

Liturgy of the Hours
LITURGY OF THE HOURS

DAYTIME PRAYER

June 26, 2025

{ Thursday 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

If you love me, says the Lord, keep my commandments.

Psalm 119:153-160

XX (Resh)

Sée my affliction and sáve me *
for I remémber your láu.
Uphóld my cáuse and defénd me; *
by your prómise give me lífe.

Salvátion is fár from the wícked *
who are héedless of your commánds.
Númerless, Lórd, are your mércies; *
with your décrées give me lífe.

Though my fóes and oppréssors are cóuntless *
I have not swérvéd from your wíll.
I lóok at the fáithless with disgúst; *
they ignóre your prómise.

Sée how I lóve your précepts; *
in your mércy give me lífe.
Your wórd is fóunded on trúth: *
your décrées are etérnal.

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

If you love me, says the Lord, keep my commandments.

Antiphon 2

May the Lord bless you, and peace will be yours all the days of your life.

Psalm 128

Happiness of family life rooted in God

"May the Lord bless you from Zion" refers to the Church (Arnobius).

O bléssed are thóse who fear the Lórd *
and wálk in his wáys!

By the lábor of your hánds you shall éat. *
You will be háppy and prósper;
your wífe like a frúitful víne *
in the héart of your hóuse;
your chýldren like shóots of the ólive, *
aróund your táble.

Indéed thús shall be bléssed *
the mán who fears the Lórd.
May the Lórd bléss you from Zíon *
all the dáys of your life!
May you sée your chýldren's chýldren †
in a háppy Jerúsalem! *
On Ísrael, péace.

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

May the Lord bless you, and peace will be yours all the days of your life.

Antiphon 3

God will gain the victory for you over all your enemies.

Psalm 129

God's people reaffirm their trust in time of affliction

The voice of the Church lamenting its suffering is heard in this psalm (Saint Augustine).

"They have préssed me hárd from my yóuth," *
this is Ísrael's sόng.

“They have pressed me hard from my youth *
but could never destroy me.

They ploughed my back like ploughmen, *
drawing long furrows.

But the Lord, who is just, has destroyed *
the yoke of the wicked.”

Lét them be shamed and routed, *
those who hate Zíon!

Lét them be like grass on the roof *
that withers before it flowers.

With that no reaper fills his arms, *
no binder makes his sheaves
and those passing by will not say: †
“On you the Lord’s blessing!” *
“We bless you in the name of the Lord.”

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

God will gain the victory for you over all your enemies.

Sit

READING

Wisdom 1:1-2

Love justice, you who judge the earth;
think of the Lord in goodness,
and seek him in integrity of heart;
Because he is found by those who test him not,
and he manifests himself to those who do not disbelieve him.

Verse

Trust firmly in the Lord and do his will.

— And you will dwell secure in the land of promise.

Stand

CONCLUDING PRAYER

Let us pray.

All-powerful and ever-living God,
with you there is no darkness,
from you nothing is hidden.
Fill us with the radiance of your light:
may we understand the law you have given us
and live it with generosity and faith.
Grant this through Christ our Lord.

— Amen.

Acclamation

Let us praise the Lord.

— And give him thanks.

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