

Liturgy of the Hours
LITURGY OF THE HOURS

DAYTIME PRAYER

April 16, 2025

{ Wednesday of Holy Week }



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

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 119:57-64

VIII (Heth)

My párt, I have resóved, O Lórd, *
is to obéy your wórd.

With all my héart I implóre your fávor; *
show the mércy of your prómise.

I have póndered óver my wáys *
and retúrned to your wíll.
I made háste and díd not deláy *
to obéy your commánds.

Though the néts of the wícked ensnáred me *
I remébered your lów.
At mídnight I will ríse and thánk you *
for your júst decreés.

I am a fréind of áll who revére you, *
who obéy your précepts.
Lórd, your lóve fills the éarth. *
Téach me your commánds.

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 55:2-15, 17-24

Against a friend proved traitor

Jesus was seized with fear and distress (Mark 14:33).

I

O Gód, lísten to my práyer, *

do not hide from my pleading,
attend to me and reply; *
with my cares, I cannot rest.

I tremble at the shouts of the foe, *
at the cries of the wicked;
for they bring down evil upon me. *
They assail me with fury.

My heart is stricken within me, *
death's terror is on me,
trembling and fear fall upon me *
and horror overwhelms me.

Ó that I had wings like a dove *
to fly away and be at rest.
Só I would escape far away *
and take refuge in the desert.

I would hasten to find a shelter *
from the raging wind,
from the destructive storm, O Lórd, *
and from their plotting tongues.

For Í can see nothing but violence *
and strife in the city.
Níght and dáy they patrol *
high on the city walls.

It is full of wickedness and evil; *
it is full of sin.
Its streets are never free *
from tyranny and deceit.

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.

II

If this had been done by an enemy *
I could bear his taunts.

If a rival had risen against me, *
I could hide from him.

But it is you, my own companion, *
my intimate friend!
How close was the friendship between us. †
We walked together in harmony *
in the house of God.

As for me, I will cry to God *
and the Lord will save me.
Evening, morning and at noon *
I will cry and lament.

He will deliver my soul in peace *
in the attack against me:
for those who fight me are many, *
but he hears my voice.

God will hear and will humble them, *
the eternal judge:
for they will not amend their ways. *
They have no fear of God.

The traitor has turned against his friends; *
he has broken his word.
His speech is softer than butter, *
but war is in his heart.
His words are smoother than oil, *
but they are naked swords.

Entrust your cares to the Lord *
and he will support you.
He will never allow *
the just man to stumble.

But you, O God, will bring them down *
to the pit of death.
Deceitful and bloodthirsty men †
shall not live half their days. *
O Lord, I will trust in you.

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

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

Romans 15:3

Thus, in accord with Scripture, Christ did not please himself: “The reproaches they uttered against you fell on me.”

Verse

Ours were the sufferings he bore.

— Ours the weight of guilt he endured.

Stand

CONCLUDING PRAYER

Let us pray.

Father,
in your plan of salvation
your Son Jesus Christ accepted the cross
and freed us from the power of the enemy.
May we come to share the glory of his resurrection,
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.

ACKNOWLEDGEMENTS

The English translation of Antiphons, Invitatories, Responsories, Intercessions, Psalm 95, the Canticle of the Lamb, Psalm Prayers, Non-Biblical Readings, Hagiographical Introductions from *The Liturgy of the Hours* © 1973, 1974, 1975, International Commission on English in the Liturgy Corporation (ICEL); excerpts from the English translation of *The Roman Missal* © 2010, ICEL; the English translation of Hymns from *The Liturgy of the Hours* © 2023. All rights reserved.

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