

Liturgy of the Hours
LITURGY OF THE HOURS

MORNING PRAYER

May 13, 2026

{ Wednesday of the Sixth Week of Easter }



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).

The Lord is risen, alleluia.

— The Lord is risen, alleluia.

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.

— The Lord is risen, alleluia.

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.

— The Lord is risen, alleluia.

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.

— The Lord is risen, alleluia.

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.

— The Lord is risen, alleluia.

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.”

— The Lord is risen, alleluia.

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.

— The Lord is risen, alleluia.

Morning Prayer

HYMN

Now let the new Jerusalem
draw forth new sweetness from this hymn,
and let the chorus celebrate
with solemn joy this Paschal Feast.

For Christ, unconquered lion, comes,
the dragon crushed beneath his feet;
with living voice he cries aloud,
and, rising, wakes the dead from death.

The prey that Satan had devoured
his nether kingdom must expel:
a crowd of captives, free at last,
now follows Jesus from the tomb.

He triumphs, filled with splendid light,
in sov'reign pow'r and majesty;
he forms a single common wealth,
one native land of heav'n and earth.

Let us entreat him with our song

as soldiers of our God and King,
that rank on rank he order us
within the splendor of his courts.

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: DUKE STREET, 8 8 8 8; attributed to John Warrington
Hatton, ca. 1710–1793, in William Dixon's Euphonia, ca. 1805*

*Plainsong, mode I, melody 10; Liber Hymnarius, Solesmes, 1983, Text: Chorus novæ
Ierusalem, St. Fulbert of Chartres, ca. 960–1029*

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Sit or stand

PSALMODY

Antiphon 1

The waters saw you, O God; you led your people through the sea,
alleluia.

Psalm 77

Recalling God's works

We suffer all kinds of afflictions and yet are not overcome (2 Corinthians 4:8).

I cry aloud to Gód,*
cry aloud to Gód that he may héar me.

In the dáy of my distréss I sought the Lórd. †
My hánds were raised at níght without céasing;*

my sóul refused to be consóled.
I remébered my Gód and I gróaned. *
I póndered and my spírit fáinted.

You withhéld sléep from my éyes. *
I was tróubled, I cóuld not spéak.
I thóught of the dáys of long agó *
and remébered the yéars long pást.
At níght I músed within my héart. *
I póndered and my spírit quéstioned.

“Will the Lórd rejéct us for éver? *
Will he shów us his fávor no móre?
Has his lóve vánished for éver? *
Has his prómise cóme to an énd?
Does Gód forgét his mércy *
or in ánger withhóld his compásson?”

I said: “Thís is what cáuses my gríef; *
that the wáy of the Most Hígh has chánged.” *
I reméber the déeds of the Lórd, *
I reméber your wónders of óld,
I múse on áll your wórks *
and pónder your míghty déeds.

Your wáys, O Gód, are hóly. *
What gód is gréat as our Gód?
Yóu are the Gód who works wónders. *
Yóu showed your pówer among the péoples.
Your stróng arm redéemed your péople, *
the sóns of Jácob and Joséph.

The wáters sáw you, O Gód, *
the wáters sáw you and trémbled;
the dépths were móved with térror. *
The clóuds póured down ráin,
the skíes sent fóρθ their vóice; *
your árrows fláshed to and fró.

Your thúnder rólled round the ský, *
your fláshes lighted up the wórlld.

The éarth was móved and trémbled *
when your wáy léd through the séa,
your páth through the míghty wáters, *
and nó one sáw your fóotprints.

You guíded your péople like a flóck *
by the hánd of Móses and Áaron.

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

The waters saw you, O God; you led your people through the sea,
alleluia.

Antiphon 2

The Lord puts to death and raises to life, alleluia.

Canticle – 1 Samuel 2:1-10

The humble find joy in God

He has cast down the mighty from their thrones and has lifted up the lowly. He has filled the hungry with good things (Luke 1:52-53).

My heart exults in the Lord, *
my horn is exalted in my God.

I have swallowed up my enemies; *
I rejoice in my victory.

There is no Holy One like the Lord; *
there is no Rock like our God.

Speak boastfully no longer, *
nor let arrogance issue from your mouths.
For an all-knowing God is the Lord, *
a God who judges deeds.

The bows of the mighty are broken, *
while the tottering gird on strength.
The well-fed hire themselves out for bread, *
while the hungry batten on spoil.

The barren wife bears seven sons, *
while the mother of many languishes.

The Lord puts to death and gives life; *
he casts down to the nether world; he raises up again.
The Lord makes poor and makes rich, *
he humbles, he also exalts.

He raises the needy from the dust; *
from the ash heap he lifts up the poor,
to seat them with nobles *
and make a glorious throne their heritage.

For the pillars of the earth are the Lord's, *
and he has set the world upon them.
He will guard the footsteps of his faithful ones, *
but the wicked shall perish in the darkness.
For not by strength does man prevail; *
the Lord's foes shall be shattered.

The Most High in heaven thunders; *
the Lord judges the ends of the earth.
Now may he give strength to his king *
and exalt the horn of his anointed!

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

The Lord puts to death and raises to life, alleluia.

Antiphon 3

A light has dawned for the just; joy has come to the upright of
heart, alleluia.

Psalm 97

The glory of the Lord in his decrees for the world

This psalm foretells a world-wide salvation and that peoples of all nations will believe

The Lórd is kíng, let éarth rejóice, *
let áll the cóastlands be glád.
Clóud and dárkness are his ráiment; *
his thróne, jústice and ríght.

A fire prepáres his páth; *
it búrns up his fóes on every síde.
His líghtnings líght up the wórld, *
the éarth trémbles at the síght.

The móuntains mélt like wáx *
before the Lórd of áll the éarth.
The skíes procláim his jústice; *
all péoples sée his glóry.

Let thóse who serve ídols be ashámed, †
those who bóast of their wórtless góds. *
All you spírits, wórship hím.

Zíon héars and is glád; †
the péople of Júdah rejóice *
becáuse of your júdgments, O Lórd.

For yóu indéed are the Lórd, †
most hích above áll the éarth, *
exálted far abóve all spírits.

The Lórd loves thóse who hate évil: †
he gúards the sóuls of his sáints; *
he sés them frée from the wícked.

Líght shínes fórth for the júst *
and jóy for the úpríght of héart.
Rejóice, you júst, in the Lórd; *
give glóry to his hólý náme.

Glory to the Fátter, and to the Son, *
and to the Hóly Spírít:
as it was in the béginning, is now, *
and will be for éver. Amen.

Antiphon

A light has dawned for the just; joy has come to the upright of heart, alleluia.

Sit

READING

Romans 6:8-11

If we have died with Christ, we believe that we are also to live with him. We know that Christ, once raised from the dead, will never die again; death has no more power over him. His death was death to sin, once for all; his life is life for God. In the same way, you must consider yourselves dead to sin but alive for God in Christ Jesus.

Responsory

The Lord is risen from the tomb, alleluia, alleluia.

— The Lord is risen from the tomb, alleluia, alleluia.

He hung upon the cross for us,

— alleluia, alleluia.

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

— The Lord is risen from the tomb, alleluia, alleluia.

Stand

GOSPEL CANTICLE

Antiphon

I have many more things to tell you, but they would be too much for you now. When the Spirit of truth comes he will guide you to all truth, alleluia.

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

I have many more things to tell you, but they would be too much
for you now. When the Spirit of truth comes he will guide you to
all truth, alleluia.

INTERCESSIONS

By the gift of the Father, the risen Christ was seen by the apostles.
Let us pray to the Father, and say:

— Give us, Lord, the glory of your Son.

Father of lights, today we offer you our thanks and praise for call-
ing us into your marvelous light,

to receive your mercy.

— Give us, Lord, the glory of your Son.

May the efforts of mankind to make the world more human,
be purified and strengthened by the power of your Spirit.

— Give us, Lord, the glory of your Son.

May we be so dedicated to the service of others,
that the whole human family may become a pleasing sacrifice in
your honor.

— Give us, Lord, the glory of your Son.

At the dawn of a new day, fill us with your mercy,
that the whole day may be a day of joy and praise.

— Give us, Lord, the glory of your Son.

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

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.

Dismissal

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

everlasting life.

— Amen.

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