

Liturgy of the Hours
LITURGY OF THE HOURS

MORNING PRAYER

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



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).

Come, let us worship Christ the King who was lifted up on the cross for our sake.

— Come, let us worship Christ the King who was lifted up on the cross for our sake.

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.

— Come, let us worship Christ the King who was lifted up on the cross for our sake.

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.

— Come, let us worship Christ the King who was lifted up on the cross for our sake.

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.

— Come, let us worship Christ the King who was lifted up on the cross for our sake.

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.

- Come, let us worship Christ the King who was lifted up on the cross for our sake.

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.”

- Come, let us worship Christ the King who was lifted up on the cross for our sake.

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.

- Come, let us worship Christ the King who was lifted up on the cross for our sake.

Morning Prayer

HYMN

The wondrous standard of the Cross
sheds light and splendor through the world,
for Christ once hung up on its boughs,
the Innocent redeemed us all.

This holy tree is higher still
than cedars grown in Lebanon;
it never bore a harmful fruit,
but gave instead the prize of life.

O Christ, most loving King, we pray:

Do not refuse to be our shield
but sign us with this holy Cross
at ev'ry moment, ev'ry hour,

That all our voices may resound
with hymns to you throughout our lives
and so with faithful, loving hearts
return to you the praise we owe.

To you, Lord Jesus, glory be,
to Father and to Paraclete,
and may you grant us all to share
the lasting triumph of the Cross. Amen.

Metrical hymn, melody: GONFALON ROYAL, 8 8 8 8; Sir Percy Carter Buck, 1871-1947

Plainsong, mode IV, melody 64; Liber Hymnarius, Solesmes, 1983, Text: Signum crucis mirabile, ca. 10th c.

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Sit or stand

PSALMODY

Antiphon 1

To destroy the power of hell Christ died upon the cross; clothed in strength and glory, he triumphed over death.

Psalm 63:2-9

A soul thirsting for God

Whoever has left the darkness of sin yearns for God.

O Gód, you are my Gód, for you I lóng; *
for yóu my sóul is thírsting.
My bódy pínes for yóu *
like a drý, weary lánd without wáter.

So I gáze on yóu in the sánctuary *
to sée your stréngth and your glóry.

For your lóve is bétter than life, *
my líps will spéak your práise.
So I will bléss you áll my lífe, *
in your náme I will líft up my hánds.
My sóul shall be filled as with a bánquet, *
my móuth shall práise you with jóy.

On my béd I remémber yóu. *
On yóu I múse through the níght
for yóu have béen my hélp; *
in the sháadow of your wíngs I rejóice.
My sóul clíngs to yóu; *
your ríght hand hólds me fást.

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

To destroy the power of hell Christ died upon the cross; clothed in strength and glory, he triumphed over death.

Antiphon 2

The Lord hung upon the cross to wash away our sins in his own blood. How splendid is that blessed cross.

Canticle – Daniel 3:57-88, 56

Let all creatures praise the Lord

All you servants of the Lord, sing praise to him (Revelation 19:5).

Bless the Lord, all you works of the Lord. *
Praise and exalt him above all forever.
Angels of the Lord, bless the Lord. *
You heavens, bless the Lord.
All you waters above the heavens, bless the Lord. *
All you hosts of the Lord, bless the Lord.
Sun and moon, bless the Lord. *

Stars of heaven, bless the Lord.

Every shower and dew, bless the Lord. *

All you winds, bless the Lord.

Fire and heat, bless the Lord. *

Cold and chill, bless the Lord.

Dew and rain, bless the Lord. *

Frost and chill, bless the Lord.

Ice and snow, bless the Lord. *

Nights and days, bless the Lord.

Light and darkness, bless the Lord. *

Lightnings and clouds, bless the Lord.

Let the earth bless the Lord. *

Praise and exalt him above all forever.

Mountains and hills, bless the Lord. *

Everything growing from the earth, bless the Lord.

You springs, bless the Lord. *

Seas and rivers, bless the Lord.

You dolphins and all water creatures, bless the Lord. *

All you birds of the air, bless the Lord.

All you beasts, wild and tame, bless the Lord. *

You sons of men, bless the Lord.

O Israel, bless the Lord. *

Praise and exalt him above all forever.

Priests of the Lord, bless the Lord. *

Servants of the Lord, bless the Lord.

Spirits and souls of the just, bless the Lord. *

Holy men of humble heart, bless the Lord.

Hananiah, Azariah, Mishael, bless the Lord. *

Praise and exalt him above all forever.

Let us bless the Father, and the Son, and the Holy Spirit. *

Let us praise and exalt him above all forever.

Blessed are you, Lord, in the firmament of heaven. *

Praiseworthy and glorious and exalted above all forever.

Antiphon

The Lord hung upon the cross to wash away our sins in his own

blood. How splendid is that blessed cross.

Antiphon 3

How radiant is that precious cross which brought us our salvation.
In the cross we are victorious, through the cross we shall reign, by
the cross all evil is destroyed, alleluia.

Psalm 149

The joy of God's holy people.

*Let the sons of the Church, the children of the new people, rejoice in Christ, their King
(Hesychius).*

Síng a new sǫng to the Lórd, *
his práise in the assémbly of the fáithful.

Let Ísrael rejóice in its máker, *
let Zíon's sons exúlt in their kíng.
Let them práise his náme with dáncing *
and make músic with tímbrél and hárp.

For the Lórd takes delíght in his péople. *

He crówns the póor with salvátion.

Let the fáithful rejóice in their glóry, *
shout for jóy and táke their rést.

Let the práise of Gód be on their líps *
and a twó-edged swórd in their hánd,

to déál out véngeance to the nátions *
and púnishment on áll the péoples;

to bínd their kíngs in cháins *

and their nóbles in fétters of íron;
to cárry out the séntence pre-ordáined; *

this hónor is for áll his fáithful.

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

How radiant is that precious cross which brought us our salvation.
In the cross we are victorious, through the cross we shall reign, by

the cross all evil is destroyed, alleluia.

Sit

READING

Hebrews 2:9-10

We see Jesus crowned with glory and honor because he suffered death, that through God's gracious will he might taste death for the sake of all men. Indeed, it was fitting that when bringing many sons to glory God, for whom and through whom all things exist, should make their leader in the work of salvation perfect through suffering.

Responsory

We adore you, O Christ, and we bless you.

— We adore you, O Christ, and we bless you.

By your holy cross you have redeemed the world.

— And we bless you.

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

— We adore you, O Christ, and we bless you.

Stand

GOSPEL CANTICLE

Antiphon

We worship your cross, O Lord, and we praise and glorify your holy resurrection, for the wood of the cross has brought joy to the world.

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

We worship your cross, O Lord, and we praise and glorify your
holy resurrection, for the wood of the cross has brought joy to the
world.

INTERCESSIONS

Let us pray with confidence to Christ who endured the cross to
redeem us.

— Save us through your cross, O Lord.

Son of God, you healed the people of Israel when they looked
upon the bronze serpent,
protect us this day from the deadly wound of sin.

— Save us through your cross, O Lord.

Son of Man, just as Moses raised up the serpent in the desert, so you were lifted up on the cross in the sight of all the nations, raise us up to share in the triumph of your cross.

— Save us through your cross, O Lord.

Only-begotten Son of the Father, you were sent into the world so that those who believe in you might not perish, grant unending life to all who long to see you face to face.

— Save us through your cross, O Lord.

Beloved Son of the Father, you were not sent to judge the world but to save it, grant faith to our brothers and sisters and bring them on the last day to the joy of heaven.

— Save us through your cross, O Lord.

Eternal Son of the Father, you came to cast fire on the earth and you longed to see its flame kindled in the hearts of all men, grant that through holiness of life we may come to share in the undying light of your glory.

— Save us through your cross, O Lord.

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

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.

Dismissal

May the Lord bless us, protect us from all evil and bring us to
everlasting life.

— Amen.

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