

Liturgy of the Hours
LITURGY OF THE HOURS

DAYTIME PRAYER

August 10, 2026

{ Feast – Lawrence, Deacon and Martyr }



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

Plainsong, mode VIII, melody 107; Liber Hymnarius, Solesmes, 1983, Text: Rector Potens, verax Deus, unknown author, very ancient; traditionally attributed to St. Ambrose, 340–397*

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Sit or stand

PSALMODY

Antiphon 1

Lord, I have sought to do your will, through which you give me life.

Psalm 119:89-96

XII (Lamed)

A meditation on God's law

I give you a new commandment: love one another as I have loved you (John 13:34).

Your wórd, O Lórd, for éver *
stands firm in the héavens:
your trúth lasts from áge to áge, *
like the éarth you créated.

By your décrée it endúres to this dáy; *
for áll things sérve you.
Had your lów not béen my delíght *
I would have díed in my affliction.

I will néver forgét your précepts *
for with thém you give me lífe.
Sáve me, for Í am yóurs *
since I séek your précepts.

Though the wícked lie in wáit to destróy me *
yet I pónder on your wíll.
I have séen that all perféction has an énd *
but your commánd is bóundless.

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, I have sought to do your will, through which you give me life.

Antiphon 2

I have trusted in you, O Lord, from my youth.

Psalm 71

You have stood by me, Lord, from my youth

Let hope be your joy; be patient in trials (Romans 12:12).

I

In yóu, O Lórd, I take réfuge; *
let me néver be pút to sháme.

In your jústice réscue me, frée me: *
pay héed to mé and sáve me.

Be a róck where Í can take réfuge, †
a míghty stróngthold to sáve me; *
for yóu are my róck, my stróngthold.
Frée me from the hánd of the wícked, *
from the gríp of the unjúst, of the oppréssor.

It is yóu, O Lórd, who are my hópe, *
my trúst, O Lórd, since my yóuth.
On yóu I have léaned from my bírth, †
from my móther's womb yóu have been my hélp. *
My hópe has álways been in yóu.

My fáte has filled mány with áwe *
but yóu are my stróng réfuge.
My líps are filled with your práise, *
with your glóry áll the day lóng.
Do not rejéct me nów that I am óld; *
when my stréngth fails dó not forsáke me.

For my énemies are spéaking abóut me; *
those who wáitch me take cóunsel togéther.
They say: "Gód has forsáken him; fóllow him, *
séize him; there is nó one to sáve him."
O Gód, do not stáy far óff: *
my Gód, make háste to hélp me!

Let thém be put to sháme and destróyed, *
all thóse who seek my life.

Let them be covered with shame and confusion, *
all those who seek to harm 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.

Antiphon

I have trusted in you, O Lord, from my youth.

Antiphon 3

Do not abandon me, my God, when I am old.

II

But as for me, I will always hope *
and praise you more and more.
My lips will tell of your justice †
and day by day of your help *
though I can never tell it all.

I will declare the Lord's mighty deeds, *
proclaiming your justice, yours alone.
O God, you have taught me from my youth *
and I proclaim your wonders still.

Now that I am old and grey-headed, *
do not forsake me, God.

Let me tell of your power to all ages, *
praise your strength and justice to the skies,
tell of you who have worked such wonders. *
O God, who is like you?

You have burdened me with bitter troubles *
but you will give me back my life.
You will raise me from the depths of the earth; *
you will exalt me and console me again.

So I will give you thanks on the lyre *
for your faithful love, my God.
To you will I sing with the harp, *

to yóu, the Hóly One of Ísrael.
When I síng to you my líps shall rejóice *
and my sóul, which yóu have redéemed.

And áll the day lóng my tóngue *
shall téll the tále of your jústice:
for théy are put to sháme and disgráced, *
all thóse who séek to hárm 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.

Antiphon

Do not abandon me, my God, when I am old.

Sit

READING

James 1:12

Happy the man who holds out to the end through trial! Once he has been proved, he will receive the crown of life the Lord has promised to those who love him.

Verse

I have put my hope in God.
— I have no fear of man.

Stand

CONCLUDING PRAYER

Let us pray.

Father,
you called Saint Lawrence to serve you by love
and crowned his life with glorious martyrdom.
Help us to be like him
in loving you and doing your work.
Grant 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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