

*Liturgy of the Hours*  
LITURGY OF THE HOURS

DAYTIME PRAYER

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September 14, 2025

{ Feast – Triumph of the Cross }



*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*

Save us, O Savior of the world. On the cross you redeemed us by the shedding of your blood; we cry out for your help, O God.

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

Surely góodness and kíndness shall fóllo w me \*  
all the dáys 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 Spírit:  
as it was in the beginning, is now, \*  
and will be for ever. Amen.

*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 sèt up his tént in Jerúsalem \*  
and his dwélling pláce in Zíon.  
It was thére he bróke the flashing árrows, \*  
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.

*II*

Yóu, you alóne, strike térror. \*  
Who shall stánd when your ánger is róused?  
You úttered your séntence from the héavens; \*  
the éarth in térror was stíll  
when Gód aróse to júdge, \*  
to sáve the húmble of the éarth.  
Men's ánger will sérvé 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 lífe 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*

Save us, O Savior of the world. On the cross you redeemed us by the shedding of your blood; we cry out for your help, O God.

*Sit*

READING

*Ephesians 1:7-8*

It is in Christ and through his blood that we have been redeemed and our sins forgiven, so immeasurably generous is God's favor to us.

*Verse*

Let the whole world worship you and sing your praises.

— Let everyone sing psalms to your name, O Lord.

*Stand*

CONCLUDING PRAYER

Let us pray.

God our Father,  
in obedience to you  
your only Son accepted death on the cross  
for the salvation of mankind.  
We acknowledge the mystery of the cross on earth.  
May we receive the gift of redemption in heaven.

We ask this through our Lord Jesus Christ,  
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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