

Liturgy of the Hours
LITURGY OF THE HOURS

DAYTIME PRAYER

September 29, 2025

{ Feast – Michael, Gabriel and Raphael, Archangels }



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: DUGUET, 8 8 8 8; Abbé Dieudonné Duguet, 1794–1849

Plain-song, mode VIII, melody 107; Liber Hymnarius, Solesmes, 1983, Text: Rector
Potens, verax Deus, unknown author, very ancient; traditionally attributed to St.
Ambrose, 340–397*

*The English translation of Hymns and chants from The Liturgy of the Hours © 2023
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Sit or stand

PSALMODY

Antiphon

Suddenly Gabriel, whom I saw in a vision, flew down and touched me, and gave me knowledge.

Psalm 119:41–48

VI (Vau)

Lórd, let your lóve come upón me, *
the saving hélp of your prómise.
And I shall ánsWER thóse who táunt me *
for I trúst in your wórd.

Do not táke the word of trúth from my móuth *
for I trúst in your decreés.
I shall álways kéep your lÁw *
for éver and éver.

I shall wÁlk in the páth of fréedom *
for I séek your précepts.
I will spéak of your wÍll before kíngs *
and nóT be abÁshed.

Your commÁnds have bÉen my delÍght; *
thése I have lÓved.
I will wórship your commÁnds and lÓve them *
and pÓnder your wÍll.

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 40:2-14, 17-18

Thanksgiving and plea for help

*It was not sacrifice and oblation you wanted, but you have prepared a body for me
(Hebrews 10:5).*

I

I wáited, I wáited for the Lórd †

and he stóoped down to mé; *
he héard my cry.

He dréw me from the déadly pít, *
from the míry cláy.

He sét my féet upon a rók *
and made my fóotsteps firm.

He pút a new sóng into my móuth, *
práise of our Gód.

Mány shall sée and féar *
and shall trúst in the Lórd.

Háppy the mán who has pláced *
his trúst in the Lórd
and has nót gone óver to the rébels *
who fóllow false góds.

How mány, O Lórd my Gód, †
are the wónders and desígns that yóu have wórked for ús; *
you háve no équal.

Shóuld I procláim and spéak of them, *
they are móre than I can téll!

You do not ásk for sácrifice and ófferings, *
but an ópen éar.

You do not ásk for hólocaust and víctim. *
Instéad, here am Í.

In the scróll of the bóok it stands wríten *
that Í should do your wíll.

My Gód, I delíght in your láw *
in the dépth of my héart.

Glory to the Father, and to the Son, *
and to the Holy Spírit:

as it was in the beginning, is now, *
and will be for ever. Amen.

II

Your jústice Í have procláimed *
in the gréat assémbly.

My líps I háve not séaled; *
you knów it, O Lórd.

I have not hídden your jústice in my héart *
but decláred your faithful hélp.

I have not hídden your lóve and your trúth *
from the gréat assémbly.

O Lórd, you wíll not withhóld *
your compásson from mé.
Your mérciful lóve and your trúth *
wíll álways guárd me.

For Í am besét with évils *
too mány to be cóunted.
My síns have fállen upón me *
and my síght fáils me.
They are móre than the háirs on my héad *
and my héart síns.

O Lórd, cóme to my réscue, *
Lord, cóme to my áid.

O lét there be rejóicing and gládness *
for áll who séek you.
Let them éver say: "The Lórd is gréat," *
who lóve your saving hélp.

As for mé, wrétched and póor, *
the Lórd thinks of mé.
Yóu are my réscuer, my hélp, *
O Gód, do not deláy.

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

Suddenly Gabriel, whom I saw in a vision, flew down and touched me, and gave me knowledge.

Sit

READING

Daniel 9:22-23

Gabriel instructed me in these words: “Daniel, I have now come to give you understanding. When you began your petition, an answer was given which I have come to announce, because you are beloved. Therefore, mark the answer and understand the vision.”

Verse

Bless the Lord, all his hosts.

— Sing praise, all his servants who do his will.

Stand

CONCLUDING PRAYER

Let us pray.

God our Father,
in a wonderful way you guide the work of angels and men.
May those who serve you constantly in heaven
keep our lives safe from all harm on earth.

Grant 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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