Daytime Prayer

Thursday, December 31, 2026

Saint Sylvester I, Pope

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

> **Sing Alleluia Forth**
>
> Sing alleluia forth in duteous praise,
> O citizens of heaven, who know the festal days;
> and by your singing learn how God may be adored.

PSALMODY

Psalm 119 *Forever, O Lord, Your Word (Caph)*

> *Ant. Today Christ is born for us; glory to God in the highest, and on earth peace to people of good will.*

Forever, O Lord, your word stands firm in heaven.

Your truth is from generation to generation; you have founded the earth, and it endures.

By your ordinance the day persists, for all things serve you.

Unless your law had been my meditation, perhaps then I would have perished in my humiliation.

Your justifications I will never forget, for in them you have given me life.

I am yours; save me, for I have sought your justifications.

The wicked have waited for me to destroy me; but I have understood your testimonies.

I have seen the end of all perfection; your commandment is exceedingly broad.

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. Today Christ is born for us; glory to God in the highest, and on earth peace to people of good will.*

Psalm 119 *How I Love Your Law! (Lamed)*

> *Ant. Today Christ is born for us; glory to God in the highest, and on earth peace to people of good will.*

O how I have loved your law, O Lord! All day long it is my meditation.

By your commandment, you have made me wiser than my enemies; for it is mine forever.

I have understood more than all my teachers, because your testimonies are my meditation.

I have understood more than the elders, because I have sought your commandments.

From every evil path I have restrained my feet, so that I might keep your words.

I have not declined from your judgments, because you have established a law for me.

How sweet are your words to my palate, more so than honey to my mouth!

By your commandments I have gained understanding; therefore I have hated every path of iniquity.

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. Today Christ is born for us; glory to God in the highest, and on earth peace to people of good will.*

SHORT READING

JOHN 8:12

I am the light of the world. Whoever follows me will not walk in darkness, but will have the light of life.

RESPONSORY

V. The Word became flesh and dwelt among us.

R. Full of grace and truth.

CONCLUDING PRAYER

Eternal Word, you entered time to redeem it. Bless our use of time this day and help us give these hours gladly for your glory; through the same Jesus Christ our Lord. Amen.

DISMISSAL

Let us praise the Lord.

And give him thanks.