

Liturgy of the Hours
LITURGY OF THE HOURS

MORNING PRAYER

May 31, 2026

{ Solemnity – Trinity Sunday }



Invitatory

Stand and make sign of cross on lips with thumb

Lord, open my lips.

— And my mouth will proclaim your praise.

Psalm 95

A call to praise God

Encourage each other daily while it is still today (Hebrews 3:13).

Come, let us worship the true God: One in Trinity, Trinity in One.

— Come, let us worship the true God: One in Trinity, Trinity in One.

Come, let us sing to the Lord
and shout with joy to the Rock who saves us.
Let us approach him with praise and thanksgiving
and sing joyful songs to the Lord.

— Come, let us worship the true God: One in Trinity, Trinity in One.

The Lord is God, the mighty God,
the great king over all the gods.
He holds in his hands the depths of the earth
and the highest mountains as well.
He made the sea; it belongs to him,
the dry land, too, for it was formed by his hands.

— Come, let us worship the true God: One in Trinity, Trinity in One.

Come, then, let us bow down and worship,
bending the knee before the Lord, our maker.
For he is our God and we are his people,
the flock he shepherds.

— Come, let us worship the true God: One in Trinity, Trinity in One.

Today, listen to the voice of the Lord:

Do not grow stubborn, as your fathers did
in the wilderness,
when at Meriba and Massah
they challenged me and provoked me,
Although they had seen all of my works.

— Come, let us worship the true God: One in Trinity, Trinity
in One.

Forty years I endured that generation.
I said, “They are a people whose hearts go astray
and they do not know my ways.”
So I swore in my anger,
“They shall not enter into my rest.”

— Come, let us worship the true God: One in Trinity, Trinity
in One.

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.

— Come, let us worship the true God: One in Trinity, Trinity
in One.

Morning Prayer

HYMN

Throned in high heaven,
Trinity in splendor,
let hymns of glory
ever rise before you,
who hold the longings
hidden deep within us
with love unfailing.

Author of all things,
Father, loving power,
who make us sharers
in your life and image,

grant us, your servants,
gifts of faith that merit
life everlasting.

Splendor and mirror
of eternal brightness,
Son, you have called us,
naming us your fam'ly;
grant us to flourish
on the vine as branches,
dwelling within you.

Light, faithful kindness,
fire of love and mercy,
strong and yet gentle,
ordering creation,
Spirit, renew us,
mind and heart refreshing
deeply within us.

Guest all delightful,
Trinity most gracious,
with love unceasing
bind us to you always,
till we enjoy you,
singing hymns and praises,
blessed for ever. Amen.

*Metrical hymn, melody: COELITES PLAUDANT, 11 11 11 5; from the Rouen
Antiphoner, 1728*

Plainsong, mode I, melody 22; Liber Hymnarius, Solesmes, 1983, Text: Trinitas,
summo solio coruscans, Anselmo Lentini, O.S.B., 1901-1989*

*The English translation of Hymns and chants from The Liturgy of the Hours © 2023
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Sit or stand

PSALMODY

Antiphon 1

To you, O blessed Trinity, be worship and honor, glory and power, praise and joyful adoration through eternal ages.

Psalm 63:2-9

A soul thirsting for God

Whoever has left the darkness of sin yearns for God.

O Gód, you are my Gód, for you I lóng; *
for yóu my sóul is thírsting.

My bódy pínes for yóu *
like a drý, weary lánd without wáter.
So I gáze on yóu in the sánctuary *
to sée your stréngth and your glóry.

For your lóve is bétter than lífe, *
my líps will spéak your práise.
So I will bléss you áll my lífe, *
in your náme I will líft up my hánds.
My sóul shall be filled as with a bánquet, *
my móuth shall práise you with jóy.

On my béd I remémber yóu. *
On yóu I múse through the níght
for yóu have béen my hélp; *
in the sháadow of your wíngs I rejóice.
My sóul clíngs to yóu; *
your ríght hand hólds me fást.

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

To you, O blessed Trinity, be worship and honor, glory and power, praise and joyful adoration through eternal ages.

Antiphon 2

May all your creatures give you fitting praise, adoration and glory,
O blessed Trinity.

Canticle – Daniel 3:57-88, 56

Let all creatures praise the Lord

All you servants of the Lord, sing praise to him (Revelation 19:5).

Bless the Lord, all you works of the Lord. *
Praise and exalt him above all forever.
Angels of the Lord, bless the Lord. *
You heavens, bless the Lord.
All you waters above the heavens, bless the Lord. *
All you hosts of the Lord, bless the Lord.
Sun and moon, bless the Lord. *
Stars of heaven, bless the Lord.
Every shower and dew, bless the Lord. *
All you winds, bless the Lord.
Fire and heat, bless the Lord. *
Cold and chill, bless the Lord.
Dew and rain, bless the Lord. *
Frost and chill, bless the Lord.
Ice and snow, bless the Lord. *
Nights and days, bless the Lord.
Light and darkness, bless the Lord. *
Lightnings and clouds, bless the Lord.
Let the earth bless the Lord. *
Praise and exalt him above all forever.
Mountains and hills, bless the Lord. *
Everything growing from the earth, bless the Lord.
You springs, bless the Lord. *
Seas and rivers, bless the Lord.
You dolphins and all water creatures, bless the Lord. *
All you birds of the air, bless the Lord.
All you beasts, wild and tame, bless the Lord. *
You sons of men, bless the Lord.
O Israel, bless the Lord. *

Praise and exalt him above all forever.
Priests of the Lord, bless the Lord. *
Servants of the Lord, bless the Lord.
Spirits and souls of the just, bless the Lord. *
Holy men of humble heart, bless the Lord.
Hananiah, Azariah, Mishael, bless the Lord. *
Praise and exalt him above all forever.

Let us bless the Father, and the Son, and the Holy Spirit. *
Let us praise and exalt him above all forever.
Blessed are you, Lord, in the firmament of heaven. *
Praiseworthy and glorious and exalted above all forever.

Antiphon

May all your creatures give you fitting praise, adoration and glory,
O blessed Trinity.

Antiphon 3

All things are from him, through him, and in him; to him be glory
for ever.

Psalm 149

The joy of God's holy people.

*Let the sons of the Church, the children of the new people, rejoice in Christ, their King
(Hesychius).*

Síng a new sǫng to the Lórd, *
his práise in the assémbly of the fáithful.
Let Ísrael rejóice in its máker, *
let Zíon's sons exúlt in their kíng.
Let them práise his náme with dáncing *
and make músic with tímbrél and hárp.
For the Lórd takes delíght in his péople. *
He crówns the póor with salvátion.
Let the fáithful rejóice in their glóry, *
shout for jóy and táke their rést.
Let the práise of Gód be on their líps *
and a twó-edged swórd in their hánd,
to déál out véngéance to the nátions *

and punishment on all the peoples;
to bind their kings in chains *
and their nobles in fetters of iron;
to carry out the sentence pre-ordained; *
this honor is for all his faithful.

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 things are from him, through him, and in him; to him be glory
for ever.

Sit

READING

1 Corinthians 12:4-6

There are different gifts but the same Spirit; there are different
ministries but the same Lord; there are different works but the
same God who accomplishes all of them in everyone.

Responsory

All praise, all glory to you, O Holy Trinity.

— All praise, all glory to you, O Holy Trinity.

May we give thanks to you for ever,

— O Holy Trinity.

Glory to the Father, and to the Son, and to the Holy Spirit,

— All praise, all glory to you, O Holy Trinity.

Stand

GOSPEL CANTICLE

Antiphon

O holy, undivided Trinity, Creator and Ruler of all that exists, may
all praise be yours now, for ever, and for ages unending.

Luke 1:68-79

The Messiah and his forerunner

Make sign of cross

Blessed be the Lord, the God of Israel; *
he has come to his people and set them free.
He has raised up for us a mighty savior, *
born of the house of his servant David.

Through his holy prophets he promised of old †
that he would save us from our enemies, *
from the hands of all who hate us.
He promised to show mercy to our fathers *
and to remember his holy covenant.

This was the oath he swore to our father Abraham: *
to set us free from the hands of our enemies,
free to worship him without fear, *
holy and righteous in his sight all the days of our life.

You, my child, shall be called the prophet of the Most High; *
for you will go before the Lord to prepare his way,
to give his people knowledge of salvation *
by the forgiveness of their sins.

In the tender compassion of our God *
the dawn from on high shall break upon us,
to shine on those who dwell in darkness and the shadow of death, *
and to guide our feet into the way of peace.

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

O holy, undivided Trinity, Creator and Ruler of all that exists, may
all praise be yours now, for ever, and for ages unending.

INTERCESSIONS

Let us give all honor and glory to the Father, Son, and Holy Spirit,

as we cry out with joy:

— Glory to the Father, and to the Son and to the Holy Spirit.

Holy Father send your Spirit to us who know not how to pray as we ought,
that he may help us in our frailty, and ask for us those gifts which will make us pleasing to you.

— Glory to the Father, and to the Son and to the Holy Spirit.

Christ, Son of the living God, you asked the Father to send the Holy Spirit upon your Church,
make us worthy to have this Spirit of Truth with us always.

— Glory to the Father, and to the Son and to the Holy Spirit.

Come, Holy Spirit, that we may show your fruit in our lives, charity, joy, peace, equanimity, kindness, generosity,
long-suffering, patience, faithfulness, modesty, self-control, chastity.

— Glory to the Father, and to the Son and to the Holy Spirit.

Father all powerful, you have sent the Spirit of your Son into our hearts, so that we cry: Abba, Father,
make us submissive to your Spirit that we may be your heirs , and coheirs with Christ.

— Glory to the Father, and to the Son and to the Holy Spirit.

Christ Jesus, you sent the Paraclete who proceeds from the Father to bear witness to you,
enable us also to be your witnesses before men.

— Glory to the Father, and to the Son and to the Holy Spirit.

The Lord's Prayer

Our Father who art in heaven,
hallowed be thy name.
Thy kingdom come.
Thy will be done on earth, as it is in heaven.
Give us this day our daily bread,
and forgive us our trespasses,
as we forgive those who trespass against us,

and lead us not into temptation,
but deliver us from evil.

CONCLUDING PRAYER

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.

Dismissal

May the Lord bless us, protect us from all evil and bring us to
everlasting life.

— Amen.

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