

Liturgy of the Hours
LITURGY OF THE HOURS

MORNING PRAYER

March 18, 2025

{ Tuesday of the Second Week of Lent }



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

O Sun of Justice, Christ our Lord,
as you restore the day to earth,
now rend the darkness of our minds,
that light from virtue may return.

In this, your favored time of grace,
Lord, grant repentance from the heart,
that your compassion may convert
all those your love has long endured.

Grant us to bear the penances

that bring atonement for our sins:
however great our faults and guilt
yet greater is your gift of grace.

The day shall come, your holy day,
through which all things will flow'r again;
let us rejoice, for through this day
your grace will lead us back to you.

Let all your works adore you, Lord,
O merciful and Triune God.
Renewed by pardon, let us sing
a new song to your holy name. Amen.

Metrical hymn, melody: JENA, 8 8 8 8; later form of melody by Melchior Vulpius, ca. 1570-1615, composed in 1609

Plainsong, mode D, melody 126; Liber Hymnarius, Solesmes, 1983, Text: Iam, Christe, sol iustitiæ, 6th c.

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Sit or stand

PSALMODY

Antiphon 1

Lord, send forth your light and your truth.

Psalms 43

Longing for the temple

I have come into the world to be its light (John 12:46).

Defénd me, O Gód, and plead my cáuse *
against a gódless nátion.
From decéitful and cúnning mén *
réscue me, O Gód.

Since yóu, O Gód, are my stróngthold, *

whý have you rejeéted me?
Whý do Í go móurning,*
oppreséed by the fóe?

O sénd forth your líght and your trúth;*
let thése be my guíde.
Let them bríng me to your hóly móuntain,*
to the pláce where you dwéll.

And I will cóme to the áltar of Gód,*
the Gód of my jóy.
My redéemer, I will thánk you on the hárp,*
O Gód, my 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 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

Lord, send forth your light and your truth.

Antiphon 2

Lord, keep us safe all the days of our life.

Canticle – Isaiah 38:10–14, 17–20

Anguish of a dying man and joy in his restoration

I am living, I was dead . . . and I hold the keys of death (Revelation 1:17–18).

Once I said,*
“In the noontime of life I must depart!
To the gates of the nether world I shall be consigned*
for the rest of my years.”

I said, “I shall see the Lord no more*
in the land of the living.
No longer shall I behold my fellow men*
for the rest of my years.”

among those who dwell in the world.”

My dwelling, like a shepherd’s tent, *
is struck down and borne away from me;
you have folded up my life, like a weaver *
who severs the last thread.

Day and night you give me over to torment; *
I cry out until the dawn.
Like a lion he breaks all my bones; *
day and night you give me over to torment.

Like a swallow I utter shrill cries; *
I moan like a dove.
My eyes grow weak, gazing heaven-ward: *
O Lord, I am in straits; be my surety!

You have preserved my life *
from the pit of destruction,
when you cast behind your back *
all my sins.

For it is not the nether world that gives you thanks, *
nor death that praises you;
Neither do those who go down into the pit *
await your kindness.

The living, the living give you thanks, *
as I do today.
Fathers declare to their sons, *
O God, your faithfulness.

The Lord is our savior; *
we shall sing to stringed instruments
in the house of the Lord *
all the days of our life.

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

Lord, keep us safe all the days of our life.

Antiphon 3

To you, O God, our praise is due in Zion.

Psalm 65

Solemn thanksgiving

Zion represents heaven (Origen).

To you our praise is due *
in Zion, O God.

To you we pay our vows, *
you who hear our prayer.

To you all flesh will come *
with its burden of sin.

Too heavy for us, our offenses, *
but you wipe them away.

Blessed is he whom you choose and call *
to dwell in your courts.

We are filled with the blessings of your house, *
of your holy temple.

You keep your pledge with wonders, *
O God our savior,
the hope of all the earth *
and of far distant isles.

You uphold the mountains with your strength, *
you are girded with power.

You still the roaring of the seas, †
the roaring of their waves *
and the tumult of the peoples.

The ends of the earth stand in awe *
at the sight of your wonders.

The lands of sunrise and sunset *
you fill with your joy.

You care for the earth, give it water, *

you fill it with riches.
Your river in heaven brims over †
to provide its grain.*

And thus you provide for the earth;
you drénch its fúrrows, †
you lével it, sóften it with shówers,*
you bléss its grówth.

You crówn the yéar with your góodness. †
Abúndance flóws in your stéps,*
in the pástures of the wílderness it flóws.

The hílls are gírded with jóy,*
the méadows cóvered with flócks,
the válleys are décked with whéat.*
They shoút for jóy, yes, they síng.

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

To you, O God, our praise is due in Zion.

Sit

READING

Joel 2:12-13

Return to me with your whole heart,
with fasting, and weeping, and mourning;
Rend your hearts, not your garments,
and return to the Lord, your God.
For gracious and merciful is he,
slow to anger, rich in kindness,
and relenting in punishment.

RESPONSORY

God himself will set me free, from the hunter's snare.

— God himself will set me free, from the hunter's snare.

From those who would trap me with lying words

— and from the hunter's snare.

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

— God himself will set me free, from the hunter's snare.

Stand

GOSPEL CANTICLE

Antiphon

You have one teacher, and he is in heaven: Christ your Lord.

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

You have one teacher, and he is in heaven: Christ your Lord.

INTERCESSIONS

God the Father has given us his only Son, the Word made man, to be our food and our life. Let us thank him and pray:

— May the word of Christ dwell among us in all its richness.

Help us in this Lenten season to listen more frequently to your word,
that we may celebrate the solemnity of Easter with greater love for Christ, our paschal sacrifice.

— May the word of Christ dwell among us in all its richness.

May your Holy Spirit be our teacher,
that we may encourage those in doubt and error to follow what is true and good.

— May the word of Christ dwell among us in all its richness.

Enable us to enter more deeply into the mystery of your Anointed One,
that our lives may reveal him more effectively.

— May the word of Christ dwell among us in all its richness.

Purify and renew your Church in this time of salvation,
that it may give an ever greater witness to you.

— May the word of Christ dwell among us in all its richness.

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

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.

Dismissal

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

— Amen.

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