

Liturgy of the Hours
LITURGY OF THE HOURS

MORNING PRAYER

March 24, 2025

{ Monday of the Third Week of Lent }



Invitatory

Stand and make sign of cross on lips with thumb

Lord, open my lips.

— And my mouth will proclaim your praise.

Psalm 95

A call to praise God

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

Come, let us worship Christ the Lord, who for our sake endured temptation and suffering.

— Come, let us worship Christ the Lord, who for our sake endured temptation and suffering.

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.

— Come, let us worship Christ the Lord, who for our sake endured temptation and suffering.

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.

— Come, let us worship Christ the Lord, who for our sake endured temptation and suffering.

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.

— Come, let us worship Christ the Lord, who for our sake endured temptation and suffering.

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.

— Come, let us worship Christ the Lord, who for our sake
endured temptation and suffering.

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.”

— Come, let us worship Christ the Lord, who for our sake
endured temptation and suffering.

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.

— Come, let us worship Christ the Lord, who for our sake
endured temptation and suffering.

Morning Prayer

HYMN

O Sun of Justice, Christ our Lord,
as you restore the day to earth,
now rend the darkness of our minds,
that light from virtue may return.

In this, your favored time of grace,
Lord, grant repentance from the heart,
that your compassion may convert
all those your love has long endured.

Grant us to bear the penances

that bring atonement for our sins:
however great our faults and guilt
yet greater is your gift of grace.

The day shall come, your holy day,
through which all things will flow'r again;
let us rejoice, for through this day
your grace will lead us back to you.

Let all your works adore you, Lord,
O merciful and Triune God.
Renewed by pardon, let us sing
a new song to your holy name. Amen.

Metrical hymn, melody: JENA, 8 8 8 8; later form of melody by Melchoir Vulpius, ca. 1570-1615, composed in 1609

Plainsong, mode D, melody 126; Liber Hymnarius, Solesmes, 1983, Text: Iam, Christe, sol iustitiæ, 6th c.

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Sit or stand

PSALMODY

Antiphon 1

Blessed are they who dwell in your house, O Lord.

Psalm 84

Longing for God's Temple

Here we do not have a lasting city; we seek a home that is yet to come (Hebrews 13:14).

How lóvely is your dwélling pláce,*
Lórd, Gód of hósts.

My sóul is lónging and yéarning,*
is yéarning for the cóurts of the Lórd.

My héart and my sóul ring out their jój *
to Gód, the líving Gód.

The spárraw hersélf finds a hóme *
and the swállow a nést for her bróod;
she láys her yóung by your áltars, *
Lord of hósts, my kíng and my Gód.

They are háppy, who dwéll in your hóuse, *
for éver sínging your práise.

They are háppy, whose stréngth is in yóu, *
in whose héarts are the róads to Zíon.

As they gó through the Bítter Váley †
they máke it a pláce of spríngs, *
the áutumñ rain cóvers it with bléssings.
They wálk with éver grówing stréngth, *
they will sée the God of góds in Zíon.

O Lórd God of hósts, hear my práyer, *
gíve éar, O Gód of Jácob.

Turn your éyes, O Gód, our shíeld, *
lók on the fáce of your anóinted.

Óne day withín your cóurts *
is bétter than a thóusand elsewhére.
The thréshold of the hóuse of Gód *
I préfér to the dwéllings of the wícked.

For the Lord Gód is a rámpart, a shíeld; *
he will gíve us his fávor and glóry.
The Lórd will not refúse any góod *
to thóse who wálk without bláme.

Lórd, Gód of hósts, *
háppy the mán who trusts in yóu!

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

Antiphon

Blessed are they who dwell in your house, O Lord.

Antiphon 2

Come, let us climb the mountain of the Lord.

Canticle – Isaiah 2:2-5

The mountain of the Lord's dwelling towers above every mountain

All peoples shall come and worship in your presence (Revelation 15:4).

In days to come, *
the mountain of the Lord's house
shall be established as the highest mountain *
and raised above the hills.

All nations shall stream toward it; *
many peoples shall come and say:
“Come, let us climb the Lord's mountain, *
to the house of the God of Jacob,
that he may instruct us in his ways, *
and we may walk in his paths.”

For from Zion shall go forth instruction, *
and the word of the Lord from Jerusalem.

He shall judge between the nations, *
and impose terms on many peoples.
They shall beat their swords into plowshares *
and their spears into pruning hooks;
one nation shall not raise the sword against another, *
nor shall they train for war again.

O house of Jacob, come, *
let us walk in the light of the Lord!

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

Come, let us climb the mountain of the Lord.

Antiphon 3

Sing to the Lord and bless his name.

Psalm 96

The Lord, king and judge of the world

A new theme now inspires their praise of God; they belong to the Lamb (see Revelation 14:3).

O síng a new sǒng to the Lórd, †
síng to the Lórd, all the éarth. *

O síng to the Lórd, bless his náme.

Procláim his hélp day by dáy, †
téll among the nátions his glóry *
and his wónders amóng all the péoples.

The Lord is gréat and wóthy of práise, †
to be féared abóve all góds; *
the góds of the héathens are náught.

It was the Lórd who máde the héavens, †
his are májesty and státe and pówer *
and spléndor in his hólý pláce.

Give the Lórd, you fáilies of péoples, †
give the Lórd glóry and pówer, *
give the Lórd the glóry of his náme.

Bring an óffering and énter his cóurts, †
wóship the Lórd in his témples. *
O éarth, trémble befóre him.

Procláim to the nátions: “God is kíng.” †
The wórlde he made fírm in its pláce; *
he will júdge the péoples in fáirness.

Let the héavens rejóice and earth be glád, *
let the séa and all withín it thunder práise,
let the lánd and all it béars rejóice, *

all the trées of the wóod shout for jóy
at the présence of the Lórd for he cómes, *
he cómes to rúle the éarth.
With jústice he will rúle the wórd, *
he will júdge the péoples with his trúth.
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

Sing to the Lord and bless his name.

Sit

READING

Exodus 19:4-6a

You have seen for yourselves how I bore you up on eagle wings and brought you here to myself. Therefore, if you hearken to my voice and keep my covenant, you shall be my special possession, dearer to me than all other people, though all the earth is mine. You shall be to me a kingdom of priests, a holy nation.

RESPONSORY

God himself will set me free, from the hunter's snare.

— God himself will set me free, from the hunter's snare.

From those who would trap me with lying words

— and from the hunter's snare.

Glory to the Father, and to the Son, and to the Holy Spirit,

— God himself will set me free, from the hunter's snare.

Stand

GOSPEL CANTICLE

Antiphon

I tell you assuredly, no prophet is accepted in his own country.

Luke 1:68-79

The Messiah and his forerunner

Make sign of cross

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.

Antiphon

I tell you assuredly, no prophet is accepted in his own country.

INTERCESSIONS

Praise to Jesus, our Savior; by his death he has opened for us the way
of salvation. Let us ask him:

— Lord, guide your people to walk in your ways.

God of mercy, you gave us new life through baptism,
make us grow day by day in your likeness.

— Lord, guide your people to walk in your ways.

May our generosity today bring joy to those in need,
in helping them may we find you.

— Lord, guide your people to walk in your ways.

Help us to do what is good, right and true in your sight,
and to seek you always with undivided hearts.

— Lord, guide your people to walk in your ways.

Forgive our sins against the unity of your family,
make us one in heart and spirit.

— Lord, guide your people to walk in your ways.

The Lord's Prayer

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 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.

Dismissal

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

— Amen.

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