

Liturgy of the Hours
LITURGY OF THE HOURS

OFFICE OF READINGS

September 20, 2026
{ Twenty-Fifth 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

This day, more sacred than the rest,
shines forth the first and eighth of days,
which you, firstfruits of those who rise,
have consecrated to yourself.

O Jesus, raise our souls to you;
first grant that we may share your life,
then make our bodies rise to you,
for ever free from second death,

That soon we may be carried up
to meet you, Christ, on heaven's clouds,
to live with you for evermore,
our Resurrection and our Life.

And as we gaze upon your face,
conform us to your glory, Lord,
that we may know you as you are,
true light and sweetness for our souls.

Filled with your joy and sev'nfold grace
and given to the Father's care,
then may we see the perfect reign
of God, the holy Three in One. Amen.

Metrical hymn, melody: Morning Hymn, 8 8 8 8; François Barthélémon, 1741–1808

Plainsong, mode IV, melody 67; Liber Hymnarius, Solesmes, 1983, Text: Dies ætasque
ceteris, unknown author, ca. 12th c.*

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Sit or stand

PSALMODY

Antiphon 1

See how the cross of the Lord stands revealed as the tree of life.

Psalm 1

There are two ways a man may take

They are happy who, putting all their trust in the cross, have plunged into the water of life (from an author of the second century).

Háppy indéed is the mán *
who fóllows not the cóunsel of the wícked;
nor língers in the wáy of sínners *
nor síts in the cómpany of scórners,
but whose delíght is the láw of the Lórd *
and who pónders his láw day and níght.

Hé is like a trée that is plánted *
besíde the flówing wátters,
that yíelds its frúit in due séason †
and whose léaves shall néver fáde; *
and áll that he dóes shall próspér.

Not só are the wícked, not só! †
For théy like wínnowed cháff *
shall be dríven awáy by the wínd.
When the wícked are júdged they shall not stánd, *
nor find róom among thóse who are júst;
for the Lórd guards the wáy of the júst *
but the wáy of the wícked leads to dóom.

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

See how the cross of the Lord stands revealed as the tree of life.

Antiphon 2

Here is a King of my own choosing who will rule on Mount Zion.

Psalm 2

The Messiah, king and conqueror

The rulers of the earth joined forces to overthrow Jesus, your anointed Son (Acts 4:27).

Why this tumult among nátions,*
among péoples this úseless múrmuring?
They arise, the kíngs of the éarth,*
princes plót against the Lórd and his Anóinted.
“Cóme let us bréak their fétters,*
cóme, let us cást off their yóke.”

He who síts in the héavens láughs;*
the Lórd is láughing them to scórn.
Thén he will spéak in his ánger,*
his ráge will stríke them with térror.
“It is Í who have sét up my kíng*
on Zíon, my hólý móuntain.”

I will annóunce the decreée of the Lórd: †
The Lórd said to me: “Yóu are my Són.*
It is Í who have begóttén you this dáy.
Ásk and I shall bequéath you the nátions,*
put the énds of the éarth in your posséssion.
With a ród of íron you will bréak them,*
shátter them like a pótter’s jár.”

Nów, O kíngs, understánd,*
take wárning, rúlers of the éarth;
sérve the Lórd with áwe*
and trémbling, páy him your hómage
lést he be ángry and you pérish;*
for súddenly his ánger will bláze.

Blessed are théy*
who put their trúst in Gód.

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

Here is a King of my own choosing who will rule on Mount Zion.

Antiphon 3

Lord, you are my protector; you have raised me up in glory.

Psalm 3

I am safe in the Lord's keeping

Christ fell asleep in death, but he rose from the dead, for God was his deliverer (Saint Irenaeus).

How mány are my fóes, O Lórd! *
How mány are rísing up agáinst me!
How mány are sáying abóut me: *
“There is no hélp for hím in Gód.”

But yóu, Lórd, are a shíeld abóut me, *
my glóry, who líft up my héad.
I crý alóud to the Lórd. *
He ánsvers from his hólý móuntain.

I líe down to rést and I sléep. *
I wáke, for the Lórd uphólds me.
I will not féar even thóusands of péople *
who are ránged on every síde agáinst me.

Aríse, Lórd; sáve me, my Gód, *
you who stríke all my fóes on the móuth,
you who bréak the téeth of the wícked! *
O Lórd of salvátion, bless your péople!

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 protector; you have raised me up in glory.

VERSE

May the word of Christ ever fill your hearts.

— Share with one another the wisdom you receive.

Sit

READINGS

First reading

From the book of the prophet Ezekiel

24:15-27

The prophet's life is a sign for the people

Thus the word of the Lord came to me: Son of man, by a sudden blow I am taking away from you the delight of your eyes, but do not mourn or weep or shed any tears. Groan in silence, make no lament for the dead, bind on your turban, put your sandals on your feet, do not cover your beard, and do not eat the customary bread.

That evening my wife died, and the next morning I did as I had been commanded. Then the people asked me, "Will you not tell us what all these things that you are doing mean for us?" I therefore spoke to the people that morning, saying to them: Thus the word of the Lord came to me: Say to the house of Israel: Thus says the Lord God: I will now desecrate my sanctuary, the stronghold of your pride, the delight of your eyes, the desire of your soul. The sons and daughters you left behind shall fall by the sword. Ezekiel shall be a sign for you: all that he did you shall do when it happens. Thus you shall know that I am the Lord. You shall do as I have done, not covering your beards nor eating the customary bread. Your turbans shall remain on your heads, your sandals on your feet. You shall not mourn or weep, but you shall rot away because of your sins and groan one to another.

As for you, son of man, truly, on the day I take away from them their bulwark, their glorious joy, the delight of their eyes, the desire of their soul, and the pride of their hearts, their sons and daugh-

ters, that day the fugitive will come to you, that you may hear it for yourself; that day your mouth shall be opened and you shall be dumb no longer. Thus you shall be a sign to them, and they shall know that I am the Lord.

Responsory

Ezekiel 24:24; Joel 2:13

Ezekiel shall be a sign for you; you shall do just as he has done,

— and you shall know that I am the Lord your God.

Rend your hearts, not your garments, and return to the Lord your God.

— And you shall know that I am the Lord your God.

Second reading

From a sermon On Pastors by Saint Augustine, bishop

(Sermo 46, 13: CCL 41, 539-540)

On weak Christians

You have failed to strengthen the weak, says the Lord. He is speaking to wicked shepherds, false shepherds, shepherds who seek their own concerns and not those of Christ. They enjoy the bounty of milk and wool, but they take no care at all of the sheep, and they make no effort to heal those who are ill. I think there is a difference between one who is weak (that is, not strong) and one who is ill, although we often say that the weak are also suffering from illness.

My brothers, when I try to make that distinction, perhaps I could do it better and with greater precision, or perhaps someone with more experience and insight could do so. But when it comes to the words of Scripture, I say what I think so that in the meantime you will not be deprived of all profit. In the case of the weak sheep, it is to be feared that the temptation, when it comes, may break him. The sick person, however, is already ill by reason of some illicit desire or other, and this is keeping him from entering God's path and submitting to Christ's yoke.

There are men who want to live a good life and have already decided to do so, but are not capable of bearing sufferings even though

they are ready to do good. Now it is a part of the Christian's strength not only to do good works but also to endure evil. Weak men are those who appear to be zealous in doing good works but are unwilling or unable to endure the sufferings that threaten. Lovers of the world, however, who are kept from good works by some evil desire, lie sick and listless, and it is this sickness that deprives them of any strength to accomplish good works.

The paralytic was like that. When his bearers could not bring him in to the Lord, they opened the roof and lowered him down to the feet of Christ. Perhaps you wish to do this in spirit: to open the roof and to lower a paralytic soul down to the Lord. All its limbs are lifeless, it is empty of every good work, burdened with its sins, and weak from the illness brought on by its evil desires. Since all its limbs are helpless, and the paralysis is interior, you cannot come to the physician. But perhaps the physician himself is concealed within; for the true understanding of Scripture is hidden. Reveal therefore what is hidden, and thus you will open the roof and lower the paralytic to the feet of Christ.

As for those who fail to do this and those who are negligent, you have heard what was said to them: *You have failed to heal the sick; you have failed to bind up what was broken.* Of this we have already spoken. Man was broken by terrible temptations. But there is at hand a consolation that will bind what was broken: *God is faithful. He does not allow you to be tempted beyond your strength, but with the temptation he will also provide the way of escape, that you may be able to endure it.*

Responsory

1 Corinthians 9:22-23

To the weak I became weak, that I might win the weak;

— I became all things to all men, that I might save at least some.

I do all this for the sake of the Gospel, in order to share in its rewards.

— I became all things to all men, that I might save at least

some.

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.

Father,
guide us, as you guide creation
according to your law of love.
May we love one another
and come to perfection
in the eternal life prepared for us.

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.

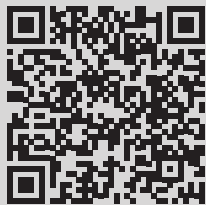
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