

Liturgy of the Hours
LITURGY OF THE HOURS

DAYTIME PRAYER

April 2, 2026
{ Holy Thursday }



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 119:65-72

IX (Teth)

Lórd, you have been góod to your sérvant *
accórding to your wórd.

Téach me discérnment and knówledge *
for I trúst in your commánds.

Befóre I was afflícted I stráyed *
but nów I keep your wórd.

You are góod and your déeds are góod; *
téach me your commándments.

Though próud men sméar me with lías *
yet I kéepp your précepts.

Their mínds are clósed to góod *
but your lów is my delíght.

It was góod for mé to be afflícted, *
to léarn your wíll.

The lów from your móuth means móre to me *
than sílver and góld.

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 56:2-7b, 9-14

Trust in God's word

This psalm shows Christ in his passion (Saint Jerome).

Have mércy on me, Gód, men crúsh me; *
they fight me all day lóng and opprés me.
My fóes crúsh me all day lóng, *

for mány fight prúodly agáinst me.

When I féar, I will trúst in yóu, *
in Gód whose wórd I práise.

In God I trúst, I sháll not féar: *
whát can mortal mán do to mé?

All day lóng they distórt my wórds, *
áll their thóught is to hárm me.
They bánd togéther in ámbush, *
track me dówn and séek my lífe.

You have képt an accóunt of my wánderings; †
you have képt a récord of my téars; *
áre they not wríten in your bóok?
Then my fóes will be pút to flíght †
on the dáy that I cáll to yóu. *

This I knów, that Gód is on my síde.
In Gód, whose wórd I práise, *
in the Lórd, whose wórd I práise,
in Gód I trúst; I shall not féar: *
whát can mortal mán do to mé?

I am bóund by the vóws I have máde you. *
O Gód, I will óffer you práise
for you réscued my sóul from déath, *
you képt my féet from stúmbling
that I may wálk in the présence of Gód *
and enjóy the líght of the líving.

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 57

Morning prayer in affliction

This psalm tells of our Lord's passion (Saint Augustine).

Have mércy on me, Gód, have mércy *
for in yóu my sóul has taken réfuge.

In the sháadow of your wíngs I take réfuge *
till the stórms of destrúction pass bý.

I cáll to Gód the Most Hígh, *
to Gód who has álways been my hélp.
May he sénd from héaven and sáve me †
and sháme thóse who assáil me. *
May Gód send his trúth and his lóve.

My sóul lies dówn among líons, *
who would devóur the sóns of mén.
Their téeth are spéars and árrows, *
their tóngue a shárpened swórd.

O Gód, aríse above the héavens; *
may your glóry shine on éarth!

They láid a snáre for my stéps, *
my sóul was bowed dówn.
They dúg a pít in my páth *
but féll in it themsélves.

My héart is réady, O Gód, †
my héart is réady. *
I will síng, I will síng your práise.
Awáke, my sóul, †
awáke, lýre and hárp, *
I will awáke the dáwn.

I will thánk you, Lórd, among the péoples, *
among the nátions I will práise you,
for your lóve réaches to the héavens *
and your trúth to the skíes.

O Gód, aríse above the héavens; *
may your glóry shine on éarth!

Glory to the Father, and to the Son, *
and to the Holy Spírit:
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

Hebrews 7:26-27

It was fitting that we should have such a high priest: holy, innocent, undefiled, separated from sinners, higher than the heavens. Unlike the other high priests, he has no need to offer sacrifice day after day, first for his own sins and then for those of the people; our Lord Jesus Christ did that once for all when he offered himself.

Verse

Ours were the sufferings he bore.

— Ours the weight of guilt he endured.

Stand

CONCLUDING PRAYER

Let us pray.

God of infinite compassion,
to love you is to be made holy;
fill our hearts with your love.
By the death of your Son
you have given us hope, born of faith;
by his rising again
fulfill this hope
in the perfect love of heaven,
where 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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