

Liturgy of the Hours
LITURGY OF THE HOURS

MORNING PRAYER

March 30, 2026
{ Monday of Holy Week }



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

No disgrace was too abhorrent:
nailed and mocked and parched he died;
blood and water, double warrant,
issue from his wounded side,
washing in a mighty torrent
earth and stars and ocean tide.

Faithful Cross the saints rely on,
noble tree beyond compare!
Never was there such a scion,
never leaf or flow'r so rare.

Sweet the timber, sweet the iron,
sweet the burden that they bear!

Lofty timber, smooth your roughness,
flex your boughs for blossoming;
let your fibers lose their toughness,
gently let your tendrils cling;
lay aside your native gruffness,
clasp the body of your King!

Noblest tree of all created,
richly jeweled and embossed:
post by Lamb's blood consecrated;
spar that saves the tempest tossed;
scaffold beam which, elevated,
carries what the world has cost!

Wisdom, pow'r, and adoration
to the blessed Trinity
for redemption and salvation
through the Paschal Mystery,
now, in ev'ry generation,
and for all eternity. Amen.

Metrical hymn, melody: PICARDY, 8 7 8 7 8 7; Julien Tiersot's Mélo­dies populaires des provinces de France, 1887

Plainsong, mode I, melody 12; Liber Hymnarius, Solesmes, 1983, Text: En acetum, fel, arundo, Venantius Fortunatus, ca. 530-600*

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Sit or stand

PSALMODY

Antiphon 1

Jesus said: My heart is nearly broken with sorrow; stay here and

keep watch with me.

Psalm 42

Longing for the Lord's presence in his Temple

Let all who thirst come; let all who desire it, drink from the life-giving water (Revelation 22:17).

Like the déer that yéarns *
for rúnning stréams,
só my sóul is yéarning *
for yóu, my Gód.

My sóul is thírsting for Gód, *
the Gód of my lífe;
whén can I énter and sée *
the fáce of Gód?

My téars have becóme my bréad, *
by níght, by dáy,
as I héar it sáid all the day lóng: *
“Whére is your Gód?”

Thése things will Í remémber *
as I póur out my sóul:
how I would léad the rejóicing crówd *
into the hóuse of Gód,
amid críes of gládness and thanksgíving, *
the thróng wild with jóy.

Whý are you cast dówn, my sóul, *
why gróan withín me?
Hope in Gód; I will práise him stíll, *
my sáviór and my Gód.

My sóul is cast dówn withín me *
as I thínk of yóu,
from the cóuntry of Jórdan and Mount Hérmon, *
from the Híll of Mízar.

Déep is cálling on déep, *
in the róar of wátters:
your tórrents and áll your wáves *

swept óver mé.

By dáy the Lórd will sénd *
his lóving kíndness;
by níght I will síng to hím, *
praise the Gód of my lífe.

I will sáy to Gód, my róck: *
“Whý have you forgóttén me?
Whý do Í go móurning *
oppreséd by the fóe?”

With críes that píerce me to the héart, *
my énemies revíle me,
sáying to me áll the day lóng: *
“Whére is your Gód?”

Whý are you cast dówn, my sóul, *
why gróan withín me?
Hope in Gód; I will práise him stíll, *
my sáviór and my Gód.

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

Antiphon

Jesus said: My heart is nearly broken with sorrow; stay here and keep watch with me.

Antiphon 2

Now the time has come for this world to receive its sentence; now the prince of this world will be driven out.

Canticle – Sirach 36:1-5, 10-13

Prayer of entreaty for the holy city, Jerusalem

This is eternal life: to know you, the one true God, and Jesus Christ whom you have sent (John 17:3).

Come to our aid, O God of the universe, *
and put all the nations in dread of you!

Raise your hand against the heathen, *
that they may realize your power.

As you have used us to show them your holiness, *
so now use them to show us your glory.
Thus they will know, as we know, *
that there is no God but you.

Give new signs and work new wonders; *
show forth the splendor of your right hand and arm.

Gather all the tribes of Jacob, *
that they may inherit the land as of old.
Show mercy to the people called by your name; *
Israel, whom you named your first-born.

Take pity on your holy city, *
Jerusalem, your dwelling place.
Fill Zion with your majesty, *
your temple with your glory.

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

Now the time has come for this world to receive its sentence; now
the prince of this world will be driven out.

Antiphon 3

Jesus, the beginning and end of our faith, endured the cross, heed-
less of the shame, and is seated now at the right hand of the throne
of God.

Psalm 19A

Praise of the Lord, Creator of all

*The dawn from on high shall break on us . . . to guide our feet into the way of peace
(Luke 1:78,79).*

The héavens procláim the glóry of Gód *
and the firmament shows fórth the wórk of his hánds.

Dáy unto dáy tákes up the stóry *
and níght unto níght makes knówn the méssage.

No spéech, no wórd, no vóice is héard †
yet their spán exténds through áll the éarth, *
their wórds to the útmost bóunds of the wórld.

Thére he has pláced a tént for the sún; †
it comes fórth like a brídegroom cóming from his tént, *
rejóices like a chámption to rún its cóurse.

At the énd of the ský is the rísing of the sún; †
to the fúrthest énd of the ský is its cóurse. *
There is nóthing concéaled from its búrning héat.

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

Jesus, the beginning and end of our faith, endured the cross, heedless of the shame, and is seated now at the right hand of the throne of God.

Sit

READING

Jeremiah 11:19-20

Yet I, like a trusting lamb led to slaughter, had not realized that they were hatching plots against me: "Let us destroy the tree in its vigor; let us cut him off from the land of the living, so that his name will be spoken no more."

But, you, O Lord of hosts, O just Judge,
searcher of mind and heart,
Let me witness the vengeance you take on them,
for to you I have entrusted my cause, O Lord my God!

Responsory

By your own blood, Lord, you brought us back to God.

— By your own blood, Lord, you brought us back to God.
From every tribe, and tongue, and people and nation,

— you brought us back to God.

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

— By your own blood, Lord, you brought us back to God.

Stand

GOSPEL CANTICLE

Antiphon

Father, righteous One, the world does not know you, but I know you, because you are the One who sent me.

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

Father, righteous One, the world does not know you, but I know
you, because you are the One who sent me.

INTERCESSIONS

Let us pray to Christ our Savior, who redeemed us by his death and
resurrection:

— Lord, have mercy on us.

You went up to Jerusalem to suffer and so enter into your glory,
bring your Church to the Passover feast of heaven.

— Lord, have mercy on us.

You were lifted high on the cross and pierced by the soldier's lance,
heal our wounds.

— Lord, have mercy on us.

You made the cross the tree of life,
give its fruit to those reborn in baptism.

— Lord, have mercy on us.

On the cross you forgave the repentant thief,
forgive us our sins.

— Lord, have mercy on us.

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

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.

Dismissal

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

— Amen.

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