

DAYTIME PRAYER - MIDDAY

OPENING:

{sign of the cross}

God, come to my assistance

- *Lord, make haste to help me*

Glory be to the Father and to the Son and to the Holy Spirit:

-*as it was in the beginning, is now and will be ever. Amen.*

HYMN:

Help us, O Lord, to learn

The truths thy Word imparts:

To study that thy laws may be

Inscribed into our hearts.

Help us, O Lord, to live

The faith which we proclaim,

That all our thoughts and words and deeds

May glorify your name.

Help us, O Lord, to teach

The beauty of your ways,

That yearning souls may find the Christ,

And sing aloud his praise.

PSALMODY:

Mid-Day Ant. The mother of Jesus said: Do whatever he asks of you.

Ant. 1. Lead me, Lord, in the path of your commandments.

Teach me the demands of your precepts

and I will keep them to the end.

Train me to observe your law,

to keep it within my heart.

Guide me in the path of your commands;

for there is my delight.

Bend my heart to your will

and not to love of gain.

Keep my eyes from what is false:

by your word, give me life.

Keep the promise you have made

to the servant who fears you.

Keep me from the scorn I dread,
for your decrees are good.
See, I long for your precepts:
then in your justice, give me life.

Glory be to the Father...

Ant. 1. Lead me, Lord, in the path of your commandments.

Ant. 2. Those who seek the Lord will be filled with every blessing.

I will bless the Lord at all times,
his praise always on my lips;
in the Lord my soul shall make its boast.
The humble shall hear and be glad.

Glorify the Lord with me,
together let us praise his name.
I sought the Lord and he answered me;
from all my terrors he set me free.

Look towards him and be radiant;
let your faces not be abashed.
This poor man called;
the Lord heard him and rescued him from all his distress.

The angel of the Lord is encamped around those who revere him,
to rescue them.
Taste and see that the Lord is good.
He is happy who seeks refuge in him.

Revere the Lord, you his saints.
They lack nothing, those who revere him.
Strong lions suffer want and go hungry but those who seek the Lord
lack no blessing.

Glory be to the Father...

Ant. 2. Those who seek the Lord will be filled with every blessing.

Ant. 3. Seek and strive after peace.

Come, children, and hear me that I may teach you
the fear of the Lord.
Who is he who longs for life and many days,
to enjoy his prosperity?

Then keep your tongue from evil and your lips from seeking deceit.

Turn aside from evil and do good;
seek and strive after peace.

The Lord turns his face against the wicked
to destroy their remembrance from the earth.

The Lord turns his eyes to the just
and his ears to their appeal.

They call and the Lord hears
and rescues them in all their distress.
The Lord is close to the broken-hearted;
those whose spirit is crushed he will save.

Many are the trials of the just man
but from them all the Lord will rescue him.
He will keep guard over all his bones,
not one of his bones shall be broken.

Evil brings death to the wicked;
those who hate the good are doomed.
The Lord ransoms the souls of his servants.
Those who hide in him shall not be condemned.

Glory be to the Father...

Ant. 3. Seek and strive after peace.

Mid-Day Ant. The mother of Jesus said: Do whatever he asks of you.

FIRST READING (Zechariah 9:9):

Rejoice heartily, O daughter Zion, shout for joy, O daughter Jerusalem. See, your king shall come to you; a just savior is he.

SECOND READING (St. Chrysologus):

A virgin conceived and a virgin brought forth her child. Do not be disturbed at this conception or confused when you hear of this birth. Let no one judge in a human way what is done in a divine mystery. Let no one try to penetrate this heavenly mystery by earthly reasoning. Let no one treat this novel secret from knowledge of everyday occurrences. Let no one manipulate the work of love into an insult, or run the risk of losing faith

RESPONSORY:

Blessed is the womb of the Virgin Mary.
-Who bore the Son of the Eternal Father.

CONCLUDING PRAYER:

Lord, make the peace we pray for a reality:
may we live our days in quiet joy and,
with the help of the Virgin Mary's prayers,
safely reach your kingdom.
Grant this through Christ our Lord. Amen.

CONCLUSION:

{sign of the cross}

Let us praise the Lord
-And give him thanks.