

Liturgy of the Hours
LITURGY OF THE HOURS

DAYTIME PRAYER

May 31, 2026

{ Solemnity – Trinity Sunday }



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 VIII, melody 113; Liber Hymnarius, Solesmes, 1983, Text: Dicamus laudes Domino, before 6th c.*

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Sit or stand

PSALMODY

Antiphon

In you are our hope, our salvation, our dignity, O blessed Trinity.

Psalm 118

Song of joy for salvation

This Jesus is the stone which, rejected by you builders, has become the chief stone supporting all the rest (Acts 4:11).

I

Give thánks to the Lórd for he is góod, *
for his lóve endures for éver.

Let the sóns of Ísrael sáy: *
“His lóve endures for éver.”

Let the sóns of Áaron sáy: *
“His lóve endures for éver.”

Let thóse who fear the Lórd sáy: *
“His lóve endures for éver.”

I cálled to the Lórd in my distréss; *
he ánswered and fréed me.
The Lórd is at my síde; I do not féar. *
What can mán do agáinst me?
The Lórd is at my síde as my hélper: *
I shall look dówn on my fóes.

It is bétter to take réfuge in the Lórd *
than to trúst in mén:
it is bétter to take réfuge in the Lórd *
than to trúst in prínces.

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.

II

The nátions áll encómpassed me; *

in the Lórd's name I crúshed them.

They cómpassed me, cómpassed me abóut; *
in the Lórd's name I crúshed them.

They cómpassed me abóut like bées; †
they blázed like a fire among thórns. *

In the Lórd's name I crúshed them.

I was hárd-préssed and was fálling *
but the Lórd came to hélp me.

The Lórd is my stréngth and my sóng; *
hé is my sáviór.

There are shóuts of jóy and víctory *
in the ténts of the júst.

The Lórd's right hánd has tríumphed; *
his ríght hand ráised me.

The Lórd's right hánd has tríumphed; †
I shall not díe, I shall líve *
and recóunt his déeds.

I was púnished, I was púnished by the Lórd, *
but nótdoomed to díe.

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.

III

Ópen to mé the gates of hóliness: *
I will énter and give thánks.

This is the Lórd's own gáte *
where the júst may énter.

I will thánk you for yóu have ánswered *
and yóu are my sáviór.

The stóne which the bílders rejécted *
has becóme the córner stone.

This is the wórk of the Lórd, *
a márvel in our éyes.

This day was máde by the Lórd; *

we rejoice and are glád.

O Lórd, gránt us salvátion; *

O Lórd, grant succéss.

Bléssed in the náme of the Lórd *

is hé who cómes.

We bléss you from the hóuse of the Lórd; *

the Lord Gód is our líght.

Go fórdward in procéssion with bránches *

éven to the áltar.

Yóu are my Gód, I thánk you. *

My Gód, I práise you.

Give thánks to the Lórd for he is góod; *

for his lóve endures for éver.

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 are our hope, our salvation, our dignity, O blessed Trinity.

Sit

READING

Galatians 4:4, 5-6

God sent forth his Son so that we might receive our status as adopted sons. The proof that you are sons is the fact that God has sent forth into our hearts the Spirit of his Son which cries out “Abba!” (“Father!”)

Verse

O blessed and glorious Trinity, we worship you.

— Father, Son and Holy Spirit.

Stand

CONCLUDING PRAYER

Let us pray.

Father,
you sent your Word to bring us truth
and your Spirit to make us holy.
Through them we come to know the mystery of your life.
Help us to worship you, one God in three Persons,
by proclaiming and living our faith in you.
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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