, Lord, alleluia.

Psalm 145

Praise of God's majesty

Lord, you are the Just One, who was and who is (Revelation 16:5).

I

I will give you glóry, O Gód my Kíng, *
I will bléss your náme for éver.

I will bléss you dáy after dáy *
and praíse your náme for éver.
The Lord is gréat, híghly to be praísed, *
his gréatness cáannot be méasured.

Age to áge shall procláim your wórks, *
shall decláre your míghty déeds,
shall spéak of your spléndor and glóry, *
tell the tále of your wónderful wórks.

They will spéak of your térrible déeds, *
recóunt your gréatness and míght.
They will recáll your abúndant góodness; *
age to áge shall ríng out your jústice.

The Lord is kínd and fúll of compásson, *
slow to ánger, abóunding in lóve.
How góod is the Lórd to áll, *
compássionate to áll his créatures.

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

Day by day I shall bless you, Lord, alleluia.

Antiphon 2

Your kingdom, Lord, is an everlasting kingdom, alleluia.

II

All your créatures shall thánk you, O Lórd,*
and your friends shall repéat their bléssing.
They shall spéak of the glóry of your réign*
and decláre your míght, O Gód,

to make knówn to mén your mighty déeds*
and the glórious spléndor of your réign.
Yóurs is an éverlasting kíngdom;*
your rúle lasts from áge to áge.

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 kingdom, Lord, is an everlasting kingdom, alleluia.

Antiphon 3

The Lord is faithful in all his words and loving in all his deeds, alleluia.

III

The Lord is fáithful in áll his wórd*
and lóving in áll his déeds.
The Lórd suppórts all who fáll*
and ráises áll who are bowed dówn.

The éyes of all créatures look to yóu*
and you gíve them their fóod in due tíme.
You ópen wide your hánd,*

grant the desires of all who live.

The Lord is just in all his ways *
and loving in all his deeds.

He is close to all who call him, *
who call on him from their hearts.

He grants the desires of those who fear him, *
he hears their cry and he saves them.

The Lord protects all who love him; *
but the wicked he will utterly destroy.

Let me speak the praise of the Lord, †
let all mankind bless his holy name *
for ever, for ages unending.

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 is faithful in all his words and loving in all his deeds, al-
leluia.

VERSE

Listen to my words.

— Give ear to my precepts.

Sit

READINGS

First reading

From the book of Judges

2:6—3:4

Israel in the time of the judges

When Joshua dismissed the people, each Israelite went to take possession of his own hereditary land. The people served the Lord during the entire lifetime of Joshua, and of those elders who out-

lived Joshua and who had seen all the great work which the Lord had done for Israel.

Joshua, son of Nun, the servant of the Lord, was a hundred and ten years old when he died; and they buried him within the borders of his heritage at Timnath-heres in the mountain region of Ephraim north of Mount Gaash.

But once the rest of that generation were gathered to their fathers, and a later generation arose that did not know the Lord, or what he had done for Israel, the Israelites offended the Lord by serving the Baals. Abandoning the Lord, the God of their fathers, who had led them out of the land of Egypt, they followed the other gods of the various nations around them, and by their worship of these gods provoked the Lord.

Because they had thus abandoned him and served Baal and the Ashtaroth, the anger of the Lord flared up against Israel, and he delivered them over to plunderers who despoiled them. He allowed them to fall into the power of their enemies round about whom they were no longer able to withstand. Whatever they undertook, the Lord turned into disaster for them, as in his warning he had sworn he would do, till they were in great distress.

Even when the Lord raised up judges to deliver them from the power of their despoilers, they did not listen to their judges, but abandoned themselves to the worship of other gods. They were quick to stray from the way their fathers had taken, and did not follow their example of obedience to the commandments of the Lord. Whenever the Lord raised up judges for them, he would be with the judge and save them from the power of their enemies as long as the judge lived; it was thus the Lord took pity on their distressful cries of affliction under their oppressors. But when the judge died, they would relapse and do worse than their fathers, following other gods in service and worship, relinquishing none of their evil practices or stubborn conduct.

In his anger toward Israel the Lord said, "Inasmuch as this nation has violated my covenant which I enjoined on their fathers, and has disobeyed me, I for my part will not clear away for them

any more of the nations which Joshua left when he died.” Through these nations the Israelites were to be made to prove whether or not they would keep to the way of the Lord and continue in it as their fathers had done; therefore the Lord allowed them to remain instead of expelling them immediately, or delivering them into the power of Israel.

The following are the nations which the Lord allowed to remain, so that through them he might try all those Israelites who had no experience of the battles with Canaan [just to instruct, by training them in battle, those generations only of the Israelites who would not have had that previous experience]: the five lords of the Philistines; and all the Canaanites, the Sidonians, and the Hivites who dwell in the mountain region of Lebanon between Baal-hermon and the entrance to Hamath. These served to put Israel to the test, to determine whether they would obey the commandments the Lord had enjoined on their fathers through Moses.

Responsory

Psalm 106:40, 41, 44; Judges 2:16

The Lord grew angry with his people and he delivered them into the hands of the nations.

- Yet when he heard them cry, he looked with pity on their distress.

The Lord raised up judges who rescued them from their plunderers.

- Yet when he heard them cry, he looked with pity on their distress.

Second reading

From a treatise on the Lord’s Prayer by Saint Cyprian, bishop and martyr

(Nn. 4-6: CSEL 3, 268-270)

Let your prayer come from a humble heart

When we pray, our words should be calm, modest and disciplined. Let us reflect that we are standing before God. We should please him both by our bodily posture and the manner of our speech. It

is characteristic of the vulgar to shout and make a noise, not those who are modest. On the contrary, they should employ a quiet tone in their prayer.

Moreover, in the course of this teaching, the Lord instructed us to pray in secret. Hidden and secluded places, even our own rooms, give witness to our belief that God is present everywhere; that he sees and hears all; that in the fullness of his majesty, he penetrates hidden and secret places. This is the teaching of Jeremiah: *Am I God when I am near, and not God when I am far away? Can anyone hide in a dark corner without my seeing him? Do I not fill heaven and earth?* Another passage of Scripture says: *The eyes of the Lord are everywhere, observing both good and wicked men.*

The same modesty and discipline should characterize our liturgical prayer as well. When we gather to celebrate the divine mysteries with God's priest, we should not express our prayer in unruly words; the petition that should be made to God with moderation is not to be shouted out noisily and verbosely. For God hears our heart not our voice. He sees our thoughts; he is not to be shouted at. The Lord showed us this when he asked: *Why do you think evil in your hearts?* The book of Revelation testifies to this also: *And all the churches shall know that I am the one who searches the heart and the desires.*

Anna maintained this rule; in her observance of it she is an image of the Church. In the First Book of Kings we are told that she prayed quietly and modestly to God in the recesses of her heart. Her prayer was secret but her faith was evident. She did not pray with her voice, but with her heart, for she knew that in this way the Lord would hear her. She prayed with faith and obtained what she sought. Scripture makes this clear in the words: *She was speaking in her heart; her lips were moving but her voice could not be heard; and the Lord heard her prayer.* The psalmist also reminds us: *Commune within your own hearts, and in the privacy of your room express your remorse.* This is the teaching of the Holy Spirit. Through Jeremiah he suggests this: *Say in your hearts: Lord, it is you that we have to worship.*

My friends, anyone who worships should remember the way in

which the tax-collector prayed in the temple alongside the Pharisee. He did not raise his eyes immodestly to heaven or lift up his hands arrogantly. Instead he struck his breast and confessing the sins hidden within his heart he implored the assistance of God's mercy. While the Pharisee was pleased with himself, the tax-collector deserved to be cleansed much more because of the manner in which he prayed. For he did not place his hope of salvation in the certainty of his own innocence; indeed, no one is innocent. Rather he prayed humbly, confessing his sins. And the Lord who forgives the lowly heard his prayer.

Responsory

Let us consider how we should live in the presence of God and his angels.

- And so let us stand singing psalms in such a way that mind and voice are in harmony.

Let us recall that God does not delight in how much we pray, but in our purity of heart and sorrow for sin.

- And so let us stand singing psalms in such a way that mind and voice are in harmony.

Stand

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.

Almighty God,
our hope and our strength,
without you we falter.
Help us to follow Christ
and to live according to your will.

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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