

Liturgy of the Hours
LITURGY OF THE HOURS

OFFICE OF READINGS

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

Hail, Cross all holy,
hail, O Glory of the world,
true hope for mortals,
true and lasting joy on earth,
sign of salvation,
and in danger sure defense,
your living branches
bear undying life for all.

We owe you worship,
wondrous Cross that gives us life,
for you redeemed us,
sweetest triumph of the world;
so we acclaim you,
ever singing hymns of praise:
through wood once captive,
we, by you, O Wood, are freed.

To God the Father
and coequal Spirit blest
be praise and glory
in the Cross of Christ the Son,
joy for the angels
and the saints in heav'n above;
Cross raised in triumph,
honor for the earth below. Amen.

*Metrical hymn, melody: ANNUE CHRISTE, 12 12 12 12; from François de La
Feillée's Methode de plain-chant, 1782*

Plainsong, mode I, melody 23; Liber Hymnarius, Solesmes, 1983, Text: Salve, crux sancta, salve mundi gloria, Heribert von Rothenburg, d. 1042*

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Sit or stand

PSALMODY

Antiphon 1

See the cross of the Lord; let all his enemies flee in terror; the lion of Judah, David's seed, is victorious, alleluia.

Psalm 2

The Messiah, king and conqueror

The rulers of the earth joined forces to overthrow Jesus, your anointed Son (Acts 4:27).

Why this tumult among nátions, *
among péoples this úseless múrmuring?
They aríse, the kíngs of the éarth, *
princes plót against the Lórd and his Anóinted.
“Cóme let us bréak their fétters, *
cóme, let us cást off their yóke.”

He who síts in the héavens láughs; *
the Lórd is láughing them to scórn.
Thén he will spéak in his ánger, *
his ráge will stríke them with térror.
“It is Í who have sét up my kíng *
on Zíon, my hólý móuntain.”

I will annóunce the decrée of the Lórd: †
The Lórd said to me: “Yóu are my Són. *
It is Í who have begóttén you this dáy.
Ásk and I shall bequéath you the nátions, *
put the énds of the éarth in your posséssion.
With a ród of íron you will bréak them, *

shátter them like a pótter's jár."

Nów, O kíns, understand, *
take wárning, rúlers of the éarth;
sérve the Lórd with áwe *
and trémbing, páy him your hómage
lést he be ángry and you pérish; *
for súddenly his ánger will bláze.

Blessed are théy *
who put their trúst in Gód.

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

See the cross of the Lord; let all his enemies flee in terror; the lion of Judah, David's seed, is victorious, alleluia.

Antiphon 2

The holy name of the Lord has been raised up on the cross above heaven and earth, alleluia.

Psalm 8

The majesty of the Lord and man's dignity

The Father gave Christ lordship of creation and made him head of the Church (Ephesians 1:22).

How gréat is your náme, O Lórd our Gód, *
through áll the éarth!

Your májesty is práised above the héavens; *
on the líps of children and of bábes
you have found práise to fóil your énemy, *
to sílence the fóc and the rébel.

When I see the héavens, the wórks of your hánds, *
the móon and the stárs which you arráinged,
what is mán that you should kéept him in mínd, *
mortal mán that you cáre for hím?

Yet you have máde him little léss than a gód; *
with glóry and hónor you crówned him,
gave him pówer over the wórks of your hánd, *
put áll things únder his féet.

Áll of them, shéep and cáttle, *
yes, éven the sávage béasts,
bírd's of the aír, and fish *
that máke their wáy through the wát'ers.

How gréat is your náme, O Lórd our Gód, *
through áll the éarth!

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 holy name of the Lord has been raised up on the cross above
heaven and earth, alleluia.

Antiphon 3

O blessed cross, you alone were found worthy to bear the Lord and
King of heaven, alleluia.

Psalms 96

The Lord, king and judge of the world

A new theme now inspires their praise of God; they belong to the Lamb (see Revelation 14:3).

O síng a new sówg to the Lórd, †
síng to the Lórd, all the éarth. *
O síng to the Lórd, bless his náme.

Procláim his hélp day by dáy, †
téll among the nátions his glóry *
and his wónders amóng all the péop'les.

The Lord is gréat and wórt'hy of práise, †
to be féared abóve all góds; *
the góds of the héathens are náught.

It was the Lórd who máde the héavens, †
his are májesty and státe and pówer *
and spléndor in his hólý pláce.

Give the Lórd, you fámilies of péoples, †
give the Lórd glóry and pówer, *
give the Lórd the glóry of his náme.

Bring an óffering and énter his cóurts, †
wórship the Lórd in his témples. *
O éarth, trémble befóre him.

Procláim to the nátions: “God is kíng.” †
The wórld he made firm in its pláce; *
he will júdge the péoples in fáirness.

Let the héavens rejóice and earth be glád, *
let the séa and all withín it thunder práise,
let the lánd and all it béars rejóice, *
all the trées of the wóod shout for jóy

at the présence of the Lórd for he cómes, *
he cómes to rúle the éarth.

With jústice he will rúle the wórld, *
he will júdge the péoples with his trúth.

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 blessed cross, you alone were found worthy to bear the Lord and
King of heaven, alleluia.

VERSE

As Moses lifted up the serpent in the desert.

— So must the Son of Man be raised up.

READINGS

First reading

From the letter of the apostle Paul to the Galatians

2:19—3:7, 13-14; 6:14-16

The glory of the cross

It was through the law that I died to the law, to live for God. I have been crucified with Christ, and the life I live now is not my own; Christ is living in me. I still live my human life, but it is a life of faith in the Son of God, who loved me and gave himself for me. I will not treat God's gracious gift as pointless. If justice is available through the law, then Christ died to no purpose!

You senseless Galatians! Who has cast a spell over you—you before whose eyes Jesus Christ was displayed to view upon his cross? I want to learn only one thing from you; how did you receive the Spirit? Was it through observance of the law or through faith in what you heard? How could you be so stupid? After beginning in the spirit, are you now to end in the flesh? Have you had such remarkable experiences all to no purpose—if indeed they were to no purpose? Is it because you observe the law or because you have faith in what you heard that God lavishes the Spirit on you and works wonders in your midst? Consider the case of Abraham: he “believed God, and it was credited to him as justice.” This means that those who believe are sons of Abraham.

Christ has delivered us from the power of the law's curse by himself becoming a curse for us, as it is written: “Accursed is anyone who is hanged on a tree.” This has happened so that through Christ Jesus the blessing bestowed on Abraham might descend on the Gentiles in Christ Jesus, thereby making it possible for us to receive the promised Spirit through faith.

May I never boast of anything but the cross of our Lord Jesus Christ! Through it, the world has been crucified to me and I to the world. It means nothing whether one is circumcised or not. All that matters is that one is created anew. Peace and mercy on all who fol-

low this rule of life, and on the Israel of God.

Responsory

See Galatians 6:14; Hebrews 2:9

We must glory in the cross of our Lord Jesus Christ; in him is our salvation, life and resurrection.

— Through him we are saved and set free.

Because he suffered death, he is crowned with glory and honor.

— Through him we are saved and set free.

Second reading

From a discourse by Saint Andrew of Crete, bishop

(Oratio 10 in Exaltatione sanctae crucis: PG 97, 1018-1019. 1022-23)

The cross is Christ's glory and triumph

We are celebrating the feast of the cross which drove away darkness and brought in the light. As we keep this feast, we are lifted up with the crucified Christ, leaving behind us earth and sin so that we may gain the things above. So great and outstanding a possession is the cross that he who wins it has won a treasure. Rightly could I call this treasure the fairest of all fair things and the costliest, in fact as well as in name, for on it and through it and for its sake the riches of salvation that had been lost were restored to us.

Had there been no cross, Christ could not have been crucified. Had there been no cross, life itself could not have been nailed to the tree. And if life had not been nailed to it, there would be no streams of immortality pouring from Christ's side, blood and water for the world's cleansing. The legal bond of our sin would not be cancelled, we should not have attained our freedom, we should not have enjoyed the fruit of the tree of life and the gates of paradise would not stand open. Had there been no cross, death would not have been trodden underfoot, nor hell despoiled.

Therefore, the cross is something wonderfully great and honorable. It is great because through the cross the many noble acts of Christ found their consummation—very many indeed, for both his miracles and his sufferings were fully rewarded with victory. The

cross is honorable because it is both the sign of God's suffering and the trophy of his victory. It stands for his suffering because on it he freely suffered unto death. But it is also his trophy because it was the means by which the devil was wounded and death conquered; the barred gates of hell were smashed, and the cross became the one common salvation of the whole world.

The cross is called Christ's glory; it is saluted as his triumph. We recognize it as the cup he longed to drink and the climax of the sufferings he endured for our sake. As to the cross being Christ's glory, listen to his words: *Now is the Son of Man glorified, and in him God is glorified, and God will glorify him at once.* And again: *Father, glorify me with the glory I had with you before the world came to be.* And once more: *Father, glorify your name. Then a voice came from heaven: I have glorified it and will glorify it again.* Here he speaks of the glory that would accrue to him through the cross. And if you would understand that the cross is Christ's triumph, hear what he himself also said: *When I am lifted up, then I will draw all men to myself.* Now you can see that the cross is Christ's glory and triumph.

Responsory

O glorious cross, your arms upheld the priceless ransom of captive mankind.

— Through you the world has been saved by the blood of the Lord.

Hail, O cross, consecrated by the body of Christ; his members have made your wood more noble than precious pearls.

— Through you the world has been saved by the blood of the Lord.

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.

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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