Office of Readings

Thursday, January 30, 2031

Ordinary Time, Week 3 — Thursday

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 and bow down before him.

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 and bow down before him.

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.

Psalm 13 *The Fool Who Denies God*

> *Ant. I will sing to the Lord who has been good to me.*

The fool has said in his heart: "There is no God." They are corrupt and have become abominable in their ways; there is no one who does good, not even one.

The Lord has looked down from heaven upon the sons of men, to see if there is anyone who understands or seeks God.

They have all turned aside; together they have become useless; there is no one who does good, not even one.

Their throat is an open sepulchre; with their tongues they have acted deceitfully; the poison of asps is under their lips.

Their mouth is full of cursing and bitterness; their feet are swift to shed blood.

Destruction and misery are in their ways, and the way of peace they have not known; there is no fear of God before their eyes.

Will all those who work iniquity not come to know it? They consume my people like food.

They have not called upon the Lord; therefore they trembled there with fear, where there was no fear.

For the Lord is in the just generation; you have confounded the counsel of the poor man, because the Lord is his hope.

Who will give from Zion the salvation of Israel? When the Lord will have brought back the captivity of his people, Jacob will rejoice, and Israel will be glad.

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. I will sing to the Lord who has been good to me.*

Psalm 14 *The Guest of God*

> *Ant. The one who walks without blame and does what is right shall dwell on your holy mountain.*

O Lord, who will dwell in your tabernacle? Or who will rest in your holy mountain?

He who enters without blemish and who works justice.

He who speaks truth in his heart, who has not acted deceitfully with his tongue, nor has done evil to his neighbor, nor has accepted a reproach against his neighbors.

In his sight the malign is brought to nothing, but he glorifies those who fear the Lord.

He who swears to his neighbor and does not deceive him;

he who has not given his money out at interest, and has not accepted bribes against the innocent.

Whoever does these things will not be moved forever.

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. The one who walks without blame and does what is right shall dwell on your holy mountain.*

Psalm 15 *God Is My Inheritance*

> *Ant. The Lord is my inheritance; he is my allotted portion.*

Preserve me, O Lord, for I have hoped in you.

I have said to the Lord: "You are my God, for you have no need of my good things."

But for the saints who are in his land, he has made all my desires wonderful in them.

Their infirmities have been multiplied; afterward they hastened.

I will not gather together their convocations of blood, nor will I be mindful of their names through my lips.

The Lord is the portion of my inheritance and my cup; it is you who will restore my inheritance to me.

The boundaries have fallen to me in excellent places; for my inheritance is excellent to me.

I will bless the Lord who has given me understanding; moreover my reins have also corrected me, even until night.

I had foresight of the Lord in my sight always; for he is at my right hand, so that I will not be moved.

Because of this, my heart has rejoiced, and my tongue has exulted, and moreover, my flesh will rest in hope.

For you will not abandon my soul to hell, nor will you allow your holy one to see corruption.

You have made known to me the ways of life; you will fill me with joy with your face; at your right hand are delights even to the end.

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. The Lord is my inheritance; he is my allotted portion.*

FIRST READING: SCRIPTURE

PSALM 119:105,107

Your word is a lamp to my feet and a light to my path. I am severely afflicted; give me life, O Lord, according to your word.

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

Saint Teresa of Avila

The Interior Castle, First Dwelling

Know Yourself

> The soul is a castle made of a single diamond or of very clear crystal, in which there are many rooms, just as in heaven there are many mansions. If we think carefully, sisters, the soul of the righteous person is nothing else but a paradise where the Lord says he finds his delight. So what do you think that abode will be like where a King so powerful, so wise, so pure, so full of all good things takes his delight? I can find nothing with which to compare the great beauty of a soul and its great capacity. Self-knowledge is so important that, even if you were raised right up to the heavens, I should like you never to relax your cultivation of it. As long as we are on this earth nothing matters more to us than humility. And so I repeat that it is a very good thing — excellent, indeed — to begin by entering the room where humility is dealt with rather than by flying off to the other rooms. For that is the way to make progress, and if we have this safe, firm foundation, who knows but that God will raise up upon it many mansions?

CONCLUDING PRAYER

Lord, grant us that listening heart which Solomon asked for, that we may hear your word and be formed by it; through Jesus Christ our Lord. Amen.

DISMISSAL

Let us praise the Lord.
And give him thanks.