

Liturgy of the Hours
LITURGY OF THE HOURS

DAYTIME PRAYER

July 3, 2026

{ Feast – Thomas, 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

O mighty Ruler, God of truth,
for days and seasons setting bounds,
you clothe with splendor morning light
and midday skies with brilliant heat.

Extinguish flames of bitter strife,
all harmful passion take away,
grant health unto our mortal frame,
and on our hearts bestow true peace.

Most loving Father, hear our prayer,
and you, O Christ coequal Son,
who with the Spirit Paraclete
now reign for all eternity. 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: Rector Potens, verax Deus, unknown author, very ancient; traditionally attributed to St. Ambrose, 340–397

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Sit or stand

PSALMODY

Antiphon 1

Lightly I run in the way you have shown, for you have opened my heart to receive your law.

Psalm 119:25-32

IV (Daleth)

My sóul lies in the dúst; *
by your wórd revíve me.
I decláred my wáys and you ánspered: *
téach me your státutes.

Make me grásp the wáy of your précepts *
and I will múse on your wónders.
My sóul pines awáy with gríef; *
by your wórd raise me úp.

Kéep me from the wáy of érror *
and téach me your lów.
I have chósen the wáy of trúth *
with your decrées befóre me.

I bínd myself to dó your wíll; *
Lord, dó not disappóint me.
I will rún the wáy of your commánds; *
you give fréedom to my héart.

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

Lightly I run in the way you have shown, for you have opened my heart to receive your law.

Antiphon 2

I trust in the Lord and will not be shaken.

Psalm 26

Trusting prayer of an innocent man

God chose us in Christ to be holy and sinless (Ephesians 1:4).

Give júdgment for mé, O Lórd: †
for I wálk the páth of perféction. *

I trúst in the Lórd; I have not wávered.

Exámine me, Lórd, and trí me; *
O tést my héart and my mínd,
for your lóve is befóre my éyes *
and I wálk accórding to your trúth.

I néver take my pláce with líars *
and with hýpocrites I sháll not gó.
I háte the évil-doer's cómpany: *
I will not take my pláce with the wícked.

To prove my ínnocence I wásh my hánds *
and take my pláce aróund your áltar,
sínning a sóng of thanksgíving, *
procláiming áll your wónders.

O Lórd, I love the hóuse where you dwéll, *
the pláce where your glóry abídes.

Do not swéep me awáy with sínners, *
nor my lífe with blóodthirsty mén
in whose hánds are évil plóts, *
whose ríght hands are filled with góld.

As for mé, I walk the páth of perféction. *
Redéem me and shów me your mércy.
My fóot stands on lével gróund: *
I will bléss the Lórd in the assémbly.

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 trust in the Lord and will not be shaken.

Antiphon 3

I put all my trust in the Lord, and he has not failed me.

Psalm 28:1-3, 6-9

Entreaty and thanksgiving

Father, I thank you, for you have heard my prayer (John 11:41).

To yóu, O Lórd, I cáll, *
my róck, héar me.
If yóu do not héed I shall becóme *
like thóse in the gráve.

Héar the vóice of my pléading *
as I cáll for hélp,
as I líft up my hánds in práyer *
to your hóly pláce.

Do not drág me awáy with the wícked, *
with the évil-dóers,
who spéak words of péace to their néighbors *
but with évil in their héarts.

Bléssed be the Lórd for he has héard *
my crý, my appéal.
The Lórd is my stréngth and my shíeld; *
in hím my heart trústs.
I was hélped, my héart rejóices *
and I práise him with my sóng.

The Lórd is the stréngth of his péople, *
a fórtress where his anóinted find hélp.
Save your péople; bless Ísrael your héritage. *
Be their shépherd and cárry them 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

I put all my trust in the Lord, and he has not failed me.

Sit

READING

Acts 5:12a, 14

Through the hands of the apostles, many signs and wonders occurred among the people. Nevertheless more and more believers, men and women in great numbers, were continually added to the Lord.

Verse

The apostles held fast to Christ's message.

— They kept the precepts he gave them.

Stand

CONCLUDING PRAYER

Let us pray.

Almighty Father,
as we honor Thomas the apostle,
let us always experience the help of his prayers.
May we have eternal life by believing in Jesus,
whom Thomas acknowledged as Lord,
for he 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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