

*Liturgy of the Hours*  
LITURGY OF THE HOURS

DAYTIME PRAYER

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June 23, 2026

{ Tuesday of the Twelfth Week 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**

Let us sing praises to the Lord  
with willing mind and fervent heart;  
the noonday hour returns again  
and summons us once more to prayer.

For to the faithful at this hour  
true saving glory was restored  
by off'ring of the blessed Lamb  
and by the power of his Cross.

The Cross obscures the noonday sun  
by its most clear and brilliant light;  
let us receive with all our heart  
the gift of such resplendent grace.

To God the Father glory be,  
all honor to his only Son,  
one with the Spirit Paraclete,  
from age to age for evermore. Amen.

*Metrical hymn, melody: Tallis' Canon, 8 8 8 8; Thomas Tallis, ca. 1505–1585*

*Plainsong, mode D, melody 124; Liber Hymnarius, Solesmes, 1983, Text: Dicamus  
laudes Domino, before 6th c.*

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*Sit or stand*

PSALMODY

*Antiphon 1*

Do the things you have learned, and you will be blessed.

*Psalm 119:137-144*

*XVIII (Sade)*

Lórd, you are júst indéed; \*  
your DECREES are ríght.  
You have impósed your wíll with jústice \*  
and with ábsolute trúth.

I am CÁRRIED AWÁY by ánger \*  
for my fÓES forget your wÓRD.  
Your PRÓMISE is TRIED in FÍRE, \*  
the DELÍGHT of your SÉRVANT.

ALTHOUGH I am WÉAK and despÍSED \*  
I remÉMBER your PRÉCEPTS.  
Your jústice is ETÉRNAL jústice \*  
and your LÁW is trúth.

THOUGH áNGUISH and DÍSTRÉSS have SÉIZED me, \*  
I DELÍGHT in your COMMÁNDs.  
The jústice of your wÍLL is ETÉRNAL: \*  
if you TÉACH me, I shall LÍVE.

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*

Do the things you have learned, and you will be blessed.

*Antiphon 2*

Let my prayer rise up before you, O Lord.

*Psalm 88*

*Prayer of a person who is gravely ill*

*This is your moment—when darkness reigns (Luke 22:53).*

*I*

Lord my Gód, I call for hélp by dáy; \*  
I cry at níght befóre you.  
Let my práyer cóme into your présence. \*  
O túrn your éar to my cry.

For my sóul is filled with évils; \*  
my life is on the brínk of the gráve.  
I am réckoned as óne in the tómb: \*  
I have réached the énd of my stréngth,  
like óne alóne among the déad; \*  
like the sláin lýing in their gráves;  
like thóse you remémber no móre, \*  
cut óff, as they áre, from your hánd.

You have láid me in the dépths of the tómb, \*  
in pláces that are dárk, in the dépths.  
Your ánger weighs dówn upón me: \*  
I am drówned benéath your wáves.

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*

Let my prayer rise up before you, O Lord.

*Antiphon 3*

I cry to you, O Lord; do not hide your face from me.

*II*

You have táken awáy my friends \*  
and máde me háteful in their síght.  
Imprísoned, I cánnót escápe; \*  
my éyes are súnken with gríef.

I cáll to you, Lórd, all the day lóng; \*  
to yóu I strétch out my hánds.  
Will you wórk your wónders for the déad? \*  
Will the shádes stánd and práise you?

Will your lóve be tóld in the gráve \*  
or your fáithfulness amóng the déad?  
Will your wónders be knówn in the dárk \*  
or your jústice in the lánd of oblívion?

As for mé, Lord, I cáll to you for hélp: \*  
in the mórning my práyer comes befóre you.  
Lórd, why do you rejéct me? \*  
Why do you híde your fáce?

Wrétched, close to déath from my yóuth, \*  
I have bórne your tríals; I am númb.  
Your fúry has swépt down upón me; \*  
your térrors have útterly destróyed me.

They surróund me all the dáy like a flóod, \*  
they assáil me áll togéther.  
Friend and néighbor you have táken awáy: \*  
my óne compánion is dárkness.

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 cry to you, O Lord; do not hide your face from me.

*Sit*

### READING

*Deuteronomy 30:11, 14*

This command which I enjoin on you today is not too mysterious and remote for you. No, it is something very near to you, already in your mouths and in your hearts; you have only to carry it out.

*Verse*

Your word, O Lord, as a lantern guides my steps.

— And lights up my pathway before me.

*Stand*

CONCLUDING PRAYER

Let us pray.

Lord God,  
you made known to Peter  
your desire to bring all nations to salvation.  
Let all our work give you praise  
and carry out your loving plan.  
Grant this through Christ our Lord.

— Amen.

*Acclamation*

Let us praise the Lord.

— And give him thanks.

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