

Liturgy of the Hours
LITURGY OF THE HOURS

MORNING PRAYER

May 23, 2026

{ Saturday of the Seventh 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).

Come, let us adore Christ the Lord who promised to send the Holy Spirit on his people, alleluia.

— Come, let us adore Christ the Lord who promised to send the Holy Spirit on his people, 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.

— Come, let us adore Christ the Lord who promised to send the Holy Spirit on his people, 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.

— Come, let us adore Christ the Lord who promised to send the Holy Spirit on his people, 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.

— Come, let us adore Christ the Lord who promised to send the Holy Spirit on his people, 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.

— Come, let us adore Christ the Lord who promised to send
the Holy Spirit on his people, 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.”

— Come, let us adore Christ the Lord who promised to send
the Holy Spirit on his people, 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.

— Come, let us adore Christ the Lord who promised to send
the Holy Spirit on his people, alleluia.

Morning Prayer

HYMN

The sacred day has dawned in light,
desired by all with fervent prayer,
when Christ our God ascends on high,
the glorious hope of all the world.

Triumphant in the mighty duel
that crushed the tyrant of this world,
he brings before the Father’s sight
the glory of his risen flesh.

Borne high upon a cloud of light,

he gives to all believers hope
as he reopens Paradise,
which our first parents closed by sin.

O joy profound, immense for all:
that from our Virgin came the child,
who bore derision, scourge, and Cross
and now ascends the Father's throne.

So let us all give thanks to Christ,
our Savior and our strong defense,
since he has borne our flesh aloft
to highest heaven's royal court.

May he remain the single joy
for us and those who dwell on high:
to them he gives himself in full,
from us he never shall depart.

O Christ, now scaling starry heights,
raise up our hearts to you on high;
send forth to us from heav'n above
the Father's Spirit and your own. Amen.

*Metrical hymn, melody: VENI CREATOR (MECHLIN), 8 8 8 8; Plainsong,
Mechlin adaptation*

*Plainsong, mode I, melody 19; Liber Hymnarius, Solesmes, 1983, Text: Optatus votis
omnium, ca. 10th c.*

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Sit or stand

PSALMODY

Antiphon 1

The words I have spoken to you are spirit and life, alleluia.

Psalm 119:145-152

XIX (Koph)

I cáll with all my héart; Lord, héar me, *
I will kéep your commánds;
I cáll upón you, sáve me *
and Í will do your wíll.

I ríse before dáwn and cry for hélp, *
I hópe in your wórd.
My éyes wátcH through the níght *
to pónder your prómise.

In your lóve hear my vóice, O Lórd; *
give me lífe by your decrées.
Those who hárm me unjústly draw néar: *
they are fár from your lów.

But yóu, O Lórd, are clóse: *
your commánds are trúth.
Lóng have I knówn that your wíll *
is estáblished for éver.

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 words I have spoken to you are spirit and life, alleluia.

Antiphon 2

Lord, you have built your temple and altar on your holy mountain,
alleluia.

Canticle – Wisdom 9:1-6, 9-11

Lord, give me wisdom

I will inspire you with wisdom which your adversaries will be unable to resist (Luke 21:15).

God of my fathers, Lord of mercy, *
you who have made all things by your word

and in your wisdom have established man *
to rule the creatures produced by you,
to govern the world in holiness and justice, *
and to render judgment in integrity of heart:

Give me Wisdom, the attendant at your throne, *
and reject me not from among your children:
for I am your servant, the son of your handmaid, †
a man weak and short-lived *
and lacking in comprehension of judgment and of laws.

Indeed, though one be perfect among the sons of men, †
if Wisdom, who comes from you, be not with him, *
he shall be held in no esteem.

Now with you is Wisdom who knows your works *
and was present when you made the world;
who understands what is pleasing in your eyes *
and what is conformable with your commands.

Send her forth from your holy heavens *
and from your glorious throne dispatch her
that she may be with me and work with me, *
that I may know what is your pleasure.

For she knows and understands all things, †
and will guide me discreetly in my affairs *
and safeguard me by her glory.

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, you have built your temple and altar on your holy mountain,
alleluia.

Antiphon 3

I am the way, the truth and the life, alleluia.

Psalm 117

Praise for God's loving compassion

I affirm that . . . the Gentile peoples are to praise God because of his mercy (Romans 15:8-9).

O práise the Lórd, all you nátions, *
accláim him, all you péoples!

Stróng is his lóve for ús; *
he is fáithful for éver.

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 am the way, the truth and the life, alleluia.

Sit

READING

Romans 14:7-9

None of us lives as his own master and none of us dies as his own master. While we live we are responsible to the Lord, and when we die we die as his servants. Both in life and in death we are the Lord's. That is why Christ died and came to life again, that he might be Lord of both the dead and the living.

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

Know that I am with you always, even until the end of the world,
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

Know that I am with you always, even until the end of the world,
alleluia.

INTERCESSIONS

We have been baptized in the Holy Spirit. With all who are baptized, let us give glory to the Lord, and ask him:

— Lord Jesus, give us your Spirit to make us holy.

Send us your Holy Spirit,
that we may acclaim you before the world as Lord and king.

— Lord Jesus, give us your Spirit to make us holy.

Give us a sincere love,
that the Church may be a loving family.

— Lord Jesus, give us your Spirit to make us holy.

Give your life-giving grace to all the faithful,
that they may receive with joy the gifts of the Spirit.

— Lord Jesus, give us your Spirit to make us holy.

Give us the power of your Holy Spirit,
to heal our wounds and make us strong.

— Lord Jesus, give us your Spirit to make us holy.

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

Almighty Father,

let the love we have celebrated in this Easter season
be put into practice in our daily lives.

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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