

Liturgy of the Hours
LITURGY OF THE HOURS

DAYTIME PRAYER

September 29, 2026

{ Feast – Michael, Gabriel and Raphael, Archangels }



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 mighty Ruler, God of truth,
for days and seasons setting bounds,
you clothe with splendor morning light
and midday skies with brilliant heat.

Extinguish flames of bitter strife,
all harmful passion take away,
grant health unto our mortal frame,
and on our hearts bestow true peace.

Most loving Father, hear our prayer,
and you, O Christ coequal Son,
who with the Spirit Paraclete
now reign for all eternity. Amen.

Metrical hymn, melody: DUGUET, 8 8 8 8; Abbé Dieudonné Duguet, 1794-1849

Plain-song, mode VIII, melody 107; Liber Hymnarius, Solesmes, 1983, Text: Rector
Potens, verax Deus, unknown author, very ancient; traditionally attributed to St.
Ambrose, 340-397*

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Sit or stand

PSALMODY

Antiphon

Suddenly Gabriel, whom I saw in a vision, flew down and touched me, and gave me knowledge.

Psalm 119:49-56

VII (Zain)

Remémber your wórd to your sérvant *
by which you gave me hópe.
Thís is my cómfort in sórrów *
that your prómise gives me life.

Though the próud may útterly deríde me *
I kéept to your láw.
I remémber your DECREES of óld *
and thése, Lord, consóle me.

I am séized with indignátiON at the wícked *
who forsáke your láw.
Your commánd has becóme my sÓNG *
in the lánd of éxile.

I thínk of your náme in the níght-time *
and I kéept your láw.
Thís has BEEN my bléssing, *
the kéeping of your précepts.

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 53

The foolishness of sinners

We all have sinned and are deprived of God's glory (Romans 3:23).

The fÓol has sáid in his héart: *
“There is no GÓd abÓve.”
Their déeds are corrÚpt, depráved; *

not a góod man is léft.

Gód looks dówn from héaven *
on the sóns of mén
to sée if ány are wíse, *
if ány seek Gód.

Áll have left the ríght páth, *
depráved, every óne.
There is nó t a góod man léft, *
nó, not even óne.

Will the évil-doers nó understand? *
They éat up my péople
as thóugh they were éating bréad: *
they néver pray to Gód.

Sée how they trémble with féar *
without cáuse for féar:
for Gód scatters the bónes of the wícked. *
They are shámed; God rejécts them.

O that Ísrael's salvátion might cóme from Zíon! †
When Gód delívers his péople from bóndage, *
then Jácob will be glád and Ísrael rejóice.

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 54:1-6, 8-9

Plea for help

The prophet prays that God will deliver him from the malice of his enemies (Cassian).

O Gód, sáve me by your náme; *
by your pówer, uphóld my cáuse.
O Gód, héar my práyer; *
listén to the wórds of my móuth.

For pród men have rísen agáinst me, †
rúthless men séeek my lífe. *

They háve no regárd for Gód.
But Í have Gód for my hélp. *
The Lórd uphólds my life.

I will sácrafice to yóu with willing héart *
and práise your náme for it is góod:
for you have réscued me from áll my distréss *
and my éyes have seen the dównfall of my fóes.

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

Suddenly Gabriel, whom I saw in a vision, flew down and touched me, and gave me knowledge.

Sit

READING

Daniel 9:22-23

Gabriel instructed me in these words: “Daniel, I have now come to give you understanding. When you began your petition, an answer was given which I have come to announce, because you are beloved. Therefore, mark the answer and understand the vision.”

Verse

Bless the Lord, all his hosts.

— Sing praise, all his servants who do his will.

Stand

CONCLUDING PRAYER

Let us pray.

God our Father,
in a wonderful way you guide the work of angels and men.
May those who serve you constantly in heaven
keep our lives safe from all harm on earth.

Grant 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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