

*Liturgy of the Hours*  
LITURGY OF THE HOURS

DAYTIME PRAYER

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August 30, 2026

{ Twenty-Second Sunday 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 II, melody 42; Liber Hymnarius, Solesmes, 1983\*; Text: Dicamus  
laudes Domino, before 6th c.*

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*Sit or stand*

## PSALMODY

### *Antiphon 1*

The Lord has brought me to green pastures, alleluia.

### *Psalm 23*

#### *The Good Shepherd*

*The Lamb himself will be their shepherd and will lead them to the springs of living waters (Revelation 7:17).*

The Lórd is my shépherd; \*  
there is nóthing I shall wánt.  
Frésh and gréen are the pástures \*  
where he gíves me repóse.  
Near réstful wáters he léads me, \*  
to revíve my drooping spírit.

He guídes me alóng the right páth; \*  
he is trúe to his náme.  
If I should wálk in the válley of dárkness \*  
no évil would I féar.  
You are thére with your cróok and your stáff; \*  
with thése you give me cómfort.

You have prépared a bándquet for mé \*  
in the síght of my fóes.  
My héad you have anóinted with óil; \*  
my cúp is overflówing.

Surely góodness and kíndness shall fóllow me \*  
all the dáy's of my lífe.  
In the Lórd's own hóuse shall I dwéll \*  
for éver and 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 Lord has brought me to green pastures, alleluia.

*Antiphon 2*

Great is the name of the Lord among his people, Israel, alleluia.

*Psalm 76*

*Thanksgiving for victory*

*They will see the Son of Man coming on the clouds of heaven (Matthew 24:30).*

*I*

Gód is made knówn in Júdah; \*  
in Ísrael his náme is gréat.  
He sét up his tént in Jerúsalem \*  
and his dwélling pláce in Zíon.  
It was thére he bróke the flashing árrrows, \*  
the shíeld, the swórd, the ármor.  
Yóu, O Lórd, are respléndent, \*  
more majéstic than the éverlasting móuntains.  
The wárriors, despóiled, slept in déath; \*  
the hánds of the sóldiers were pówerless.  
At your thréat, O Gód of Jácob, \*  
hórse and ríder lay stúnned.

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*

Great is the name of the Lord among his people, Israel, alleluia.

*Antiphon 3*

Earth shuddered, then all was still, when God arose for judgment,  
alleluia.

*II*

Yóu, you alóne, strike térror. \*  
Who shall stánd when your ánger is róused?

You uttered your sentence from the heavens; \*  
the éarth in térror was stíll  
when Gód aróse to júdge, \*  
to sáve the húmble of the éarth.

Men's ánger will sérve to práise you; †  
its survívors surróund you in jóy. \*  
Make vóws to your Gód and fulfill them.  
Let all pay tríbute to hím who strikes térror, †  
who cúts short the life of prínces, \*  
who strikes térror in the kíngs of the éarth.

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*

Earth shuddered, then all was still, when God arose for judgment,  
alleluia.

*Sit*

READING

*Romans 8:26*

The Spirit helps us in our weakness, for we do not know how to  
pray as we ought; but the Spirit himself makes intercession for us  
with groanings that cannot be expressed in speech.

*Verse*

Lord, grant a hearing to my prayer.

— Give me wisdom as you promised.

*Stand*

CONCLUDING PRAYER

Let us pray.

Almighty God,  
every good thing comes from you.  
Fill our hearts with love for you,

increase our faith,  
and by your constant care  
protect the good you have given us.

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.

*Acclamation*

Let us praise the Lord.

— And give him thanks.

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