Daytime Prayer

Thursday, July 23, 2026

Saint Birgitta of Sweden, Religious

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.

Psalm 138 *Lord, You Have Searched Me*

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

Lord, you have examined me and known me.

You have known my sitting down and my rising up.

You have understood my thoughts from afar; my path and my way of life you have investigated.

And you have foreseen all my ways; for there is no word on my tongue.

Behold, O Lord, you have known all things, the last and the first.

You have formed me, and you have placed your hand over me.

Knowledge of you has become a wonder to me; it has been made strong, and I am not able to attain it.

Where will I go from your spirit? And where will I flee from your face?

If I ascend into heaven, you are there; if I descend into hell, you are present.

If I take up my wings in early morning and dwell in the uttermost parts of the sea,

even there your hand will lead me, and your right hand will hold me.

And I said: "Perhaps darkness will trample me down," and night will be my illumination in my delights.

For darkness will not be made dark by you, and night will be made bright like the day; as its darkness, so also its light.

For you have possessed my inmost being; you have received me from the womb of my mother.

I will confess to you, for you are fearfully magnified; your works are wonderful, as my soul knows very well.

My bone, which you made in secret, is not hidden from you, and my substance is in the lower regions of the earth.

Your eyes foresaw my imperfection, and all will be written in your book.

The days will be formed, and no one else is in them.

But to me, your friends have been greatly honored, O God; their principality has been greatly strengthened.

I will number them, and they will be multiplied beyond the sand.

I rose up and I am still with you.

But if only you would slay the wicked, O God; you men of blood, depart from me.

For you say in thought: "They will receive your cities in vain."

Have I not hated those who hate you, O Lord; and have I not wasted away over your enemies?

I have hated them with perfect hatred; they have become enemies to me.

Try me, O God, and know my heart; examine me, and know my paths.

And see if there is any way of iniquity in me, and lead me along the eternal way.

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 139 *Deliver Me From Evil Men (Part I)*

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

Rescue me, O Lord, from evil men; free me from the unjust man.

Those who have devised iniquities in their heart; all day long they incited conflicts.

They have sharpened their tongue like a serpent; the venom of asps is under their lips.

Guard me, O Lord, from the hand of the sinner, and free me from unjust men.

Those who have planned to supplant my steps.

The arrogant have hidden a snare for me, and they have extended cords as a trap.

Beside the path they have set a stumbling block for me.

I said to the Lord: "You are my God." Hear, O Lord, the voice of my petition.

O Lord, Lord, the power of my salvation: you cast a shadow over my head in the day of battle.

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

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.