

# Daytime Prayer

Saturday, May 2, 2026

Saint Athanasius, Bishop and Doctor

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## 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.

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## 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.

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## PSALMODY

**Psalms 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.*