Daytime Prayer

Saturday, July 11, 2026

Saint Benedict of Nursia, Abbot

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 120 *I Lift My Eyes to the Mountains*

> *Ant. I lift up my eyes to the mountains; from where will my help come?*

I have lifted up my eyes to the mountains, from which help will come to me.

My help is from the Lord, who made heaven and earth.

May he not allow your foot to be moved; may he not slumber who guards you.

Behold, he who guards Israel will neither slumber nor sleep.

The Lord is your guardian; the Lord is your protection at your right hand.

The sun will not burn you by day, nor the moon by night.

The Lord guards you from all evil; may the Lord guard your soul.

May the Lord guard your going out and your coming in, from this time forward and forevermore.

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. I lift up my eyes to the mountains; from where will my help come?*

Psalm 121 *I Rejoiced When They Said to Me*

> *Ant. I was glad when they said to me: "Let us go to the house of the Lord."*

I rejoiced at the things that were said to me: "We will go into the house of the Lord."

Our feet were standing in your courts, O Jerusalem.

Jerusalem, which is built as a city, which is compact together.

For there the tribes went up, the tribes of the Lord; the testimony of Israel, to praise the name of the Lord.

For there the thrones have sat in judgment, the thrones over the house of David.

Ask for the things that are for the peace of Jerusalem, and abundance for those who love you.

Let peace be in your strength, and abundance in your towers.

For the sake of my brethren and my neighbors, I spoke peace about you.

Because of the house of the Lord our God, I sought good things for you.

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. I was glad when they said to me: "Let us go to the house of the Lord."*

SHORT READING

PROVERBS 2:6

For the Lord gives wisdom; from his mouth come knowledge and understanding.

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

> *Lord of the harvest, you have called us to labor in your vineyard. Keep our hearts from weariness and grant us joy in the work of building your kingdom; through Jesus Christ our Lord. Amen.*

DISMISSAL

Let us praise the Lord.

And give him thanks.