

Liturgy of the Hours
LITURGY OF THE HOURS

MORNING PRAYER

November 22, 2025

{ Memorial – Cecilia, Virgin and Martyr }



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).

The holy virgins praise their Lord and King; come, let us join in their worship.

— The holy virgins praise their Lord and King; come, let us join in their worship.

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.

— The holy virgins praise their Lord and King; come, let us join in their worship.

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.

— The holy virgins praise their Lord and King; come, let us join in their worship.

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.

— The holy virgins praise their Lord and King; come, let us join in their worship.

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.

— The holy virgins praise their Lord and King; come, let us join
in their worship.

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.”

— The holy virgins praise their Lord and King; come, let us join
in their worship.

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.

— The holy virgins praise their Lord and King; come, let us join
in their worship.

Morning Prayer

HYMN

O Christ, the Martyr's strength and crown
and standard bearer of the pure,
rewarding each for triumphs gained,
in mercy hear our humble prayer.

For we acclaim with solemn praise
this Virgin of a noble heart,
once by a double portion blest,
now glorious with a twofold palm.

Determined to confess her faith,

she firmly braced herself to meet
the arm of torture, swift and cruel,
and poured forth life and soul for you.

Thus wounds from fierce and vicious hands,
by teaching us to overcome
the lure and flatt'ry of the world,
instruct in sound and holy faith.

Through her good will and gracious prayer
forgive and cancel all our debts,
remove the luring snares of sin,
and grant the comfort of your grace.

To you, Lord Jesus, glory be,
who are the Virgin Mary's Son,
with God the Father, ever blest,
and loving Spirit, ever one. Amen.

Metrical hymn, melody: DEUS TUORUM MILITUM, 8 8 8 8; from the Grenoble Antiphoner, 1753

Plainsong, mode VI, melody 89; Liber Hymnarius, Solesmes, 1983, Text: O castitatis signifer, unknown author*

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Sit or stand

PSALMODY

Antiphon 1

Dawn finds me ready to welcome you, my God.

Psalm 119:145-152

XIX (Koph)

I cáll with all my héart; Lord, héar me, *
I will kéep your commánds;

I cáll upón you, sáve me *
and Í will do your will.

I ríse before dáwn and cry for hélp, *
I hópe in your wórd.
My éyes wáitch through the níght *
to pónder your prómise.

In your lóve hear my vóice, O Lórd; *
give me lífe by your decreés.
Those who hárm me unjústly draw néar: *
they are fár from your láw.

But yóu, O Lórd, are clóse: *
your commánds are trúth.
Lóng have I knówn that your will *
is estáblished 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

Dawn finds me ready to welcome you, my God.

Antiphon 2

The Lord is my strength, and I shall sing his praise, for he has become my Savior.

Canticle – Exodus 15:1-4a, 8-13, 17-18

Hymn of victory after the crossing of the Red Sea

Those who had conquered the beast were singing the song of Moses, God's servant (see Revelation 15:2-3).

I will sing to the Lord, for he is gloriously triumphant; *
horse and chariot he has cast into the sea.

My strength and my courage is the Lord, *
and he has been my savior.
He is my God, I praise him; *
the God of my father, I extol him.

The Lord is a warrior, *
Lord is his name!
Pharaoh's chariots and army he hurled into the sea. *
At a breath of your anger the waters piled up,
the flowing waters stood like a mound, *
the flood waters congealed in the midst of the sea.

The enemy boasted, "I will pursue and overtake them; †
I will divide the spoils and have my fill of them; *
I will draw my sword; my hand shall despoil them!"
When your wind blew, the sea covered them; *
like lead they sank in the mighty waters.

Who is like to you among the gods, O Lord? *
Who is like to you, magnificent in holiness?
O terrible in renown, worker of wonders, *
when you stretched out your right hand, the earth swallowed them!

In your mercy you led the people you redeemed; *
in your strength you guided them to your holy dwelling.

And you brought them in and planted them on the mountain of
your inheritance— *
the place where you made your seat, O Lord,
the sanctuary, O Lord, which your hands established. *
The Lord shall reign forever and ever.

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 my strength, and I shall sing his praise, for he has
become my Savior.

Antiphon 3

O praise the Lord, all you nations.

Psalm 117

Praise for God's loving compassion

I affirm that . . . the Gentile peoples are to praise God because of his mercy (Romans 15:8-9).

O práise the Lórd, all you nátions,*
accláim him, all you péoples!

Stróng is his lóve for ús;*
he is fáithful 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

O praise the Lord, all you nations.

Sit

READING

Song of Songs 8:7

Deep waters cannot quench love,
nor floods sweep it away.
Were one to offer all he owns to purchase love,
he would be roundly mocked.

RESPONSORY

My heart is ever pleading, show me your face.

— My heart is ever pleading, show me your face.

I long to gaze upon you, Lord.

— Show me your face.

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

— My heart is ever pleading, show me your face.

Stand

GOSPEL CANTICLE

Antiphon

At daybreak, Cecilia cried out: Come, soldiers of Christ, cast off the works of darkness, and clothe yourselves in the armor of light.

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

At daybreak, Cecilia cried out: Come, soldiers of Christ, cast off the works of darkness, and clothe yourselves in the armor of light.

INTERCESSIONS

Christ is the spouse and crowning glory of virgins. Let us praise him with joy in our voices and pray to him with sincerity in our hearts:

— Jesus, crown of virgins, hear us.

Christ, the holy virgins loved you as their one true spouse, grant that nothing may separate us from your love.

— Jesus, crown of virgins, hear us.

You crowned Mary, your mother, queen of virgins, through her intercession, let us continually serve you with pure hearts.

— Jesus, crown of virgins, hear us.

Your handmaids were always careful to love you with whole and undivided attention, that they might be holy in body and spirit, through their intercession grant that the lure of this passing world may not distract our attention from you.

— Jesus, crown of virgins, hear us.

Lord Jesus, you are the spouse whose coming was anticipated by the wise virgins, grant that we may wait for you in hope and expectation.

— Jesus, crown of virgins, hear us.

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 of mercy,
be close to those who call upon you.
With Saint Cecilia to help us
hear and answer our prayers.

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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