Daytime Prayer

Thursday, July 16, 2026

Our Lady of Mount Carmel

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 129 *Out of the Depths I Cry*

> *Ant. Out of the depths I cry to you, O Lord.*

From the depths I have cried out to you, O Lord; Lord, hear my voice.

Let your ears be attentive to the voice of my supplication.

If you, Lord, observe iniquities, Lord, who will endure it?

For with you there is forgiveness, and because of your law I have waited for you, O Lord.

My soul has patiently waited on his word; my soul has hoped in the Lord.

From the morning watch, even until night, let Israel hope in the Lord.

For with the Lord there is mercy, and with him there is plentiful redemption.

And he will redeem Israel from all his iniquities.

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. Out of the depths I cry to you, O Lord.*

Psalm 130 *My Soul Is Like a Weaned Child*

> *Ant. My heart is not raised up; my soul does not make itself proud.*

O Lord, my heart is not exalted, nor are my eyes lofty.

Neither have I walked in great things, nor in wonders beyond me.

If I were not humble, if my soul were not lifted up; as a weaned child is toward his mother, likewise let it be repaid to my soul.

Let Israel hope in the Lord, 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. My heart is not raised up; my soul does not make itself proud.*

SHORT READING

MATTHEW 5:16

Your light must shine before others, that they may see your good deeds and glorify your heavenly Father.

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

Almighty God, you sent your Son not to be served but to serve. Strengthen us to be servants of one another and of all who are in need; through the same Jesus Christ our Lord. Amen.

DISMISSAL

Let us praise the Lord.
And give him thanks.