

*Liturgy of the Hours*  
LITURGY OF THE HOURS

OFFICE OF READINGS

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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

We sing the triumph  
of Christ's holy Martyr,  
Lawrence, who turned from  
fleeting worldly favors,  
to mete out riches,  
clothing for the naked,  
food for the needy.

Tried on the gridir'n,  
he was firm and steadfast,  
heart burning brightly  
mid the flames that threatened;  
he won the vict'ry,  
loving life eternal,  
rich and abundant.

Choirs of the angels,  
taking up his spirit,  
brought it to heaven,  
to be crowned with laurels,  
that the Almighty  
at his prayer might loosen  
sinners from bondage.

O blessed Martyr,  
hear our supplications,  
ask for all peoples  
pardon for their failings,  
faith that is lively,

strength that never wavers,  
hearts filled with fervor.

Let us all echo  
glory to the Father,  
and fitting praises  
to his Sole-begotten,  
with whom the Spirit,  
bountiful Creator,  
reigns now in heaven. Amen.

*Metrical hymn, melody: ISTE CONFESSOR (ROUEN/POITIERS), 11 11 11 5;  
from the Poitiers Antiphoner, 1746*

*Plainsong, mode VIII, melody 121; Liber Hymnarius, Solesmes, 1983, Text: Martyris  
Christi colimus triumphum, ca. 10th c.*

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*Sit or stand*

## PSALMODY

### *Antiphon 1*

Men will hate you because you are mine, but he who perseveres will  
be saved.

### *Psalm 2*

*The Messiah, king and conqueror*

*The rulers of the earth joined forces to overthrow Jesus, your anointed Son (Acts 4:27).*

Whý this túmult among nátions, \*  
among péoples this úseless múrmuring?  
They arise, the kíngs of the éarth, \*  
princes plót against the Lórd and his Anóinted.  
“Cóme let us bréak their fétters, \*  
cóme, let us cást off their yóke.”

He who sits in the heavens laughs; \*  
the Lórd is laughing them to scórn.  
Thén he will spéak in his ánger, \*  
his ráge will stríke them with térror.  
“It is Í who have sét up my kíng \*  
on Zíon, my hóly móuntain.”

I will announce the decreée of the Lórd: †  
The Lórd said to me: “Yóu are my Són. \*  
It is Í who have begóttén you this dáy.  
Ásk and I shall bequéath you the nátions, \*  
put the énds of the éarth in your posséssion.  
With a ród of íron you will bréak them, \*  
shátter them like a pótter’s jár.”

Nów, O kíngs, understánd, \*  
take wárning, rúlers of the éarth;  
sérve the Lórd with áwe \*  
and trémbling, páy him your hómage  
lést he be ángry and you pérish; \*  
for súddenly his ánger will bláze.

Blessed are théy \*  
who put their trúst in Gód.

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*

Men will hate you because you are mine, but he who perseveres will be saved.

### *Antiphon 2*

The sufferings of this life cannot be compared to the glory that will be revealed in us in the life to come.

### *Psalm 11*

*God is the unfailing support of the just*

*Blessed are those who hunger and thirst for justice; they shall be satisfied (Matthew*

5:6).

In the Lórd I have táken my réfuge. †  
Hów can you sáy to my sóul: \*  
“Flý like a bírd to its móuntain.

See the wícked brácing their bów; †  
they are fixing their árrows on the stríng \*  
to shóot upright mén in the dárk.  
Foundátions once destróyed, \*  
what can the júst do?”

The Lórd is in his hólý témples, \*  
the Lórd, whose thróne is in héaven.  
His éyes look dówn on the wórld; \*  
his gáze tests mórtal mén.

The Lórd tests the júst and the wícked: \*  
the lóver of víolence he hátes.  
He sends fíre and brímstone on the wícked; \*  
he sends a scórching wínd as their lótt.

The Lórd is júst and loves jústice: \*  
the úpright shall sée his fáce.

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 sufferings of this life cannot be compared to the glory that will be revealed in us in the life to come.

### *Antiphon 3*

The Lord tested his chosen ones as gold tested by fire; he has received them for ever as a sacrificial offering.

### *Psalm 17*

*Save me, Lord, from those who hate you*

*During his life on earth... Jesus prayed to his Father and was heard*

*(Hebrews 5:7).*

*I*

Lórd, hear a cáuse that is júst, \*  
pay héed to my crý.

Túrn your éar to my práyer: \*  
no decéit is on my líps.

From yóu may my júdgmént come fórh. \*  
Your éyes discern the trúth.

You séarch my héart, you vísit me by níght. †  
You tést me and you fínd in mé no wróng. \*  
My wórds are not sínful as are mén's wórds.

I képt from víolence becáuse of your wórd, †  
I képt my féet fírmlý in your páths; \*  
there wás no fáltéring ín my stéps.

I am hére and I cáll, you will héar me, O Gód. \*  
Túrn your éar to me; héar my wórds.  
Displáy your great lóve, you whose ríght hand sáves \*  
your fríends from thóse who rebél agáinst them.

Gúard me as the ápple of your éye. †  
Híde me in the shádw of your wíngs \*  
from the víolent attáck of the wícked.

My fóes encírcle me with déadly intént. †  
Their héarts tíght shút, their móuths speak próudly. \*  
They advánce agáinst me, and nów they surróund me.

Their éyes are wáatching to stríke me to the gróund †  
as thóugh they were líons réady to cláw \*  
or líke some young líon cróuched in híding.

Lord, aríse, confrónt them, stríke them dówn! \*  
Let your swórd réscue my sóul from the wícked;  
let your hánd, O Lórd, réscue me from mén, \*  
from mén whose rewárd is in this préSENT lífe.

You gíve them their fíll of your tréasures; †  
they rejóice in abúndance of óffspring \*

and léave their wéalth to their children.

As for mé, in my jústice I shall sée your fáce \*  
and be filled, when I awáke, with the síght of your glóry.

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 tested his chosen ones as gold tested by fire; he has received them for ever as a sacrificial offering.

VERSE

I have known tribulations and distress.

— But in your commands I have found consolation.

*Sit*

READINGS

*First reading*

From the Acts of the Apostles

*6:1-6; 8:1b, 4-8*

*The seven deacons are chosen by the apostles*

In those days, as the number of disciples grew, the ones who spoke Greek complained that their widows were being neglected in the daily distribution of food, as compared with the widows of those who spoke Hebrew. The Twelve assembled the community of the disciples and said, “It is not right for us to neglect the word of God in order to wait on tables. Look around among your own number, brothers, for seven men acknowledged to be deeply spiritual and prudent, and we shall appoint them to this task. This will permit us to concentrate on prayer and the ministry of the word.”

The proposal was unanimously accepted by the community. Following this they selected Stephen, a man filled with faith and the Holy Spirit; Philip, Prochorus, Nicanor, Timon, Parmenas, and Nicolaus of Antioch, who had been a convert to Judaism. They pre-

sented these men to the apostles, who first prayed over them and then imposed hands on them.

That day saw the beginning of a great persecution of the church in Jerusalem. All except the apostles scattered throughout the countryside of Judea and Samaria.

The members of the church who had been dispersed went about preaching the word. Philip, for example, went down to the town of Samaria and there proclaimed the Messiah. Without exception, the crowds that heard Philip and saw the miracles he performed attended closely to what he had to say. There were many who had unclean spirits, which came out shrieking loudly. Many others were paralytics or cripples, and these were cured. The rejoicing in that town rose to fever pitch.

*Responsory*

*Matthew 10:32; John 12:26*

If anyone declares himself for me before men,

— I will declare myself for him before my Father in heaven.

If anyone wishes to serve me, he must follow me, and where I am, there my servant will be with me.

— I will declare myself for him before my Father in heaven.

*Second reading*

From a sermon by Saint Augustine, bishop

*(Sermo 304, 1-4: PL 38, 1395-1397)*

*He ministered the sacred blood of Christ*

The Roman Church commends to us today the anniversary of the triumph of Saint Lawrence. For on this day he trod the furious pagan world underfoot and flung aside its allurements, and so gained victory over Satan's attack on his faith.

As you have often heard, Lawrence was a deacon of the Church at Rome. There he ministered the sacred blood of Christ; there for the sake of Christ's name he poured out his own blood. Saint John the apostle was evidently teaching us about the mystery of the Lord's

supper when he wrote: *Just as Christ laid down his life for us, so we ought to lay down our lives for the brethren.* My brethren, Lawrence understood this and, understanding, he acted on it. Just as he had partaken of a gift of self at the table of the Lord, so he prepared to offer such a gift. In his life he loved Christ; in his death he followed in his footsteps.

Brethren, we too must imitate Christ if we truly love him. We shall not be able to render better return on that love than by modeling our lives on his. *Christ suffered for us, leaving us an example, that we should follow in his steps.* In saying this, the apostle Peter seems to have understood that Christ suffered only for those who follow in his steps, in the sense that Christ's passion is of no avail to those who do not. The holy martyrs followed Christ even to shedding their life's blood, even to reproducing the very likeness of his passion. They followed him, but not they alone. It is not true that the bridge was broken after the martyrs crossed; nor is it true that after they had drunk from it, the fountain of eternal life dried up.

I tell you again and again, my brethren, that in the Lord's garden are to be found not only the roses of his martyrs. In it there are also lilies of the virgins, the ivy of wedded couples, and the violets of widows. On no account may any class of people despair, thinking that God has not called them. Christ suffered for all. What the Scriptures say of him is true: *He desires all men to be saved and to come to knowledge of the truth.*

Let us understand, then, how a Christian must follow Christ even though he does not shed his blood for him, and his faith is not called upon to undergo the great test of the martyr's sufferings. The apostle Paul says of Christ our Lord: *Though he was in the form of God he did not consider equality with God a prize to be clung to.* How unrivaled his majesty! *But he emptied himself, taking on the form of a slave, made in the likeness of men, and presenting himself in human form.* How deep his humility!

Christ humbled himself. Christian, that is what you must make your own. *Christ became obedient.* How is it that you are proud? When this humbling experience was completed and death itself lay conquered, Christ ascended into heaven. Let us follow him there,

for we hear Paul saying: *If you have been raised with Christ, you must lift your thoughts on high, where Christ now sits at the right hand of God.*

*Responsory*

Blessed Lawrence cried out: I worship my God and serve only him.

— So I do not fear your torture.

God is my rock; I take refuge in him.

— So I do not fear your torture.

*Stand*

TE DEUM

You are God: we praise you;  
You are the Lord: we acclaim you;  
You are the eternal Father:  
All creation worships you.

To you all angels, all the powers of heaven,  
Cherubim and Seraphim, sing in endless praise:  
Holy, holy, holy, Lord, God of power and might,  
heaven and earth are full of your glory.

The glorious company of apostles praise you.  
The noble fellowship of prophets praise you.  
The white-robed army of martyrs praise you.

Throughout the world the holy Church acclaims you:  
Father, of majesty unbounded,  
your true and only Son, worthy of all worship,  
and the Holy Spirit, advocate and guide.

You, Christ, are the King of glory,  
the eternal Son of the Father.

When you became man to set us free  
you did not spurn the Virgin's womb.

You overcame the sting of death,  
and opened the kingdom of heaven to all believers.

You are seated at God's right hand in glory.  
We believe that you will come, and be our judge.

Come then, Lord, and help your people,  
bought with the price of your own blood,  
and bring us with your saints  
to glory everlasting.

### 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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