

*Liturgy of the Hours*  
LITURGY OF THE HOURS

MORNING PRAYER

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June 26, 2025

{ Thursday 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 into the Lord's presence singing for joy.

— Come into the Lord's presence singing for joy.

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 into the Lord's presence singing for joy.

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 into the Lord's presence singing for joy.

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 into the Lord's presence singing for joy.

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 into the Lord's presence singing for joy.

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 into the Lord's presence singing for joy.

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 into the Lord's presence singing for joy.

## *Morning Prayer*

### HYMN

Now sunrise fills the sky with light;  
so let us beg with humble prayer,  
that God protect us from all harm  
in all our works and acts this day.

May he restrain and calm our tongue,  
lest voices clash in dreaded strife,  
and may he shield our sight with care,  
lest eyes be lured by vain delights.

Then let our inmost heart be pure  
and free of senseless ignorance;  
may sparing use of food and drink  
wear down the lustful pride of flesh,

That, when the daylight hours have gone  
and time has brought us night once more,  
with hearts kept pure by self restraint,  
we may extol him in our song.

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: Morning Hymn, 8 8 8 8; François Barthélémon, 1741–1808*

*Plainsong, mode IV, melody 70; Liber Hymnarius, Solesmes, 1983\*, Text: Iam lucis  
orto sidere, ca. 8th c.*

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*Sit or stand*

## PSALMODY

### *Antiphon 1*

At daybreak, be merciful to me, O Lord.

*Psalm 143:1–11*

*Prayer in distress*

*A man is not justified by observance of the law but only through faith in Jesus Christ  
(Galatians 2:16).*

Lórd, listen to my práyer; †  
túrn your éar to my appéal. \*  
You are fáithful, you are júst; give ánsWer.  
Do not cáll your sérvant to júdgment \*  
for nó one is júst in your síght.

The éneMy pursúes my sóul; \*  
he has crúshed my life to the gróund;  
he has máde me dwéll in dárkness \*  
like the déad, lóng forgóttén.  
Thérefore my spírit fáils; \*  
my héart is númb withín me.

I reméber the dáys that are pást: \*  
I pónder áll your wórks.

I múse on what your hánd has wróught †  
and to yóu I strétch out my hánds. \*  
Like a párched land my sóul thirsts for yóu.

Lórd, make háste and ánsver; \*  
for my spírit fáils withín me.  
Dó not híde your fáce \*  
lest I becóme like thóse in the gráve.

In the mórning let me knów your lóve \*  
for I pút my trúst in yóu.  
Make me knów the wáy I should wálk: \*  
to yóu I líft up my sóul.

Réscue me, Lórd, from my énemies; \*  
I have fléd to yóu for réfuge.  
Téach me to dó your wíll \*  
for yóu, O Lórd, are my Gód.  
Let yóur good spírit guíde me \*  
in wáys that are lével and smóoth.

For your náme's sake, Lórd, save my lífe; \*  
in your jústice save my sóul from distréss.

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.

### *Antiphon*

At daybreak, be merciful to me, O Lord.

### *Antiphon 2*

The Lord will make a river of peace flow through Jerusalem.

*Canticle – Isaiah 66:10-14a*

*Joys of heaven*

*The heavenly Jerusalem is a free woman and our mother (Galatians 4:26).*

Rejoice with Jerusalem and be glad because of her, \*  
all you who love her;  
exult, exult with her, \*

all you who were mourning over her!

Oh, that you may suck fully \*  
of the milk of her comfort,  
that you may nurse with delight \*  
at her abundant breasts!

For thus says the Lord: †

Lo, I will spread prosperity over her like a river, \*  
and the wealth of the nations like an overflowing torrent.

As nurslings, you shall be carried in her arms, \*  
and fondled in her lap;  
as a mother comforts her son, †  
so will I comfort you; \*  
in Jerusalem you shall find your comfort.

When you see this, your heart shall rejoice, \*  
and your bodies flourish like the grass.

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 Lord will make a river of peace flow through Jerusalem.

### *Antiphon 3*

Let us joyfully praise the Lord our God.

*Psalm 147:1-11*

*The loving kindness of God who can do all he wills*

*You are God: we praise you; you are the Lord: we acclaim you.*

Praise the Lórd for hé is góod; †  
sing to our Gód for hé is lóving: \*  
to hím our práise is dúe.

The Lórd buílds up Jerúsalem \*  
and bríngs back Ísrael's éxiles,  
he héals the bróken-héarted, \*

he binds up áll their wóunds.  
He fixes the númer of the stárs; \*  
he cálls each óne by its náme.

Our Lórd is gréat and almíghty; \*  
his wísdom can néver be méasured.  
The Lórd ráises the lówly; \*  
he húmbles the wícked to the dúst.  
O síng to the Lórd, giving thánks; \*  
síng psálms to our Gód with the hárp.

He cóvers the héavens with clóuds; \*  
he prepáres the ráin for the éarth,  
making móuntains spróut with gráss \*  
and with plánts to sérve man's néeds.  
He próvides the béasts with their fód \*  
and young rávens that cáll upón him.

His delíght is nót in hórses \*  
nor his pléasure in wárríors' stréngth.  
The Lórd delights in thóse who revére him, \*  
in thóse who wáit for his lóve.

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 us joyfully praise the Lord our God.

*Sit*

## READING

*Romans 8:18-21*

The sufferings of the present are as nothing compared with the glory to be revealed in us. Indeed, the whole created world eagerly awaits the revelation of the sons of God. Creation was made subject to futility, not of its own accord but by him who once subjected it; yet not without hope, because the world itself will be freed from its slavery to corruption and share in the glorious freedom of the

children of God.

### RESPONSORY

In the early hours of the morning, I think of you, O Lord.

— In the early hours of the morning, I think of you, O Lord.

Always you are there to help me,

— I think of you, O Lord.

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

— In the early hours of the morning, I think of you, O Lord.

*Stand*

### GOSPEL CANTICLE

*Antiphon*

Give your people knowledge of salvation, Lord, and forgive us our sins.

*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*

Give your people knowledge of salvation, Lord, and forgive us our sins.

### INTERCESSIONS

Let us pray to God, who gives salvation to his people:

— You are our life, O Lord.

Blessed are you, Father of our Lord Jesus Christ, for by your mercy  
we have been reborn to a living hope,  
through the resurrection of Jesus Christ from the dead.

— You are our life, O Lord.

You made man in your image and renewed him in Christ,  
mold us into the likeness of your Son.

— You are our life, O Lord.

Pour out your love through the Holy Spirit,  
heal our hearts, wounded by hatred and jealousy.

— You are our life, O Lord.

Today grant work to laborers, bread to the hungry, joy to the  
sorrowful,  
grace and redemption to all men.

— You are our life, O Lord.

### *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*

Lord,  
let the knowledge of salvation  
enlighten our hearts,  
so that, freed from fear and from the power of our enemies,  
we may serve you faithfully all the days of our life.

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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