

Liturgy of the Hours
LITURGY OF THE HOURS

OFFICE OF READINGS

May 13, 2026

{ Wednesday of the Sixth Week of Easter }



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

Rejoice, O heaven, from on high
and clap your hands, both earth and sea,
for after death upon the Cross
Christ rose again and gave us life.

The_accepted time has now returned:
we see the day of saving pow'r,
on which the blood shed by the Lamb
restored the darkened world to light.

His death brought agony to death
and absolution from all sin;
his might and pow'r remain unharmed:
the vanquished gave us victory.

This was the foretaste of our hope,
so that the faithful might believe
they too may rise again one day
to gain the crown of blessed life.

And filled with joy at such a gift,
now, therefore, let us praise with zeal
our bright, resplendent Paschal Lamb
for giving us such wondrous goods.

O Jesus, be for mind and heart
our everlasting paschal joy
and gather us, reborn by grace,
to share your triumphs evermore.

To you, Lord Jesus, glory be,

who shine in vict'ry over death,
with God the Father, ever blest,
and loving Spirit, ever one. Amen.

Metrical hymn, melody: EISENACH, 8 8 8 8; Johann Hermann Schein, 1586–1630

*Plainsong, mode VIII, melody 116; Liber Hymnarius, Solesmes, 1983, Text: Lætare,
cælum, desuper, 10th c.*

*The English translation of Hymns and chants from The Liturgy of the Hours © 2023
International Commission on English in the Liturgy Corporation (ICEL).*

*Reproduced from The Divine Office Hymnal (hymns #127/128). Copyright © 2023
United States Conference of Catholic Bishops, Washington, DC (USCCB). Published
and distributed exclusively by GIA Publications, Inc., Chicago, IL. To acquire the
Pew Edition or Accompaniment Edition of the hymnal with metrical hymn tunes and
plainsong melodies, visit www.giamusic.com.*

Sit or stand

PSALMODY

Antiphon 1

We groan in pain as we await the redemption of our bodies, alle-
luia.

Psalm 39

Urgent prayer of a sick person

*Creation is made subject to futility...by him who subjected it, but it is not without
hope (Romans 8:20).*

I

I síd: “I will be wátchful of my wáys *
for féar I should sín with my tóngue.
I will pút a cúrb on my líps *
when the wícked man stánds befóre me.”

I was dúmb, sílent and stíll. *
His prospéritý stírred my gríef.

My héart was búrning withín me. †
At the thóught of it, the fire blazed úp *
and my tóngue búrst into spéech:
“O Lórd, you have shównd me my énd, †
how shórt is the léngth of my dáys. *

Now I know how fleeting is my life.

You have given me a short span of days; *
my life is as nothing in your sight.
A mere breath, the man who stood so firm, *
a mere shadow, the man passing by,
a mere breath, the riches he hoards, *
not knowing who will have them."

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

We groan in pain as we await the redemption of our bodies, alleluia.

Antiphon 2

Hear and answer my prayer, O Lord; let me not weep in vain, alleluia.

II

And now, Lord, what is there to wait for? *
In you rests all my hope.
Set me free from all my sins, *
do not make me the taunt of the fool.
I was silent, not opening my lips, *
because this was all your doing.

Take away your scourge from me. *
I am crushed by the blows of your hand.
You punish man's sins and correct him; *
like the moth you devour all his treasures.
Mortal man is no more than a breath; *
O Lord, hear my prayer.

O Lord, turn your ear to my cry. *
Do not be deaf to my tears.
In your house I am a passing guest, *
a pilgrim, like all my fathers.

Look awáy that I may bréathe agáin, *
befóre I depárt to be no móre.

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

Hear and answer my prayer, O Lord; let me not weep in vain, alleluia.

Antiphon 3

I have put all my trust in God's never-failing mercy, alleluia.

Psalm 52

Against a calumniator

If anyone would boast, let him boast in the Lord (1 Corinthians 1:31).

Whý do you bóast of your wíckedness, *
you chámption of évil,
planning rúin áll day lóng, †
your tóngue like a shárpeneð rázor, *
you máster of decéit?

You love évil móre than góod; *
líes more than trúth.
You lóve the destrúctive wórd, *
you tóngue of decéit.

For thís Gód will destróy you *
and remóve you for éver.
He will snáth you from your tént and upróot you *
from the lánd of the líving.

The júst shall sée and féar. *
They shall láugh and sáy:
"So thís is the mán who refúsed *
to take Gód as his stróngthold,
but trústed in the gréatness of his weálth *
and grew pówerful by his crímes."

But I am like a growing olive tree *
in the house of God.
I trust in the goodness of God *
for ever and ever.

I will thank you for evermore; *
for this is your doing.
I will proclaim that your name is good, *
in the presence of your friends.

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

I have put all my trust in God's never-failing mercy, alleluia.

VERSE

God raised up Christ from the dead, alleluia.

— So that all our faith and hope might be in God, alleluia.

Sit

READINGS

First reading

From the first letter of the apostle John

2:18-29

Concerning the antichrist

Children, it is the final hour;
just as you heard that the antichrist was coming,
so now many such antichrists have appeared.
This makes us certain that it is the final hour.
It was from our ranks that they took their leave—
not that they really belonged to us;
for if they had belonged to us,
they would have stayed with us.
It only served to show that none of them was ours.

But you have the anointing that comes from the Holy One,
so that all knowledge is yours.

My reason for having written you
is not that you do not know the truth
but that you do,
and that no lie has anything in common with the truth.

Who is the liar?

He who denies that Jesus is the Christ.

He is the antichrist,
denying the Father and the Son.

Anyone who denies the Son
has no claim on the Father,
but he who acknowledges the Son
can claim the Father as well.

As for you,
let what you heard from the beginning
remain in your hearts.

If what you heard from the beginning
does remain in your hearts,
then you in turn will remain in the Son and in the Father.

He himself made us a promise
and the promise is no less than this:
eternal life.

I have written you these things
about those who try to deceive you.

As for you,
the anointing you received from him
remains in your hearts.

This means you have no need
for anyone to teach you.

Rather, as his anointing teaches you about all things
and is true—free from any lie—
remain in him
as that anointing taught you.

Remain in him now, little ones,
so that, when he reveals himself,

we may be fully confident
and not retreat in shame at his coming.
If you consider the holiness that is his,
you can be sure that everyone who acts in holiness
has been begotten by him.

Responsory

1 John 2:27; Joel 2:23

The anointing which you have received has remained in your hearts;

- you do not need anyone to teach you, for his anointing teaches you all things, alleluia.

Rejoice and be glad in the Lord your God, for he has given us a teacher to instruct us in holiness.

- You do not need anyone to teach you, for his anointing teaches you all things, alleluia.

Second reading

From a sermon by Saint Leo the Great, pope

(Sermo 1 de Ascensione, 2-4: PL 54, 395-396)

The days between the resurrection and ascension of our Lord

Beloved, the days which passed between the Lord's resurrection and his ascension were by no means uneventful; during them great sacramental mysteries were confirmed, great truths revealed. In those days the fear of death with all its horrors were taken away, and the immortality of both body and soul affirmed. It was then that the Lord breathed on all his apostles and filled them with the Holy Spirit; and after giving the keys of the kingdom to blessed Peter, whom he had chosen and set above all the others, he entrusted him with the care of his flock.

During these days the Lord joined two of his disciples as their companion on the road, and by chiding them for their timidity and hesitant fears he swept away all the clouds of our uncertainty. Their lukewarm hearts were fired by the light of faith and began to burn within them as the Lord opened up the Scriptures. And as they

shared their meal with him, their eyes were opened in the breaking of bread, opened far more happily to the sight of their own glorified humanity than were the eyes of our first parents to the shame of their sin.

Throughout the whole period between the resurrection and ascension, God's providence was at work to instill this one lesson into the hearts of the disciples, to set this one truth before their eyes, that our Lord Jesus Christ, who was truly born, truly suffered and truly died, should be recognized as truly risen from the dead. The blessed apostles together with all the others had been intimidated by the catastrophe of the cross, and their faith in the resurrection had been uncertain; but now they were so strengthened by the evident truth that when their Lord ascended into heaven, far from feeling any sadness, they were filled with great joy.

Indeed that blessed company had a great and inexpressible cause for joy when it was man's nature rising above the dignity of the whole heavenly creation, above the ranks of angels, above the exalted status of archangels. Nor would there be any limit to its upward course until humanity was admitted to a seat at the right hand of the eternal Father, to be enthroned at last in the glory of him to whose nature it was wedded in the person of the Son.

Responsory

John 14:2, 3, 16, 18

I go now to prepare a place for you,

- but I shall return to take you with me, so that where I am you may also be, alleluia.

I will ask the Father and he will give you another Paraclete to remain with you for ever.

- But I shall return to take you with me, so that where I am you may also be, alleluia.

Stand

CONCLUDING PRAYER

Let us pray.

Lord,
as we celebrate your Son's resurrection,
so may we rejoice with all the saints
when he returns in glory,
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.

The English translation of Antiphons, Invitatories, Responsories, Intercessions, Psalm 95, the Canticle of the Lamb, Psalm Prayers, Non-Biblical Readings, Hagiographical Introductions from *The Liturgy of the Hours* © 1973, 1974, 1975, International Commission on English in the Liturgy Corporation (ICEL); excerpts from the English translation of *The Roman Missal* © 2010, ICEL; the English translation of Hymns from *The Liturgy of the Hours* © 2023. All rights reserved.

English translation of *Gloria Patri, Te Deum Laudamus, Benedictus, Magnificat*, and *Nunc Dimittis* by the International Consultation on English Texts.

Readings and New Testament Canticles (except the Magnificat) from the *New American Bible* Copyright © 1970 by the Confraternity of Christian Doctrine, Washington, D.C. Used with permission. All Rights Reserved. No part of the *New American Bible* may be reproduced in any form without permission in writing from the copyright owner.

Psalm texts except Psalm 95 Copyright © 1963, The Grail (England). Used with permission of A.P. Watt Ltd. All rights reserved.

Arrangement Copyright © 2006 by eBreviary, New York.



mobile prayers



UNITED STATES OF AMERICA
www.ebreviary.com