

*Liturgy of the Hours*  
LITURGY OF THE HOURS

DAYTIME PRAYER

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April 3, 2026  
{ Good Friday }



*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

O Cross, true blessing for the world,  
our sure redemption, certain hope,  
of old you bore the curse of hell  
and now you shine as heaven's gate.

Your Victim, lifted up on high,  
has drawn all things unto himself;  
this world's deceitful prince attacks,  
yet nothing finds to call his own.

May equal glory be to you,  
O Father, Jesus, Paraclete,  
who give the vict'ry of the Cross  
to be our joy for evermore. Amen.

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

*Plainsong, mode II, melody 50; Liber Hymnarius, Solesmes, 1983, Text: Crux, mundi benedictio, St. Peter Damian, O.S.B. Camald., ca. 1007-1072*

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*Sit or stand*

PSALMODY

*Antiphon*

From noon until three o'clock there was darkness over the whole world.

*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 waited, I waited for the Lórd †  
and he stóoped down to mé; \*  
he héard 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 see and féar \*  
and shall trúst in the Lórd.

Háppy the mán who has pláced \*  
his trúst in the Lórd  
and has nótt 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; \*  
yóu 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 wriúten \*  
that Í should do your will.  
My Gód, I delight in your lów \*  
in the dépüth of my héart.

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 lów and your trúth \*  
from the gréat assémbly.

O Lórd, you wíll not withhóld \*  
your compásson from mé.  
Your mérciful lów and your trúth \*  
will 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 lów 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.

*Psalm 54:1-6, 8-9*

*Plea for help*

*The prophet prays that God will deliver him from the malice of his enemies (Cassian).*

O Gód, sáve me by your náme; \*  
by your pówer, uphóld my cáuse.  
O Gód, héar my práyer; \*  
listén to the wórds of my móuth.

For próud men have rísen agáinst me, †  
rúthless men séek my lífe. \*  
They háve no regárd for Gód.  
But Í have Gód for my hélp. \*  
The Lórd uphólds my lífe.

I will sácrifice to yóu with willing héart \*  
and práise your náme for it is góod:  
for you have réscued me from áll my distréss \*  
and my éyes have seen the dównfall of my fóes.

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 88*

*Prayer of a person who is gravely ill*

*This is your moment—when darkness reigns (Luke 22:53).*

Lord my Gód, I call for hélp by dáy; \*  
I crý at níght befóre you.  
Let my práyer cóme into your présence. \*  
O túrn your éar to my crý.

For my sóul is filled with évils; \*  
my lífe is on the brínk of the gráve.  
I am réckoned as óne in the tómb: \*  
I have réached the énd of my stréngth,

like óne alóne among the déad; \*  
like the sláin líing in their gráves;  
like thóse you remémber no móre, \*  
cut óff, as they áre, from your hánd.

You have láid me in the dépths of the tómb, \*  
in pláces that are dárk, in the dépths.  
Your ánger weighs dówn upón me: \*  
I am drówned benéath your wáves.

You have táken awáy my fríends \*  
and máde me háteful in their síght.  
Imprísoned, I cánnót escápe; \*  
my éyes are súnken with gríef.

I cáll to you, Lórd, all the day lóng; \*  
to yóu I strétch out my hánds.  
Will you wórk your wónders for the déad? \*  
Will the shádes stánd and práise you?

Will your lóve be tóld in the gráve \*  
or your fáithfulness amóng the déad?  
Will your wónders be knówn in the dárk \*  
or your jústice in the lánd of oblívion?

As for mé, Lord, I cáll to you for hélp: \*  
in the mórning my práyer comes befóre you.  
Lórd, why do you rejéct me? \*  
Why do you híde your fáce?

Wrétched, close to déath from my yóuth, \*  
I have bórne your tríals; I am númb.  
Your fúry has swépt down upón me; \*  
your térrors have útterly destróyed me.

They surróund me all the daý like a flóod, \*  
they assáil me áll togéther.  
Friend and néighbor you have táken awáy: \*  
my óne compánion is dárkness.

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*

From noon until three o'clock there was darkness over the whole world.

*Sit*

READING

*Isaiah 53:4-5*

Yet it was our infirmities that he bore,  
our sufferings that he endured,  
While we thought of him as stricken,  
as one smitten by God and afflicted.  
But he was pierced for our offenses,  
crushed for our sins.  
Upon him was the chastisement that makes us whole,  
by his stripes we were healed.

*Verse*

Lord, remember me.

— When you come into your kingdom.

*Stand*

CONCLUDING PRAYER

Let us pray.

Father,  
look with love upon your people,  
the love which our Lord Jesus Christ showed us  
when he delivered himself to evil men  
and suffered the agony of the cross,  
for he 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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