

*Liturgy of the Hours*  
LITURGY OF THE HOURS

OFFICE OF READINGS

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June 12, 2026

{ Solemnity – Sacred Heart }



*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 Heart, blest ark that holds the law,  
no ancient law that once enslaved,  
but one of freedom wrought by love,  
of mercy, pardon, saving grace;

O Heart, new temple, undefiled,  
of God's eternal covenant,  
more sacred than the shrine of old,  
more precious than the riven veil:

Heart wounded by Love's holy will,  
you bore the spear and open wound,  
that we might rev'ence and adore  
the wounds of love beyond our sight.

Beneath this symbol of his love  
Christ offered by his sacrifice,  
endured in myst'ry and in blood,  
a twofold off'ring as our Priest.

So loved by Christ, who would not love?  
Redeemed, who would not love in turn  
and seek in charity and love  
to cling to Christ unceasingly?

To you, Lord Jesus, glory be,  
who from your heart pour forth all grace,  
with God the Father, ever blest  
and loving Spirit, ever one. Amen.

*Metrical hymn, melody: GALILEE, 8 8 8 8; Philip Armes, 1836-1908*

*Plainsong, mode I, melody 14; Liber Hymnarius, Solesmes, 1983\*, Text: Cor, arca legem continens, Filippo Bruni, d. 1771*

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*Sit or stand*

## PSALMODY

### *Antiphon 1*

In you is the fountain of life; we drink from the streams of your goodness.

### *Psalm 36*

*The malice of sinners and God's goodness*

*No follower of mine wanders in the dark; he shall have the light of life (John 8:12).*

Sín spéaks to the sinner \*  
in the dépths of his héart.  
There ís no féar of Gód \*  
befóre his éyes.

He so flátters himsélF in his mínd \*  
that he knóws not his guílt.  
In his móuth are míschief and decéit. \*  
All wísdóm is góne.

He plóts the deféat of góodness \*  
as he líes on his béd.  
He has sét his fóot on evil wáys, \*  
he clíngs to what is évil.

Your lóve, Lord, réaches to héaven; \*  
your trúth to the skíes.  
Your jústice is líke God's móuntain, \*  
your júdgments like the déep.

To both mán and béast you give protéction. \*

O Lórd, how précious is your lóve.  
My Gód, the sóns of mén \*  
find réfuge in the shélder of your wíngs.

They féast on the ríches of your hóuse; \*  
they drínk from the stráem of your delíght.  
In yóu is the sóurce of life \*  
and ín your líght we see líght.

Keep on lóving thóse who knów you, \*  
doing jústice for úpríght héarts.  
Let the fóot of the próud not crúsh me \*  
nor the hánd of the wícked cast me óut.

Sée how the évil-doers fáll! \*  
Flung dówn, they shall néver aríse.

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*

In you is the fountain of life; we drink from the streams of your goodness.

*Antiphon 2*

When my heart grew faint, you raised me up.

*Psalm 61*

*Prayer of an exile*

*The prayer of the just man who places his hope in the things of heaven (Saint Hilary).*

O Gód, héar my crý! \*  
Lísten to my práyer!  
From the énd of the éarth I cáll: \*  
my héart is fáint.

On the róck too hígh for me to réach \*  
sét me on hígh,  
O yóu who have béen my réfuge, \*  
my tówer against the fóe.

Let me dwell in your tent for ever \*  
and hide in the shelter of your wings.  
For you, O God, hear my prayer, \*  
grant me the heritage of those who fear you.

May you lengthen the life of the king: \*  
may his years cover many generations.  
May he ever sit enthroned before God: \*  
bid love and truth be his protection.

So I will always praise your name \*  
and day after day fulfill my vows.

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*

When my heart grew faint, you raised me up.

*Antiphon 3*

All the ends of the earth have seen the salvation of our God.

*Psalm 98*

*The Lord triumphs in his judgment*

*This psalm tells of the Lord's first coming and that people of all nations will believe in him (Saint Athanasius).*

Sing a new song to the Lord \*  
for he has worked wonders.  
His right hand and his holy arm \*  
have brought salvation.

The Lord has made known his salvation; \*  
has shown his justice to the nations.  
He has remembered his truth and love \*  
for the house of Israel.

All the ends of the earth have seen \*  
the salvation of our God.  
Shout to the Lord, all the earth, \*

ring out your joy.

Sing psalms to the Lórd with the hárp \*  
with the sóund of músic.

With trúmpets and the sóund of the hórn \*  
acclaim the Kíng, the Lórd.

Let the séa and all withín it thúnder; \*  
the wórld, and all its péoples.

Let the rívers cláp their hánds \*  
and the hills ring out their jóy.

Rejóice at the présence of the Lórd, \*  
for he comes to rúle the éarth.

He will rúle the wórld with jústice \*  
and the péoples with fáirness.

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*

All the ends of the earth have seen the salvation of our God.

VERSE

I will remember the words of the Lord.

— I will recall his wonders of old.

*Sit*

READINGS

*First reading*

From the letter of the apostle Paul to the Romans

8:28-39

*The love of God is revealed in Christ*

We know that God makes all things work together for the good of those who have been called according to his decree. Those whom he foreknew he predestined to share the image of his Son, that the

Son might be the first-born of many brothers. Those he predestined he likewise called; those he called he also justified; and those he justified he in turn glorified.

What shall we say after that? If God is for us, who can be against us? Is it possible that he who did not spare his own Son but handed him over for the sake of us all will not grant us all things besides? Who shall bring a charge against God's chosen ones? God, who justifies? Who shall condemn them? Christ Jesus, who died or rather was raised up, who is at the right hand of God and who intercedes for us?

Who will separate us from the love of Christ? Trial, or distress, or persecution, or hunger, or nakedness, or danger, or the sword? As Scripture says: "For your sake we are being slain all the day long; we are looked upon as sheep to be slaughtered." Yet in all this we are more than conquerors because of him who has loved us.

For I am certain that neither death nor life, neither angels nor principalities, neither the present nor the future, nor powers, neither height nor depth nor any other creature, will be able to separate us from the love of God that comes to us in Christ Jesus, our Lord.

*Responsory*

*Ephesians 2:5, 4, 7*

When we were dead through sin, God brought us to life again in Christ,

— because he loved us with so great a love.

That he might reveal for all ages to come the immeasurable riches of his grace.

— Because he loved us with so great a love.

*Second reading*

From a work by Saint Bonaventure, bishop

*(Opusculum 3, Lignum vitae, 29–30. 47: Opera omnia 8, 79)*

*With you is the source of life*

Take thought now, redeemed man, and consider how great and worthy is he who hangs on the cross for you. His death brings the dead to life, but at his passing heaven and earth are plunged into mourning and hard rocks are split asunder.

It was a divine decree that permitted one of the soldiers to open his sacred side with a lance. This was done so that the Church might be formed from the side of Christ as he slept the sleep of death on the cross, and so that the Scripture might be fulfilled: *They shall look on him whom they pierced*. The blood and water which poured out at that moment were the price of our salvation. Flowing from the secret abyss of our Lord's heart as from a fountain, this stream gave the sacraments of the Church the power to confer the life of grace, while for those already living in Christ it became a spring of living water welling up to life everlasting.

Arise, then, beloved of Christ! Imitate the dove *that nests in a hole in the cliff*, keeping watch at the entrance *like the sparrow that finds a home*. There like the turtledove hide your little ones, the fruit of your chaste love. Press your lips to the fountain, *draw water from the wells of your Savior; for this is the spring flowing out of the middle of paradise, dividing into four rivers*, inundating devout hearts, watering the whole earth and making it fertile.

Run with eager desire to this source of life and light, all you who are vowed to God's service. Come, whoever you may be, and cry out to him with all the strength of your heart. "O indescribable beauty of the most high God and purest radiance of eternal light! Life that gives all life, light that is the source of every other light, preserving in everlasting splendor the myriad flames that have shone before the throne of your divinity from the dawn of time! Eternal and inaccessible fountain, clear and sweet stream flowing from a hidden spring, unseen by mortal eye! None can fathom your depths nor survey your boundaries, none can measure your breadth, nothing can sully your purity. From you flows *the river which gladdens the city of God* and makes us cry out with joy and thanksgiving in hymns of praise to you, for we know by our own experience that

*with you is the source of life, and in your light we see light.*

*Responsory*

*Psalm 103:2, 4; 34:9*

Praise the Lord, my soul, and never forget all his benefits;

- he saves your life from ruin and crowns you with mercy and compassion.

Taste and see that the Lord is good.

- He saves your life from ruin and crowns you with mercy and compassion.

*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.

Father,  
we rejoice in the gifts of love  
we have received from the heart of Jesus your Son.  
Open our hearts to share his life  
and continue to bless us with his love.

We ask this through our Lord Jesus Christ, your Son,  
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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