

*Liturgy of the Hours*  
LITURGY OF THE HOURS

DAYTIME PRAYER

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June 14, 2025

{ Saturday of the Tenth Week in Ordinary Time }



*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 1*

Heaven and earth will pass away but my words will not pass away.

*Psalm 119:81-88*

*XI (Caph)*

I yéarn for your sáving hélp; \*  
I hópe in your wórd.  
My éyes yéarn to see your prómise. \*  
Whén will you consóle me?

Though párchéd and exháusted with wáiting \*  
I have not forgóttén your commánds.  
How lóng must your sérvant súffer? \*  
When will you júdge my fóes?

For mé the próud have dug pítfalls, \*  
agáinst your láw.  
Your commánds are all trúé; then hélp me \*  
when líes oppréss me.

They álmóست made an énd of me on éarth \*  
but I képt your précepts.  
Becáuse of your lóve give me lífe \*  
and Í will do your wíll.

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*

Heaven and earth will pass away but my words will not pass away.

### *Antiphon 2*

Lord, you are my hope, a strong citadel against my enemies.

*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 cry! \*  
Lísten to my práyer!  
From the énd of the éarth I cáll: \*  
my héart is fáint.

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

Let me dwéll in your tént for éver \*  
and híde in the shéltér of your wíngs.  
For yóu, O Gód, hear my práyer, \*  
grant me the héritage of thóse who féar you.

May you léngthen the lífe of the kíng: \*  
may his yéars cover mány generátions.  
May he éver sit enthronéd before Gód: \*  
bid lóve and trúth be his protéction.

So I will álways práise your náme \*  
and dáy after dáy fulfill my vóws.

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*

Lord, you are my hope, a strong citadel against my enemies.

*Antiphon 3*

O Lord, guard my life from the menace of the foe.

*Psalm 64*

*Prayer for help against enemies*

*This psalm commemorates most particularly our Lord's passion (Saint Augustine).*

Hear my voice, O Gód, as I compláin, \*  
guard my life from dréad of the fóc.  
Hide me from the bánd of the wicked, \*  
from the thróng of thóse who do évil.

They shárpen their tóngues like swórd; \*  
they áim bitter wórds like árrows  
to shóot at the ínnocent from ámbush, \*  
shóoting súddenly and récklessly.

They schéme their évil cóurse; \*  
they conspíre to lay sécret snáres.  
They sáy: "Whó will sée us? \*  
Whó can séarch out our crímes?"

He will séarch who séarches the mínd \*  
and knóws the dépth of the héart.  
Gód has shót them with his árrow \*  
and déalt them súdden wóunds.  
Their ówn tongue has bróught them to rúin \*  
and áll who sée them móck.

Thén will áll men féar; †  
they will téll what Gód has dóné. \*  
They will únderstánd God's déeds.  
The júst will rejóice in the Lórd †  
and flý to hím for réfuge. \*  
All the úpright héarts will glóry.

Glory to the Father, and to the Son, \*  
and to the Holy Spírit:  
as it was in the beginning, is now, \*  
and will be for ever. Amen.

*Antiphon*

O Lord, guard my life from the menace of the foe.

*Sit*

READING

*1 Kings 2:2b-3*

Take courage and be a man. Keep the mandate of the Lord, your God, following his ways and observing his statutes, commands, ordinances, and decrees, that you may succeed in whatever you do.

*Verse*

Guide me, Lord, in the way of your precepts.

— For this is all I desire.

*Stand*

CONCLUDING PRAYER

Let us pray.

Lord,  
fill us with the resplendent light  
of your eternal love.  
May we love you above all things,  
and our brothers for your sake.  
Grant this through Christ our Lord.

— Amen.

*Acclamation*

Let us praise the Lord.

— And give him thanks.

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