

Daytime Prayer

Saturday, May 2, 2026

Saint Athanasius, Bishop and Doctor

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

Alleluia, Alleluia!

Alleluia, alleluia! Hearts to heaven and voices raise;
sing to God a hymn of gladness, sing to God a hymn of praise.

PSALMODY

Psalm 141 *Rescue Me From My Persecutors*

Ant. This is the day the Lord has made; let us be glad and rejoice in it. Alleluia.

With my voice I have cried out to the Lord; with my voice I have prayed to the Lord.

I will pour out, in his sight, my supplication; and before him I will declare my tribulation.

When my spirit failed within me, even then you knew my paths.

In the way on which I was walking, the proud hid a snare for me.

I looked to the right and I saw, and there was no one who would recognize me.

Flight has perished from me, and there is no one who has regard for my soul.

I cried out to you, O Lord; I said: "You are my hope, my portion in the land of the living."

Attend to my supplication, for I have been humbled exceedingly.

Free me from those who persecute me, for they have been made stronger than me.

Lead my soul out of custody to confess to your name; the just wait for me, until you repay 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.

Ant. This is the day the Lord has made; let us be glad and rejoice in it. Alleluia.

Psalm 145 *Praise the Lord, O My Soul (Part I)*

Ant. Christ our Passover has been sacrificed; let us therefore celebrate the feast. Alleluia.

Praise the Lord, O my soul; in my life I will praise the Lord; I will sing to my God as long as I live.

Do not trust in leaders, in the sons of men, in whom there is no salvation.

His spirit will depart, and he will return to his earth; on that day all their thoughts will perish.

Blessed is he whose helper is the God of Jacob; his hope is in the Lord his God,
who made heaven and earth, the sea, and all that is in them.

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. Christ our Passover has been sacrificed; let us therefore celebrate the feast. Alleluia.

SHORT READING

JOHN 16:22

So you also are now in anguish. But I will see you again, and your hearts will rejoice, and no one will take your joy away from you. Alleluia.

RESPONSORY

V. This is the day the Lord has made. Alleluia.

R. Let us rejoice and be glad. Alleluia.

CONCLUDING PRAYER

God of Easter, at this midday hour we praise you for the gift of new life. Let that new life be visible in all we do; through Jesus Christ our Lord. Amen.

DISMISSAL

Let us praise the Lord.

And give him thanks.