Office of Readings

Sunday, August 7, 2022

19th Sunday of Ordinary Time

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.

INVITATORY

Ant. Come, let us adore the Lord, for he is our God.

Come, let us exult in the Lord; let us shout with joy to God our salvation.

Let us come before his face with praise and exult in him with psalms.

For the Lord is a great God and a great king above all gods.

For the Lord does not cast off his people; for in his hand are all the ends of the earth.

And the heights of the mountains belong to him.

For the sea is his, and he made it; and his hands formed the dry land.

Come, let us adore and fall down before God; let us weep before the Lord who made us.

For he is the Lord our God; and we are the people of his pasture and the sheep of his hand.

Today, if you will hear his voice, harden not your hearts.

As in the provocation, according to the day of temptation in the wilderness,

where your fathers tempted me; they tried me and saw my works.

For forty years I was close to this generation, and I said: "They always err in heart."

And these people have not known my ways, so I swore in my wrath that they will not enter into my rest.

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. Come, let us adore the Lord, for he is our God.

HYMN

O Splendor of God's Glory Bright

> O Splendor of God's glory bright,
> O thou that bringest light from light,
> O Light of light, light's living spring,
> O Day, all days illumining!
>
> O thou true Sun, on us thy glance
> let fall in royal radiance;
> the Spirit's sanctifying beam
> upon our earthly senses stream.
>
> The Father, too, our prayers implore,
> Father of glory evermore;
> the Father of all grace and might,
> to banish sin from our delight.
>
> All laud to God the Father be;
> all praise, eternal Son, to thee;
> all glory, as is ever meet,
> to God the holy Paraclete.

PSALMODY

Psalm 1 *The Way of the Just*

> *Ant. Blessed is the man who meditates on the law of the Lord day and night.*

Blessed is the man who has not walked in the counsel of the ungodly, and has not stood in the way of sinners, and has not sat in the chair of pestilence.

But his will is in the law of the Lord, and he will meditate on his law day and night.

And he will be like a tree that is planted near the flowing streams of water, which will yield its fruit in its time, and its leaf will not fall away, and all things whatsoever that he does will prosper.

But the ungodly are not so; they are like the dust that the wind blows away from the face of the earth.

Therefore the ungodly will not rise up again in judgment, nor sinners in the council of the just.

For the Lord knows the way of the just, and the way of the ungodly will perish.

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. Blessed is the man who meditates on the law of the Lord day and night.*

Psalm 2 *The Reign of the Lord's Anointed*

> *Ant. You are my Son; today I have begotten you.*

Why have the Gentiles raged, and why have the peoples been meditating on vain things?

The kings of the earth have stood up, and the leaders have joined together as one, against the Lord and against his Christ.

"Let us break their bonds apart," and let us cast their yoke away from us."

He who dwells in the heavens will mock them, and the Lord will laugh at them.

Then he will speak to them in his wrath, and he will trouble them in his fury.

But I have been appointed king by him over Zion, his holy mountain, proclaiming his precept.

The Lord said to me: "You are my son; this day I have begotten you."

"Ask of me, and I will give you the Gentiles as your inheritance, and the ends of the earth as your possession."

"You will rule them with an iron rod, and you will break them like a potter's vessel."

And now, O kings, understand; accept instruction, you who judge the earth.

Serve the Lord with fear, and rejoice in him with trembling.

Accept discipline, lest the Lord become angry and you perish from the just way.

When his anger burns in a short time, blessed are all who trust in him.

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. You are my Son; today I have begotten you.*

Psalm 3 *Morning Prayer for Help*

> *Ant. You, O Lord, are a shield about me, my glory, and the lifter of my head.*

O Lord, why have those who afflict me increased? Many are rising up against me.

Many say to my soul, "There is no salvation for him in his God."

But you, O Lord, are my defender; you are my glory and the one who lifts up my head.

I have cried out to the Lord with my voice, and he has heard me from his holy mountain.

I have slept and been at rest, and I have risen up, because the Lord has taken me up.

I will not fear the thousands of people surrounding me; arise, O Lord; save me, my God.

For you have struck all who are hostile to me without cause; you have shattered the teeth of sinners.

Salvation is of the Lord, and your blessing is upon your people.

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. You, O Lord, are a shield about me, my glory, and the lifter of my head.*

FIRST READING: SCRIPTURE

PROVERBS 8:6-7

Hear, for I will speak noble things, and from my lips will come what is right; for my mouth will utter truth; wickedness is an abomination to my lips.

RESPONSORY

V. Christ, Son of the living God, have mercy on us.

R. Christ, Son of the living God, have mercy on us.

V. You who rose from the dead,

R. have mercy on us.

SECOND READING: PATRISTIC OR HAGIOGRAPHIC

Thomas a Kempis

The Imitation of Christ, Book 3

Interior Conversation of the Soul with God

> Blessed is the soul which heareth the Lord speaking within her, and receiveth from his mouth the word of consolation. Blessed are the ears which receive the pulses of the divine whisper, and give no heed to the many whisperings of this world. Blessed indeed are those ears which listen not after the voice which is sounding without, but for the Truth teaching inwardly. Blessed are the eyes which are shut to outward things, but intent on things within. Blessed are they who enter far into things within, and endeavor to prepare themselves more and more, by daily exercises, for the receiving of heavenly secrets. Blessed are they who are glad to have time to spare for God, and who shake off all worldly impediments. Consider these things, O my soul, and shut the door of thy sensual desires, so that thou mayest hear what the Lord thy God will speak in thee. Thus saith thy Beloved, "I am thy salvation, thy peace, and thy life: keep thyself with Me, and thou shalt find peace."

TE DEUM

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CONCLUDING PRAYER

Father of lights, illuminate our reading and our prayer, that the glory of Christ may shine more brightly in our hearts; through the same Jesus Christ our Lord. Amen.

DISMISSAL

Let us praise the Lord.

And give him thanks.