

Liturgy of the Hours
LITURGY OF THE HOURS

OFFICE OF READINGS

February 1, 2026
{ Fourth Sunday 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

Hail, O day, of all days most glorious,
blessed day of Christ's noble victory,
day of gladness, worthy of endless joy,
first and foremost.

Light divine now shines over all the blind:
Christ the victor harrows the underworld,
conqu'ring death he reconciles us to God,
least to highest.

By the judgment of our eternal King
all were sentenced under the law of sin,
that from heaven grace for the poor and weak
might bring solace.

In his wisdom and everlasting pow'r,
God with mercy tempered his holy wrath,
though the foolish world ran on heedlessly,
all to ruin.

He is risen, free from the pow'r of hell,
great restorer of the whole human race,
on his shoulders bearing his wayward sheep
up to heaven.

Peace of angels graces the human race;
ranks of heaven grow and fill up again;
praise is fitting to our triumphant Lord,
praise eternal.

Let the Church our Mother now raise her voice

with the choirs of heaven in harmony.
Let the faithful cry out with joy this day:
Alleluia!

Death is conquered, vanquished and powerless;
with delight let all sing in victory:
Peace on earth, and let jubilation ring
in high heaven. Amen.

Metrical hymn, melody: Tothill, 10 10 10 4; ICEL, 2021

Plainsong, mode VII, melody 91; Liber Hymnarius, Solesmes, 1983; Text: Salve dies, dierum gloria, Adam of St. Victor, 12th c.*

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Sit or stand

PSALMODY

Antiphon 1

Who can climb the Lord's mountain, or stand in his holy place?

Psalm 24

The Lord's entry into his temple

Christ opened heaven for us in the manhood he assumed (Saint Irenaeus).

The Lórd's is the éarth and its fúllness,*
the wórld and áll its péoples.
It is hé who sét it on the séas; *
on the wáters he máde it fírm.

Who shall clímb the móuntain of the Lórd? *
Who shall stánd in his hóly pláce?
The mán with clean hánds and pure héart, †
who desíres not wórtless thíngs,*
who has not swórn so as to decéive his néighbor.

He shall recéive bléssings from the Lórd *

and rewárd from the Gód who sáves him.

Súch are the mén who seek him, *
seek the fáce of the Gód of Jácob.

O gátes, lift hígh your héads; †
grow hígher, áncient dóors. *
Let him énter, the kíng of glóry!

Whó is the kíng of glóry? †
The Lórd, the míghty, the váliant, *
the Lórd, the váliant in wár.

O gátes, lift hígh your héads; †
grow hígher, áncient dóors. *
Let him énter, the kíng of glóry!

Who is hé, the kíng of glóry? †
Hé, the Lórd of ármies, *
hé is the kíng of glóry.

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

Who can climb the Lord's mountain, or stand in his holy place?

Antiphon 2

Bless our God, you nations of the world; he has given us life, alleluia.

Psalm 66

Eucharistic hymn

The Lord is risen and all people have been brought by him to the Father (Hesychius).

I

Cry out with jóy to Gód, all the éarth, *
O síng to the glóry of his náme.
O rénder him glórious práise. *
Say to Gód: "How treméndous your déeds!
Becáuse of the gréatness of your stréngth *

your énemies críngé befóre you.
Befóre you all the éarth shall bów; *
shall síng to you, síng to your náme!"

Come and sée the wórks of Gód, *
treméndous his déeds among mén.
He túrned the séa into dry lánd, *
they pássed through the ríver dry-shód.

Let our jóy then bé in him; *
he rúles for éver by his míght.
His éyes keep wáatch over the nátions; *
let rébels not ríse agáinst him.

O péoples, bléss our Gód, *
let the vóice of his práise resóund,
of the Gód who gave lífe to our sóuls *
and képt our féet from stúmbling.

For yóu, O Gód, have tésted us, *
you have tríed us as sílver is tríed:
you léd us, Gód, into the snáre; *
you láid a heavy búrden on our bácks.

You lét men ríde over our héads; †
we wént through fire and through wáter *
but thén you bróught us relíef.

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

Bless our God, you nations of the world; he has given us life, alleluia.

Antiphon 3

Listen to me, all you who revere God, let me tell you what great
things he has done for me, alleluia.

II

Burnt óffering I bríng to your hóuse; *

to yóu I will páy my vóws,
the vóws which my líps have úttered, *
which my móuth spóke in my distréss.

I will óffer burnt ófferings of fátlings †
with the smoke of búnning ráms.*
I will óffer búllocks and góats.

Come and héar, áll who fear Gód.*
I will téll what he díd for my sóul:
to hím I críed alóud,*
with high práise réady on my tóngue.

If there had béen évil in my héart,*
the Lórd would nót have lístened.
But trúly Gód has lístened; *
he has héeded the vóice of my práyer.

Blessed be Gód who did nót reject my práyer *
nor withhóld his lóve from mé.

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

Listen to me, all you who revere God, let me tell you what great
things he has done for me, alleluia.

VERSE

God's word is alive; it strikes to the heart.

— It pierces more surely than a two-edged sword.

Sit

READINGS

First reading

The beginning of the first letter of the apostle Paul to the
Thessalonians

Paul's solicitude for the church at Thessalonica

Paul, Silvanus, and Timothy, to the church of the Thessalonians who belong to God the Father and the Lord Jesus Christ. Grace and peace be yours.

We keep thanking God for all of you and we remember you in our prayers, for we constantly are mindful before our God and Father of the way you are proving your faith, and laboring in love, and showing constancy of hope in our Lord Jesus Christ.

We know, too, brothers beloved of God, how you were chosen. Our preaching of the gospel proved not a mere matter of words for you but one of power; it was carried on in the Holy Spirit and out of complete conviction. You know as well as we do what we proved to be like when, while still among you, we acted on your behalf. You, in turn, became imitators of us and of the Lord, receiving the word despite great trials, with the joy that comes from the Holy Spirit. Thus you became a model for all the believers of Macedonia and Achaia.

The word of the Lord has echoed forth from you resoundingly. This is true not only in Macedonia and Achaia; throughout every region your faith in God is celebrated, which makes it needless for us to say anything more. The people of those parts are reporting what kind of reception we had from you, and how you turned to God from idols, to serve him who is the living and true God and to await from heaven the Son he raised from the dead—Jesus, who delivers us from the wrath to come.

You know well enough, brothers, that our coming among you was not without effect.

Fresh from the humiliation we had suffered at Philippi—about which you know—we drew courage from our God to preach his good tidings to you in the face of great opposition. The exhortation we deliver does not spring from deceit or impure motives or any sort of trickery; rather, having met the test imposed on us by God, as men entrusted with good tidings, we speak like those who strive to please God, “the tester of our hearts,” rather than men.

We were not guilty, as you well know, of flattering words or greed under any pretext, as God is our witness! Neither did we seek glory from men, you or any others, even though we could have insisted on our own importance as apostles of Christ.

On the contrary, while we were among you we were as gentle as any nursing mother fondling her little ones. So well disposed were we to you, in fact, that we wanted to share with you not only God's tidings but our very lives, so dear had you become to us.

You must recall, brothers, our efforts and our toil: how we worked day and night all the time we preached God's good tidings to you in order not to impose on you in any way. You are witnesses, as is God himself, of how upright, just, and irreproachable our conduct was toward you who are believers. You likewise know how we exhorted every one of you, as a father does his children—how we encouraged and pleaded with you to make your lives worthy of the God who calls you to his kingdom and glory.

Responsory

See 1 Thessalonians 1:9; 3:12, 13

God has brought you back to himself, to serve the true and living God, and to wait for the day when his Son Jesus comes down from heaven, the Son whom he raised from the dead,

— Jesus who saves us from the wrath to come.

May God make your hearts overflow with love, and may he confirm your hearts in holiness for the day when our Lord Jesus Christ comes.

— Jesus who saves us from the wrath to come.

Second reading

From a letter to the Church of Smyrna by Saint Ignatius of Antioch, bishop and martyr

(Nn. 1—4, 1: Funk 1, 235-237)

Christ has called us to his kingdom and glory

From Ignatius, known as Theophorus, to the Church of God the Father and of Jesus Christ, his beloved, at Smyrna in Asia, wishing

you all joy in an immaculate spirit and the Word of God. By his mercy you have won every gift and lack none, filled as you are with faith and love, beloved of God and fruitful in sanctity.

I celebrate the glory of Jesus Christ as God, because he is responsible for your wisdom, well aware as I am of the perfection of your unshakeable faith. You are like men who have been nailed body and soul to the cross of Jesus Christ, confirmed in love by his blood.

In regard to the Lord, you firmly believe that he was *of the race of David according to the flesh*, but God's son by the will and power of God; truly born of the Virgin and baptized by John, that all justice might be fulfilled; truly nailed to a cross in the flesh for our sake under Pontius Pilate and the Tetrarch Herod, and of his most blessed passion we are the fruit. And thus, by his resurrection he raised up a standard over his saints and faithful ones for all time (both Jews and Gentiles alike) in the one body of his Church. For he endured all this for us, for our salvation; and he really suffered, and just as truly rose from the dead.

As for myself, I am convinced that he was united with his body even after the resurrection. When he visited Peter and his companions, he said to them: *Take hold of me, touch me and see that I am not a spirit without a body.* Immediately they touched him and believed, clutching at his body and his very spirit. And for this reason they despised death and conquered it. In addition, after his resurrection, the Lord ate and drank with them like a real human being, even though in spirit he was united with his Father.

And so I am giving you serious instruction on these things, dearly beloved, even though I am aware that you believe them to be so.

Responsory

Galatians 2:19-20

Through the law, I died to the law to live for God; I still live within this human body, but I live now by faith in the Son of God,

— who loved me, and gave himself up for me.

With Christ I have been nailed to the cross, and I live now no longer my own life, but the life of Christ who lives in me.

— Who loved me, and gave himself up for me.

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.

Lord our God,
help us to love you with all our hearts
and to love all men as you love them.

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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