



The Liturgy of the Hours

*The Solemnity of the Ascension of the Lord
(Sunday Week I)*

INVITATORY

Lord, + open my lips

— And my mouth will proclaim your praise.

Ant. Alleluia, come, let us worship Christ the Lord as he ascends into heaven, alleluia.

PSALM 95

A call to praise God

Encourage each other daily while it is still today (Hebrews 3:13).

Come, let us sing to the Lord *
and shout with joy to the Rock who saves us.
Let us approach him with praise and thanksgiving *
and sing joyful songs to the Lord. (*Ant.*)

The Lord is God, the mighty God, *
the great king over all the gods.
He holds in his hands the depths of the earth *
and the highest mountains as well.
He made the sea; it belongs to him, *
the dry land, too, for it was formed by his hands. (*Ant.*)

Come, then, let us bow down and worship, *
bending the knee before the Lord, our maker.
For he is our God and we are his people, *
the flock he shepherds. (*Ant.*)

Today, listen to the voice of the Lord: †
Do not grow stubborn, as your fathers did
in the wilderness, *
when at Meriba and Massah
they challenged me and provoked me, *
Although they had seen all of my works. (*Ant.*)

Forty years I endured that generation. *
I said, “They are a people whose hearts go astray
and they do not know my ways.”
So I swore in my anger, *
“They shall not enter into my rest.” (*Ant.*)

Glory to the Father, and to the Son, *

and to the Holy Spirit:
as it was in the beginning, is now, *
and will be for ever. Amen. (*Ant.*)

Ant. Alleluia, come, let us worship Christ the Lord as he ascends into heaven,
alleluia.

HYMN

The sacred day has dawned in light,
desired by all with fervent prayer,
when Christ our God ascends on high,
the glorious hope of all the world.

Triumphant in the mighty duel
that crushed the tyrant of this world,
he brings before the Father's sight
the glory of his risen flesh.

Borne high upon a cloud of light,
he gives to all believers hope
as he reopens Paradise,
which our first parents closed by sin.

O joy profound, immense for all:
that from our Virgin came the child,
who bore derision, scourge, and Cross
and now ascends the Father's throne.

So let us all give thanks to Christ,
our Savior and our strong defense,
since he has borne our flesh aloft
to highest heaven's royal court.

May he remain the single joy
for us and those who dwell on high:
to them he gives himself in full,
from us he never shall depart.

O Christ, now scaling starry heights,
raise up our hearts to you on high;
send forth to us from heav'n above
the Father's Spirit and your own. Amen.

Ant 1. Men of Galilee, why are you looking up into the sky? This Jesus who has been taken up into heaven will return in the same way, alleluia.

Psalm 63:2-9

A soul thirsting for God

Whoever has left the darkness of sin yearns for God.

O God, you are my God, for you I long; *
for you my soul is thirsting.
My body pines for you *
like a dry, weary land without water.
So I gaze on you in the sanctuary *
to see your strength and your glory.

For your love is better than life, *
my lips will speak your praise.
So I will bless you all my life, *
in your name I will lift up my hands.
My soul shall be filled as with a banquet, *
my mouth shall praise you with joy.

On my bed I remember you. *
On you I muse through the night
for you have been my help; *
in the shadow of your wings I rejoice.
My soul clings to you; *
your right hand holds me fast.

Glory to the Father, and to the Son, *
and to the Holy Spirit:
as it was in the beginning, is now, *
and will be for ever. Amen.

Psalm prayer

Father, creator of unfailing light, give that same light to those who call to you.
May our lips praise you; our lives proclaim your goodness; our work give you
honor, and our voices celebrate you for ever.

Ant 1. Men of Galilee, why are you looking up into the sky? This Jesus who has been taken up into heaven will return in the same way, alleluia.

Ant 2. Give glory to the King of kings, sing praise to God, alleluia.

Canticle: Daniel 3:57-88, 56

Let all creatures praise the Lord

All you servants of the Lord, sing praise to him (Revelation 19:5).

Bless the Lord, all you works of the Lord. *
Praise and exalt him above all forever.
Angels of the Lord, bless the Lord. *
You heavens, bless the Lord.
All you waters above the heavens, bless the Lord. *
All you hosts of the Lord, bless the Lord.
Sun and moon, bless the Lord. *
Stars of heaven, bless the Lord.

Every shower and dew, bless the Lord. *
All you winds, bless the Lord.
Fire and heat, bless the Lord. *
Cold and chill, bless the Lord.
Dew and rain, bless the Lord. *
Frost and chill, bless the Lord.
Ice and snow, bless the Lord. *
Nights and days, bless the Lord.
Light and darkness, bless the Lord. *
Lightnings and clouds, bless the Lord.

Let the earth bless the Lord. *
Praise and exalt him above all forever.
Mountains and hills, bless the Lord. *
Everything growing from the earth, bless the Lord.
You springs, bless the Lord. *
Seas and rivers, bless the Lord.
You dolphins and all water creatures, bless the Lord. *
All you birds of the air, bless the Lord.
All you beasts, wild and tame, bless the Lord. *
You sons of men, bless the Lord.

O Israel, bless the Lord. *
Praise and exalt him above all forever.
Priests of the Lord, bless the Lord. *
Servants of the Lord, bless the Lord.

Spirits and souls of the just, bless the Lord. *
Holy men of humble heart, bless the Lord.
Hananiah, Azariah, Mishael, bless the Lord. *
Praise and exalt him above all forever.

Let us bless the Father, and the Son, and the Holy Spirit. *
Let us praise and exalt him above all forever.
Blessed are you, Lord, in the firmament of heaven. *
Praiseworthy and glorious and exalted above all forever.

*At the end of the canticle the **Glory to the Father** is not said.*

Ant 2. Give glory to the King of kings, sing praise to God, alleluia.

Ant 3. As they watched, he was lifted up, and a cloud took him from their sight, alleluia.

Psalm 149

The joy of God's holy people

Let the sons of the Church, the children of the new people, rejoice in Christ, their King (Hesychius).

Sing a new song to the Lord, *
his praise in the assembly of the faithful.
Let Israel rejoice in its maker, *
let Zion's sons exult in their king.
Let them praise his name with dancing *
and make music with timbrel and harp.

For the Lord takes delight in his people. *
He crowns the poor with salvation.
Let the faithful rejoice in their glory, *
shout for joy and take their rest.
Let the praise of God be on their lips *
and a two-edged sword in their hand,

to deal out vengeance to the nations *
and punishment on all the peoples;
to bind their kings in chains *
and their nobles in fetters of iron;
to carry out the sentence pre-ordained; *
this honor is for all his faithful.

Glory to the Father, and to the Son, *
and to the Holy Spirit:
as it was in the beginning, is now, *
and will be for ever. Amen.

Psalm prayer

Let Israel rejoice in you, Lord, and acknowledge you as creator and redeemer. We put our trust in your faithfulness and proclaim the wonderful truths of salvation. May your loving kindness embrace us now and for ever.

Ant 3. As they watched, he was lifted up, and a cloud took him from their sight, alleluia.

READING

Hebrews 10:12-14

Jesus offered one sacrifice for sins and took his seat forever at the right hand of God; now he waits until his enemies are placed beneath his feet. By one offering he has forever perfected those who are being sanctified.

The word of the Lord.

RESPONSORY

Christ ascended into heaven, alleluia, alleluia.
— Christ ascended into heaven, alleluia, alleluia.

He led captivity captive,
— alleluia, alleluia.

Glory to the Father, and to the Son, and to the Holy Spirit.
— Christ ascended into heaven, alleluia, alleluia.

BENEDICTUS

Ant. I am ascending to my Father and your Father, to my God and your God, alleluia.

Canticle of Zechariah

Luke 1:68-79

The Messiah and his forerunner

Blessed + be the Lord, the God of Israel; *
he has come to his people and set them free.

He has raised up for us a mighty savior, *
born of the house of his servant David.

Through his holy prophets he promised of old †
that he would save us from our enemies, *
from the hands of all who hate us.

He promised to show mercy to our fathers *
and to remember his holy covenant.

This was the oath he swore to our father Abraham: *
to set us free from the hands of our enemies,
free to worship him without fear, *
holy and righteous in his sight
all the days of our life.

You, my child, shall be called the prophet of the Most High; *
for you will go before the Lord to prepare his way,
to give his people knowledge of salvation *
by the forgiveness of their sins.

In the tender compassion of our God *
the dawn from on high shall break upon us,
to shine on those who dwell in darkness and the shadow of death, *
and to guide our feet into the way of peace.

Glory to the Father, and to the Son, *
and to the Holy Spirit:
as it was in the beginning, is now, *
and will be for ever. Amen.

Ant. I am ascending to my Father and your Father, to my God and your
God, alleluia.

INTERCESSION

The Lord has been lifted high above the earth and draws all things to himself. Let
us cry out to him in our joy: *Lord Jesus, you are the King of glory.*

Lord Jesus, King of glory, you were offered once as the victim for sins, and
ascended to the right hand of the Father,
— make perfect for all time those whom you sanctify.

Lord Jesus, you are the King of glory.

Eternal Priest and minister of the new Covenant, you live for ever to make intercession for us,

— save the people that prays to you.

Lord Jesus, you are the King of glory.

You showed yourself alive after your passion and appeared to the disciples for forty days,

— confirm our faith today.

Lord Jesus, you are the King of glory.

Today you promised the Spirit to your apostles, to make them your witnesses to the ends of the earth,

— by the power of the Spirit strengthen our own witness.

Lord Jesus, you are the King of glory.

OUR FATHER

Remember us, Lord, when you come to your kingdom and teach us how to pray:

Our Father, who art in heaven,

hallowed be thy name;

thy kingdom come,

thy will be done

on earth as it is in heaven.

Give us this day our daily bread;

and forgive us our trespasses

as we forgive those who trespass against us;

and lead us not into temptation,

but deliver us from evil.

CONCLUDING PRAYER

God our Father,

make us joyful in the ascension of your Son Jesus Christ.

May we follow him into the new creation,

for his ascension is our glory and our hope.

We ask this through our Lord Jesus Christ, your Son,

who lives and reigns with you and the Holy Spirit,

God, for ever and ever.

— Amen.

DISMISSAL

If a priest or deacon presides, he dismisses the people:

The Lord be with you.

— And with your spirit.

May almighty God bless you,
the Father, and the Son, and the Holy Spirit.

— Amen.

In the absence of a priest or deacon and in individual recitation, Morning Prayer concludes:

May the Lord + bless us,
protect us from all evil
and bring us to everlasting life.

— Amen.