Daytime Prayer

Friday, July 3, 2026

Saint Thomas, Apostle

OPENING

O 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 forever. Amen.

HYMN

God of the Morning

God of the morning, God of the midday hour,
grant us your wisdom and your guiding power;
we pause amid the tasks and toils of day
to seek your face and learn to walk your way.

All things are yours: the sunlight and the rain,
the labor of our hands, the joy and pain;
receive our offering of this broken hour
and bless our work with your renewing power.

To God the Father be all glory given,
and to the Son who drew us close to heaven,
and to the Spirit, fire within the soul,
now and forever, making all things whole.

PSALMODY

Psalm 119 *Your Word Is a Lamp (Mem)*

> *Ant. Praise to you, Lord God, now and forever.*

Your word is a lamp to my feet, and a light to my paths.

I have sworn and have determined to keep the judgments of your justice.

I have been humbled greatly; O Lord, enliven me according to your word.

The voluntary offerings of my mouth, make them acceptable, O Lord, and teach me your judgments.

My soul is always in my hands, and I have not forgotten your law.

Sinners have set a snare for me, and I have not strayed from your commandments.

I have inherited your testimonies forever, because they are the joy of my heart.

I have inclined my heart to do your justifications forever, for the reward.

Glory to the Father, and to the Son, and to the Holy Spirit: as it was in the beginning, is now, and will be forever. Amen.

> *Ant. Praise to you, Lord God, now and forever.*

Psalm 119 *I Have Hated the Double-minded (Nun)*

> *Ant. Praise to you, Lord God, now and forever.*

I have hated the iniquitous; and I have loved your law.

You are my helper and my supporter; and I have hoped in your word.

Depart from me, you malicious; and I will search the commandments of my God.

Uphold me according to your word and I will live; and do not confound me in my expectation.

Help me and I will be saved; and I will always meditate on your justifications.

You have despised all those who fall away from your justifications; for their thought is unjust.

I have considered all the sinners of the earth to be prevaricators; therefore I have loved your testimonies.

Pierce my flesh with your fear; for I am afraid of your judgments.

Glory to the Father, and to the Son, and to the Holy Spirit: as it was in the beginning, is now, and will be forever. Amen.

> *Ant. Praise to you, Lord God, now and forever.*

SHORT READING

ROMANS 12:10–11

Love one another with mutual affection; anticipate one another in showing honor. Do not grow slack in zeal, be fervent in spirit, serve the Lord.

RESPONSORY

V. Blessed is he who comes in the name of the Lord.

R. We bless you from the house of the Lord.

CONCLUDING PRAYER

O God, you neither slumber nor sleep and your care for us is without ceasing. At this midday hour renew our energy for the tasks before us and keep us mindful of your presence; through Jesus Christ our Lord. Amen.

DISMISSAL

Let us praise the Lord.

And give him thanks.