Daytime Prayer

Friday, December 31, 2004

Saint Sylvester I, Pope

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 *Your Word Is a Lamp (Mem)*

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

Your word is a lamp to my feet, and a light to my paths.

I have sworn and have determined to keep the judgments of your justice.

I have been humbled greatly; O Lord, enliven me according to your word.

The voluntary offerings of my mouth, make them acceptable, O Lord, and teach me your judgments.

My soul is always in my hands, and I have not forgotten your law.

Sinners have set a snare for me, and I have not strayed from your commandments.

I have inherited your testimonies forever, because they are the joy of my heart.

I have inclined my heart to do your justifications forever, for the reward.

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 *I Have Hated the Double-minded (Nun)*

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

I have hated the iniquitous; and I have loved your law.

You are my helper and my supporter; and I have hoped in your word.

Depart from me, you malicious; and I will search the commandments of my God.

Uphold me according to your word and I will live; and do not confound me in my expectation.

Help me and I will be saved; and I will always meditate on your justifications.

You have despised all those who fall away from your justifications; for their thought is unjust.

I have considered all the sinners of the earth to be prevaricators; therefore I have loved your testimonies.

Pierce my flesh with your fear; for I am afraid of your judgments.

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

GALATIANS 4:4

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

RESPONSORY

V. The Word became flesh and dwelt among us.

R. Full of grace and truth.

CONCLUDING PRAYER

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

Let us praise the Lord.

And give him thanks.