Liturgy of the Hours

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Daytime Prayer

December 24, 2026

{ Thursday of the Fourth Week of Advent }



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: Herr Jesu Christ, 8 8 8 8; Pensum Sacrum Metro-Rhythmicum, Görlitz, 1648

Plainsong, mode IV, melody 80; Liber Hymnarius, Solesmes, 1983, Text: Dicamus laudes Domino, before 6th c.*

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Sit or stand

Psalmody

Antiphon

The angel Gabriel said to Mary in greeting: Hail, full of grace, the Lord is with you; blessed are you among women.

Psalm 119:153-160

XX (Resh)

Sée my afflíction and sáve me *
for I remémber your láw.
Uphóld my cáuse and defénd me; *
by your prómise give me lífe.

Salvátion is fár from the wícked *
who are héedless of your commánds.
Númberless, Lórd, are your mércies; *
with your decrées give me lífe.

Though my fóes and oppréssors are cóuntless *
I have not swérved from your wíll.
I lóok at the fáithless with disgúst; *
they ignóre your prómise.

Sée how I lóve your précepts; *
in your mércy give me lífe.
Your wórd is fóunded on trúth: *
your decrées are etérnal.

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.

Psalm 128

Happiness of family life rooted in God

"May the Lord bless you from Zion" refers to the Church (Arnobius).

O bléssed are thóse who fear the Lórd *

and wálk in his wáys!

By the lábor of your hánds you shall éat. *
You will be háppy and prósper;
your wífe like a frúitful víne *
in the héart of your hóuse;
your chíldren like shóots of the ólive, *
aróund your táble.

Indéed thús shall be bléssed *
the mán who fears the Lórd.
May the Lórd bléss you from Zíon *
all the dáys of your lífe!
May you sée your chíldren's chíldren †
in a háppy Jerúsalem! *
On Ísrael, péace.

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.

Psalm 129

God's people reaffirm their trust in time of affliction

The voice of the Church lamenting its suffering is heard in this psalm (Saint Augustine).

"They have préssed me hárd from my yóuth," *
this is Ísrael's sóng.
"They have préssed me hárd from my yóuth *
but could néver destróy me.

They plóughed my báck like plóughmen, *
drawing lóng fúrrows.
But the Lórd, who is júst, has destróyed *
the yóke of the wícked."

Lét them be shámed and róuted, *
thóse who hate Zíon!
Lét them be like gráss on the róof *
that wíthers before it flówers.

With thát no réaper fills his árms, *
no bínder makes his shéaves
and thóse passing bý will not sáy: †
"On yóu the Lord's bléssing!" *
"We bléss you in the náme of the Lórd."

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 angel Gabriel said to Mary in greeting: Hail, full of grace, the Lord is with you; blessed are you among women.

Sit

Reading

Isaiah 4:3

He who remains in Zion
and he that is left in Jerusalem
Will be called holy:
every one marked down for life in Jerusalem.

Verse

Remember us, Lord, because of the love you have for your people.

— Come and bring us your salvation.

Stand

Concluding Prayer

Let us pray.

Come, Lord Jesus,
do not delay;
give new courage to your people who trust in your love.
By your coming, raise us to the joy of your kingdom,
where you live and reign with the Father and the Holy Spirit,
God, for ever and ever.

— Amen.

Acclamation

Let us praise the Lord.

— And give him thanks.

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