

Liturgy of the Hours
LITURGY OF THE HOURS

DAYTIME PRAYER

March 18, 2025

{ Tuesday of the Second Week of Lent }



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.*

*The English translation of Hymns and chants from The Liturgy of the Hours © 2023
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Sit or stand

PSALMODY

Antiphon

As I live, says the Lord, I do not wish the sinner to die but to turn back to me and live.

Psalm 119:49-56

VII (Zain)

Reméber your wórd to your sérvant *
by which you gave me hópe.
Thís is my cómfort in sórrow *
that your prómise gives me lífe.

Though the próud may útterly deríde me *
I kéepe to your lów.
I reméber your decrées of óld *
and thése, Lord, consóle me.

I am séized with indignátion at the wícked *
who forsáke your lów.
Your commánd has becóme my sóng *
in the lánd of éxile.

I thínk of your náme in the níght-time *
and I kéepe your lów.
Thís has béen my bléssing, *
the kéepeing of your précepts.

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 53

The foolishness of sinners

We all have sinned and are deprived of God's glory (Romans 3:23).

The fóol has sáid in his héart: *
“There is no Gód abóve.”
Their déeds are corrúpt, depráved; *

not a góod man is léft.

Gód looks dówn from héaven *
on the sóns of mén
to sée if ány are wíse, *
if ány seek Gód.

Áll have left the ríght páth, *
depráved, every óne.
There is nó a góod man léft, *
nó, not even óne.

Will the évil-doers nó understand? *
They éat up my péople
as thóugh they were éating bréad: *
they néver pray to Gód.

Sée how they trémble with féar *
without cáuse for féar:
for Gód scatters the bónes of the wícked. *
They are shámed; God rejécts them.

O that Ísrael's salvátion might cóme from Zíon! †
When Gód delívers his péople from bóndage, *
then Jácob will be glád and Ísrael rejóice.

Glory to the Fátter, and to the Són, *
and to the Holy Spírit:
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 sácrafice 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.

Antiphon

As I live, says the Lord, I do not wish the sinner to die but to turn back to me and live.

Sit

READING

Jeremiah 3:25b

We have sinned against the Lord, our God,
From our youth to this day, we and our fathers also;
we listened not to the voice of the Lord, our God.

Verse

Turn your face away from my sins.

— Blot out all my guilt.

Stand

CONCLUDING PRAYER

Let us pray.

Lord,
watch over your Church,
and guide it with your unfailing love.
Protect us from what could harm us
and lead us to what will save us.
Help us always,

for without you we are bound to fail.

Grant 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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