

Liturgy of the Hours
LITURGY OF THE HOURS

MORNING PRAYER

June 23, 2026

{ Tuesday of the Twelfth Week in Ordinary Time }



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).

Come, let us worship the Lord, our mighty God.

— Come, let us worship the Lord, our mighty God.

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.

— Come, let us worship the Lord, our mighty God.

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.

— Come, let us worship the Lord, our mighty God.

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.

— Come, let us worship the Lord, our mighty God.

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.

— Come, let us worship the Lord, our mighty God.

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.”

— Come, let us worship the Lord, our mighty God.

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.

— Come, let us worship the Lord, our mighty God.

Morning Prayer

HYMN

Eternal Maker of the light,
all Light itself and perfect day,
your own true light that knows no end
remains untouched by night and gloom.

Now dawn is coming, day draws near,
night pales and quickly fades away;
behold the daystar, clear and bright,
that strikes and dims the light of stars.

Now we, rejoicing, rise from sleep
to sing our grateful praise to you,
for, as the sun brings back the day,
it overwhelms unseeing night.

And now we beg you, holy Lord:
Let not the pleasures of the flesh
creep in with sweet, alluring flame
to trap our minds in worldly guile.

Let not our anger stir up strife,

nor appetite provoke excess,
nor hungry greed for wealth pervert,
nor base indulgence seize our hearts.

But firmly and with sober mind,
steadfast in body, chaste, and pure,
in spirit wholly formed by faith,
so let us live this day for Christ.

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: Morning Hymn, 8 8 8 8; François Barthélémon, 1741-1808
Plainsong, mode IV, melody 70; Liber Hymnarius, Solesmes, 1983; Text: Æterne lucis*
conditor, ca. 5-6th c.

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Sit or stand

PSALMODY

Antiphon 1

I will sing to you, O Lord; I will learn from you the way of perfec-
tion.

Psalm 101

Avowal of a good ruler

If you love me, keep my commandments (John 14:15).

My sóng is of mércy and jústice; *
I síng to you, O Lórd.
I will wálk in the wáy of perféction. *
O whén, Lord, will you cóme?
I will wálk with blámeless héart *

withín my hóuse;
I will not sét befóre my éyes *
whatéver is báse.

I will háte the wáys of the cróoked; *
they sháll not be my fríends.
The false-héarted must kéeep far awáy; *
the wícked I disówn.

The man who slánders his néighbor in sécret *
I will bríng to sílence.
The mán of proud lóoks and haughty héart *
I will néver endúre.

I lóok to the fáithful in the lánd *
that they may dwéll with mé.
He who wálks in the wáy of perféctíon *
sháll bé my fríend.

No mán who práctices decéit *
sháll líve within my hóuse.
No mán who utters líes sháll stánd *
befóre my éyes.

Mórning by mórning I will sílence *
all the wícked in the lánd,
upróoting from the cíty of the Lórd *
áll who do évil.

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 will sing to you, O Lord; I will learn from you the way of perfec-
tion.

Antiphon 2

Lord, do not withhold your compassion from us.

Canticle – Daniel 3:26, 27, 29, 34-41

Azariah's prayer in the furnace

With your whole hearts turn to God and he will blot out all your sins (Acts 3:19).

Blessed are you, and praiseworthy, †
O Lord, the God of our fathers, *
and glorious forever is your name.

For you are just in all you have done; †
all your deeds are faultless, all your ways right, *
and all your judgments proper.

For we have sinned and transgressed †
by departing from you, *
and we have done every kind of evil.

For your name's sake, do not deliver us up forever, *
or make void your covenant.

Do not take away your mercy from us, †
for the sake of Abraham, your beloved, *
Isaac your servant, and Israel your holy one,
to whom you promised to multiply their offspring †
like the stars of heaven, *
or the sand on the shore of the sea.

For we are reduced, O Lord, beyond any other nation, †
brought low everywhere in the world this day *
because of our sins.

We have in our day no prince, prophet, or leader, †
no holocaust, sacrifice, oblation, or incense, *
no place to offer first fruits, to find favor with you.

But with contrite heart and humble spirit *
let us be received;
as though it were holocausts of rams and bullocks, *
or thousands of fat lambs,
so let our sacrifice be in your presence today †
as we follow you unreservedly; *
for those who trust in you cannot be put to shame.

And now we follow you with our whole heart,*
we fear you and we pray to you.

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, do not withhold your compassion from us.

Antiphon 3

O God, I will sing to you a new song.

Psalm 144:1-10

Prayer for victory and peace

I can do all things in him who strengthens me (Philippians 4:13).

Bléssed be the Lórd, my róck, †
who tráins my árms for báttle,*
who prepáres my hánds for wár.

Hé is my lóve, my fórtress,*
hé is my stróngthold, my sáviour,
my shíeld, my pláce of réfuge.*
He brings péoples únder my rúle.

Lórd, what is mán that you cáre for him,*
mortal mán, that you kéeep him in mínd;
mán, who is mérely a bréath,*
whose lífe fádes like a shádw?

Lówer your héavens and come dówn;*
touch the móuntains; wréathe them in smóke.
Flash your líghtnings; róut the fóe,*
shoot your árrrows and pút them to flíght.

Reach dówn from héaven and sáve me; †
draw me óut from the míghty wátters,*
from the hánds of álien fóes
whose móuths are filled with líes,*
whose hánds are ráised in pérjury.

To you, O Gód, will I síng a new sǒng; *
I will pláy on the tén-stringed hárp
to yóu who give kǐngs their víctory, *
who set Dávid your sérvant frée.

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

O God, I will sing to you a new song.

Sit

READING

Isaiah 55:1

All you who are thirsty,
come to the water!
You who have no money,
come, receive grain and eat;
Come, without paying and without cost,
drink wine and milk!

Responsory

Lord, listen to my cry; all my trust is in your promise.

— Lord, listen to my cry; all my trust is in your promise.

Dawn finds me watching, crying out for you,

— all my trust is in your promise.

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

— Lord, listen to my cry; all my trust is in your promise.

Stand

GOSPEL CANTICLE

Antiphon

Lord, save us from the hands of all who hate us.

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

Lord, save us from the hands of all who hate us.

INTERCESSIONS

To the God who gives us the joy of praising him this morning, and
who strengthens our hope, let us pray:

— Hear us, O Lord, for the glory of your name.

We thank you, God and Father of Jesus our Savior,
for the knowledge and immortality you have given us through him.

— Hear us, O Lord, for the glory of your name.

Make us humble of heart,
help us to serve one another out of reverence for Christ.

— Hear us, O Lord, for the glory of your name.

Pour out your Spirit on us, your servants,
make us sincere in our love for each other.

— Hear us, O Lord, for the glory of your name.

You instructed man to labor and to exercise dominion over the
earth,
may our work honor you and sanctify our brothers and sisters.

— Hear us, O Lord, for the glory of your name.

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

Increase in us, Lord, the faith you have given us,
and bring to a harvest worthy of heaven
the praise we offer you at the beginning of this new day.

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.

Dismissal

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

— Amen.

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