Liturgy of the Hours

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Daytime Prayer

December 28, 2026

{ Feast – Holy Innocents, Martyrs }

Liturgy of the Hours
EBREVIARY

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: A la venue de Noël, 8 8 8 8; Fleurs des noëls, Lyons, 1535

Plainsong, mode II, melody 46; 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

Mary treasured all these words and pondered them in her heart.

Psalm 19B

Praise of God who gave us the law of love

You must be perfect as your heavenly Father is perfect (Matthew 5:48).

The láw of the Lórd is pérfect, *
it revíves the sóul.
The rúle of the Lórd is to be trústed, *
it gives wísdom to the símple.

The précepts of the Lórd are ríght, *
they gládden the héart.
The commánd of the Lórd is cléar, *
it gives líght to the éyes.

The féar of the Lórd is hóly, *
abíding for éver.
The decrées of the Lórd are trúth *
and áll of them júst.

They are móre to be desíred than góld, *
than the púrest of góld,
and swéeter are théy than hóney, *
than hóney from the cómb.

So in thém your sérvant finds instrúction; *
great rewárd is in their kéeping.
But whó can detéct all his érrors? *
From hídden faults acquít me.

From presúmption restráin your sérvant *
and lét it not rúle me.
Thén shall Í be blámeless, *
cléan from grave sín.

May the spóken wórds of my móuth, *
the thóughts of my héart,

win fávor in your síght, O Lórd, *
my réscuer, my róck!

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 7

Prayer of a God-fearing man who is being calumniated

Here stands the Judge, at our very door (James 5:9).

I

Lord Gód, I take réfuge in yóu. *
From my pursúer sáve me and réscue me,
lest he téar me to píeces like a líon *
and drag me óff with nó one to réscue me.

Lord Gód, if my hánds have done wróng, †
if I have páid back évil for góod, *
I who sáved my unjúst oppréssor:
then let my fóe pursúe me and séize me, †
let him trámple my lífe to the gróund *
and láy my sóul in the dúst.

Lórd, rise úp in your ánger, †
ríse against the fúry of my fóes; *
my God, awáke! Yóu will give júdgment.
Let the cómpany of nátions gather róund you, †
taking your séat abóve them on hígh. *
The Lórd is júdge of the péoples.

Give júdgment for me, Lórd; I am júst †
and ínnocent of héart. *
Put an énd to the évil of the wícked!
Make the júst stand fírm, †
you who tést mínd and héart, *
O júst 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.

II

Gód is the shíeld that protécts me, *
who saves the úpright of héart.
Gód is a júst júdge *
slów to ánger;
but he thréatens the wícked every dáy, *
men who wíll not repént.

Gód will shárpen his swórd; *
he has bráced his bów and taken áim.
For thém he has prepáred deadly wéapons; *
he bárbs his árrows with fíre.
Here is óne who is prégnant with málice, *
conceives évil and brings forth líes.

He digs a pítfall, dígs it déep; *
and in the tráp he has máde he will fáll.
His málice will recóil on himsélf; *
on his ówn head his víolence will fáll.

I will thánk the Lórd for his jústice: *
I will síng to the Lórd, the Most Hígh.

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

Mary treasured all these words and pondered them in her heart.

Sit

Reading

Lamentations 2:11

Worn out from weeping are my eyes,
  within me all is in ferment,
As child and infant faint away

in the open spaces of the town.

Verse

The just will live for ever.

— To live in God is their reward.

Stand

Concluding Prayer

Let us pray.

Father,
the Holy Innocents offered you praise
by the death they suffered for Christ.
May our lives bear witness
to the faith we profess with our lips.

We ask 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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