

Liturgy of the Hours
LITURGY OF THE HOURS

DAYTIME PRAYER

September 14, 2026
{ Feast – Triumph of the Cross }



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

Save us, O Savior of the world. On the cross you redeemed us by the shedding of your blood; we cry out for your help, O God.

Psalm 119:129-136

XVII (Pe)

A meditation on God's law

The whole law is summed up in love (Romans 13:10).

Your will is wonderful indeed; *
therefore I obey it.
The unfolding of your word gives light *
and teaches the simple.

I open my mouth and I sigh *
as I yearn for your commands.
Turn and show me your mercy; *
show justice to your friends.

Let my steps be guided by your promise; *
let no evil rule me.
Redeem me from man's oppression *
and I will keep your precepts.

Let your face shine on your servant *
and teach me your decrees.
Tears stream from my eyes *
because your law is disobeyed.

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 82

Denunciation of evil judges

Do not attempt to judge another now; the Lord's coming will reveal all (1 Corinthians

4:5).

God stánds in the divíne assémbly.*
In the mídst of the góds he gives júdgment.

“How lóng will you júdge unjústly*
and fávor the cáuse of the wícked?
Do jústice for the wéak and the órphan,*
defénd the afflicted and the néedy.
Réscue the wéak and the póor;*
set them frée from the hánd of the wícked.

Unpercéiving, they grópe in the dárkness*
and the órder of the wórld is sháken.
I have sáid to you: ‘Yóu are góds,*
and áll of you, sóns of the Most High.’
And yét, you shall díe like mén,*
you shall fáll like ány of the prínces.”

Aríse, O Gód, judge the éarth,*
for yóu rule áll the nátions.

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 120

Longing for peace

Be patient in suffering; persevere in prayer (Romans 12:12).

To the Lórd in the hóur of my distréss*
I cáll and he ánsvers me.
“O Lórd, save my sóul from lying líps,*
from the tóngue of the decéitful.”

Whát shall he páy you in retúrn,*
O tréacherous tóngue?
The wárríor’s árrows shárpened*
and cóals, red-hot, blázing.

Alas, that I abíde a stránger in Méshech,*

dwell among the tents of Kédar!

Long enough have I been dwelling*
with those who hate peace.

I am for peace, but when I speak,*
they are for fighting.

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

Save us, O Savior of the world. On the cross you redeemed us by
the shedding of your blood; we cry out for your help, O God.

Sit

READING

Ephesians 1:7-8

It is in Christ and through his blood that we have been redeemed
and our sins forgiven, so immeasurably generous is God's favor to
us.

Verse

Let the whole world worship you and sing your praises.

— Let everyone sing psalms to your name, O Lord.

Stand

CONCLUDING PRAYER

Let us pray.

God our Father,
in obedience to you
your only Son accepted death on the cross
for the salvation of mankind.

We acknowledge the mystery of the cross on earth.
May we receive the gift of redemption in heaven.

We ask this through our Lord Jesus Christ,

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.

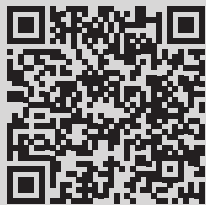
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