

# Daytime Prayer

Thursday, January 3, 2030

January 3

---

## 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.*