

Liturgy of the Hours
LITURGY OF THE HOURS

DAYTIME PRAYER

August 6, 2026

{ Feast – Transfiguration }



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: Duguet, 8 8 8 8; Abbé Dieudonné Duguet, 1794-1849

Plainsong, mode VIII, melody 107; Liber Hymnarius, Solesmes, 1983, Text: Dicamus
laudes Domino, before 6th c.*

*The English translation of Hymns and chants from The Liturgy of the Hours © 2023
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Sit or stand

PSALMODY

Antiphon

By his Gospel our Lord and Savior has lighted up for us the way to life and immortality.

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 lées *
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.

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 prúodly 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 wórds, *
áll their thóught is to hárm me.
They bánd togéther in ámbush, *
track me dówn and séek my lífe.

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 stúmbling
that I may wálk in the présence of Gód *
and enjý the líght of the líving.

Glory to the Father, and to the Son, *
and to the Holy Spirit:
as it was in the begining, is now, *
and will be for ever. Amen.

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 thánk 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 Spírit:
as it was in the beginning, is now, *
and will be for ever. Amen.

Antiphon

By his Gospel our Lord and Savior has lighted up for us the way to life and immortality.

Sit

READING

Exodus 33:9, 11a

As Moses entered the tent, the column of cloud would come down and stand at its entrance while the Lord spoke with Moses. The Lord used to speak to Moses face to face, as one man speaks to another.

Verse

Look to the Lord and be enlightened.

— And never let your faces be ashamed.

Stand

CONCLUDING PRAYER

Let us pray.

God our Father,
in the transfigured glory of Christ your Son,
you strengthen our faith
by confirming the witness of your prophets,
and show us the splendor of your beloved sons and daughters.
As we listen to the voice of your Son,
help us to become heirs to eternal life with him
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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