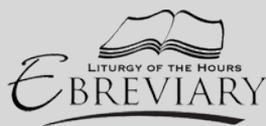


Liturgy of the Hours
LITURGY OF THE HOURS

DAYTIME PRAYER

March 30, 2026
{ Monday of Holy Week }



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.*

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Sit or stand

PSALMODY

Antiphon

I know my own sheep, and my own know me, as the Father knows me and as I know the Father; and I lay down my life for my sheep.

Psalm 119:41-48

VI (Vau)

Lórd, let your lóve come upón me, *
the saving hélp of your prómise.
And I shall ánswer thóse who táunt me *
for I trúst in your wórd.

Do not táke the word of trúth from my móuth *
for I trúst in your decreés.
I shall álways kéeep your lów *
for éver and éver.

I shall wálk in the páth of fréedom *
for I séek your précepts.
I will spéak of your wíll before kíngs *
and nótt be abáshed.

Your commánds have béen my delíght; *
thése I have lóved.
I will wórship your commánds and lóve them *
and pónder your wíll.

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 40:2-14, 17-18

Thanksgiving and plea for help

*It was not sacrifice and oblation you wanted, but you have prepared a body for me
(Hebrews 10:5).*

I

I wáited, I wáited for the Lórd †

and he stóoped down to mé; *
he héárd my cry.

He dréw me from the déadly pít, *
from the míry cláy.

He sét my féet upon a rók *
and made my fóotsteps firm.

He pút a new sóng into my móuth, *
práise of our Gód.

Mány shall sée and féar *
and shall trúst in the Lórd.

Háppy the mán who has pláced *
his trúst in the Lórd
and has nót gone óver to the rébels *
who fóllow false góds.

How mány, O Lórd my Gód, †
are the wónders and desígns that yóu have wórked for ús; *
you háve no équal.

Shóuld I procláim and spéak of them, *
they are móre than I can téll!

You do not ásk for sácrifice and ófferings, *
but an ópen éar.

You do not ásk for hólocaust and víctim. *
Instéad, here am Í.

In the scróll of the bóok it stands wríttén *
that Í should do your wíll.

My Gód, I delíght in your láv *
in the dépth of my héart.

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

Your jústice Í have procláimed *
in the gréat assémbly.

My líps I háve not séaled; *
you knów it, O Lórd.

I have not hídden your jústice in my héart *
but decláred your faithful hélp.
I have not hídden your lóve and your trúth *
from the gréat assémbly.

O Lórd, you wíll not withhóld *
your compásson from mé.
Your mérciful lóve and your trúth *
wíll álways guárd me.

For Í am besét with évils *
too mány to be cóunted.
My síns have fállen upón me *
and my síght fáils me.
They are móre than the háirs on my héad *
and my héart sínks.

O Lórd, cóme to my réscue, *
Lord, cóme to my áid.

O lét there be rejóicing and gládness *
for áll who séek you.
Let them éver say: “The Lórd is gréat,” *
who lóve your saving hélp.

As for mé, wrétched and póor, *
the Lórd thinks of mé.
Yóu are my réscuer, my hélp, *
O Gód, do not deláy.

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 know my own sheep, and my own know me, as the Father knows me and as I know the Father; and I lay down my life for my sheep.

Sit

READING

Jeremiah 18:20b

Remember that I stood before you
to speak in their behalf,
to turn away your wrath from them.

Verse

Ours were the sufferings he bore.
— Ours the weight of guilt he endured.

Stand

CONCLUDING PRAYER

Let us pray.

All-powerful God,
by the suffering and death of your Son,
strengthen and protect us in our weakness.

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.

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