

Liturgy of the Hours
LITURGY OF THE HOURS

DAYTIME PRAYER

March 24, 2025

{ Monday of the Third Week of Lent }



Stand and make sign of cross

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 for ever. Amen.

HYMN

May Christ, as he ascends the Cross,
consumed with thirst in noonday heat,
grant those who sing the psalms this hour
to grow in thirst for righteousness.

May hunger likewise fill their hearts,
which he from his own self will sate,
that they may lose all taste for sin
and virtue be their sole desire.

Then may the Holy Spirit's gifts
so fill the souls of those who pray,
that passion in the flesh may cool
and chill of mind and heart grow warm.

We ask the Father and the Son
and beg the Spirit of them both:
Sustain us with your loving care,
who reign for ever Three in One. Amen.

Metrical hymn, melody: O WALY WALY, 8 8 8 8; English traditional melody

*Plainsong, mode II, melody 50; Liber Hymnarius, Solesmes, 1983, Text: Qua Christus
hora sitiit, 8th c.*

*The English translation of Hymns and chants from The Liturgy of the Hours © 2023
International Commission on English in the Liturgy Corporation (ICEL).*

*Reproduced from The Divine Office Hymnal (hymns #93/94). Copyright © 2023
United States Conference of Catholic Bishops, Washington, DC (USCCB). Published
and distributed exclusively by GIA Publications, Inc., Chicago, IL. To acquire the
Pew Edition or Accompaniment Edition of the hymnal with metrical hymn tunes and
plainsong melodies, visit www.giamusic.com.*

Sit or stand

PSALMODY

Antiphon

As I live, says the Lord, I do not wish the sinner to die but to turn back to me and live.

Psalm 119:89-96

XII (Lamed)

A meditation on God's law

I give you a new commandment: love one another as I have loved you (John 13:34).

Your wórd, O Lórd, for éver *
stands firm in the héavens:
your trúth lasts from áge to áge, *
like the éarth you créated.

By your decreé it endúres to this dáy; *
for áll things sérvé you.
Had your lów not béen my delíght *
I would have díed in my afflíction.

I will néver forgét your précepts *
for with thém you gíve me lífe.
Sáve me, for Í am yóurs *
since I séek your précepts.

Though the wícked lie in wáit to destróy me *
yet I pónder on your wíll.
I have séen that all perféction has an énd *
but your commánd is bóundless.

Glory to the Fátter, and to the Son, *
and to the Holy Spírít:
as it was in the bégínníng, is now, *
and will be for éver. Amen.

Psalm 71

You have stood by me, Lord, from my youth

Let hope be your joy; be patient in trials (Romans 12:12).

I

In yóu, O Lórd, I take réfuge; *
let me néver be pút to sháme.

In your jústice réscue me, frée me: *
pay héed to mé and sáve me.

Be a róck where Í can take réfuge, †
a míghty strónghold to sáve me; *
for yóu are my róck, my strónghold.
Frée me from the hánd of the wícked, *
from the gríp of the unjúst, of the opprésor.

It is yóu, O Lórd, who are my hópe, *
my trúst, O Lórd, since my yóuth.
On yóu I have léaned from my bírth, †
from my móther's womb yóu have been my hélp. *
My hópe has álways been in yóu.

My fáte has filled mány with áwe *
but yóu are my strónge réfuge.
My líps are filled with your práise, *
with your glóry ál the day lóng.
Do not rejéct me nów that I am óld; *
when my stréngth fails dó not forsáke me.

For my énemies are spéaking abóut me; *
those who wáitch me take cóunsel togéther.
They say: "Gód has forsáken him; fóllow him, *
séize him; there is nó one to sáve him."
O Gód, do not stáy far óff: *
my Gód, make háste to hélp me!

Let thém be put to sháme and destróyed, *
all thóse who seek my lífe.
Let them be cóvered with sháme and confúsió, *
all thóse who seek to hárm 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 for ever. Amen.

II

But as for mé, I will álwáys hópe *
and práise you móre and móre.
My líps will téll of your jústice †
and dáy by dáy of your hélp *
though Í can néver tell it áll.

I will decláre the Lórd's mighty déeds, *
procláiming your jústice, yours alóne.
O Gód, you have táught me from my yóuth *
and I procláim your wónders stíll.

Nów that I am óld and grey-héaded, *
dó not forsáke me, Gód.
Let me téll of your pówer to all áges, *
praise your stréngth and jústice to the skíes,
tell of yóu who have wórked such wónders. *
O Gód, whó is líke you?

You have búrdened me with bítter tróubles *
but you will gíve me báck my lífe.
You will ráise me from the dépths of the éarth; *
you will exált me and consóle me agáin.

So I will gíve you thánks on the lýre *
for your fáithful lóve, my Gód.
To yóu will I síng with the hárp, *
to yóu, the Hóly One of Ísrael.
When I síng to you my líps shall rejóice *
and my sóul, which yóu have redéemed.

And áll the day lóng my tóngue *
shall téll the tále of your jústice:
for théy are put to sháme and disgráced, *
all thóse who séek to hárm 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 for ever. Amen.

Antiphon

As I live, says the Lord, I do not wish the sinner to die but to turn back to me and live.

Sit

READING

Ezekiel 18:23

Do I indeed derive any pleasure from the death of the wicked? says the Lord God. Do I not rather rejoice when he turns from his evil way that he may live?

Verse

Turn your face away from my sins.

— Blot out all my guilt.

Stand

CONCLUDING PRAYER

Let us pray.

God of mercy
free your Church from sin
and protect it from evil.
Guide us, for we cannot be saved without you.

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.

Acclamation

Let us praise the Lord.

— And give him thanks.

ACKNOWLEDGEMENTS

The English translation of Antiphons, Invitatories, Responsories, Intercessions, Psalm 95, the Canticle of the Lamb, Psalm Prayers, Non-Biblical Readings, Hagiographical Introductions from *The Liturgy of the Hours* © 1973, 1974, 1975, International Commission on English in the Liturgy Corporation (ICEL); excerpts from the English translation of *The Roman Missal* © 2010, ICEL; the English translation of Hymns from *The Liturgy of the Hours* © 2023. All rights reserved.

English translation of *Gloria Patri*, *Te Deum Laudamus*, *Benedictus*, *Magnificat*, and *Nunc Dimittis* by the International Consultation on English Texts.

Readings and New Testament Canticles (except the Magnificat) from the *New American Bible* Copyright © 1970 by the Confraternity of Christian Doctrine, Washington, D.C. Used with permission. All Rights Reserved. No part of the *New American Bible* may be reproduced in any form without permission in writing from the copyright owner.

Psalm texts except Psalm 95 Copyright © 1963, The Grail (England). Used with permission of A.P. Watt Ltd. All rights reserved.

Arrangement Copyright © 2006 by eBreviary, New York.



mobile prayers



UNITED STATES, CANADA, INDIA, PHILIPPINES

www.ebreviary.com