

# Daytime Prayer

Friday, December 29, 2028

Saint Thomas Becket, Bishop and Martyr

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## OPENING

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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

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### Sing Alleluia Forth

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

## PSALMODY

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### Psalm 139 *Deliver Me From Evil Men (Part II)*

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

Do not hand me over, O Lord, to the desire of the wicked; they have conspired against me; do not abandon me, lest they prevail.

The head of their encirclement: the labor of their lips will overwhelm them.

Burning coals will fall upon them; you will cast them into the fire, into miserable ruin, and they will not endure.

A man of tongue will not be established on the earth; evil will capture the unjust man for his destruction.

I know that the Lord will effect the judgment of the poor, and the vindication of the needy.

Yet truly the just will confess to your name, and the upright will dwell with your face.

*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 140** *Let My Prayer Rise Like Incense*

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

Lord, I have cried out to you; hear me; give ear to my voice when I cry out to you.

Let my prayer be directed like incense in your sight; the lifting up of my hands as an evening sacrifice.

Set a guard, O Lord, over my mouth, and a surrounding door over my lips.

Do not let my heart turn to words of malice, or to making excuses for sin.

With men who work iniquity, and I will not communicate with the elect of them.

The just man will correct me with mercy and will rebuke me; but let not the oil of the sinner anoint my head.

For my prayer is still against their desires; their judges have been swallowed up, joined to the rock.

They will hear my words, for they have been made sweet.

As if a thickness of earth being broken up on the ground, our bones have been scattered beside hell.

For to you, O Lord, Lord, are my eyes; in you I have hoped; take not away my soul.

Keep me from the snare they have laid for me, and from the stumbling blocks of those who work iniquity.

Sinners will fall in his net; I am alone until I pass through.

*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**

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**GALATIANS 4:4**

But when the fullness of time had come, God sent his Son, born of a woman.

**RESPONSORY**

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*V. The Word became flesh and dwelt among us.*

*R. Full of grace and truth.*

**CONCLUDING PRAYER**

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*Father, you gave us your greatest gift at Christmas. Help us to give generously of ourselves this day in service and in love; through Jesus Christ our Lord. Amen.*

DISMISSAL

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Let us praise the Lord.

*And give him thanks.*

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