

Liturgy of the Hours
LITURGY OF THE HOURS

EVENING PRAYER II

March 1, 2026
{ Second Sunday in 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

O Loving Maker, hear the prayers
we raise to you with sighs and tears,
as we observe these forty days
with holy fast and abstinence.

You search all hearts with loving care
and know the weakness of our pow'rs;
show mercy, Lord, forgive the sins
of those who turn to seek your grace.

Though we, in truth, have greatly sinned,
yet spare us who confess our guilt;
restore and heal our ailing souls
for praise and honor of your name.

Grant us through corp'ral abstinence
to learn and practice self-control,
that inwardly with sober mind
we fast from ev'ry stain of sin.

Grant us, O Blessed Trinity,
O Undivided Unity,
to see this service of our fast
bring forth your fruit within our hearts. Amen.

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

Plain-song, mode II, melody 44; Liber Hymnarius, Solesmes, 1983, Text: Audi, benigne Conditor, attributed to St. Gregory the Great, ca. 540-604*

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Sit or stand

PSALMODY

Antiphon 1

In holy splendor the Lord will send forth your mighty scepter from Zion.

Psalm 110:1-5, 7

The Messiah, king and priest

Christ's reign will last until all his enemies are made subject to him (1 Corinthians 15:25).

The Lórd's revelátiún to my Máster: †
“Sít on my ríght: *
your fóes I will pút beneath your féet.”

The Lórd will wíeld from Zíon †
your scépter of pówer: *
rúle in the mídst of all your fóes.

A prínce from the dáy of your bírth †
on the hóly móuntains; *
from the wómb before the dáwn I begót you.

The Lórd has sworn an óath he will not chánge. †
“You are a príest for éver, *
a príest like Melchízedek of óld.”

The Máster stánding at your ríght hand *
will shatter kíngs in the dáy of his wráth.

He shall drínk from the stréam by the wáyside *
and thérefore he shall líft up his héad.

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

In holy splendor the Lord will send forth your mighty scepter from Zion.

Antiphon 2

We worship the one true God who made heaven and earth.

Psalm 115

Praise of the true God

You have renounced idol worship to serve the living and true God (1 Thessalonians 1:9).

Not to ús, Lórd, not to ús, *
but to yóur náme give the glóry
for the sáke of your lóve and your trúth, *
lest the héathen say: “Whére is their Gód?”

But our Gód is ín the héavens; *
he dóes whatéver he wílls.
Their ídols are sílver and góld, *
the wórk of húman hánds.

They have móuths but they cánnót spéak; *
they have éyes but they cánnót sée;
they have éars but they cánnót héar; *
they have nóstrils but they cánnót sméll.

With their hánds they cánnót féel; †
with their féet they cánnót wálk. *
No sóund cómes from their thróats.
Their mákers will cóme to be líke them *
and so will áll who trúst in thém.

Sons of Ísrael, trúst in the Lórd; *
hé is their hélp and their shíeld.
Sons of Áaron, trúst in the Lórd; *
hé is their hélp and their shíeld.

You who féar him, trúst in the Lórd; *

hé is their hélp and their shíeld.
He remémbers us, and hé will bléss us; †
he will bléss the sóns of Ísrael. *
He will bléss the sóns of Áaron.

The Lórd will bléss thóse who féar him, *
the líttle no léss than the gréat:
to yóu may the Lórd grant íncrease, *
to yóu and áll your chíldren.

May yóu be bléssed by the Lórd, *
the máker of héaven and éarth.
The héavens belóng to the Lórd *
but the éarth he has gíven to mén.

The déad shall not práise the Lórd, *
nor thóse who go dówn into the sílence.
But wé who líve bless the Lórd *
nów and for éver. Amén.

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

We worship the one true God who made heaven and earth.

Antiphon 3

God did not spare his own Son but gave him up for us all.

Canticle – 1 Peter 2:21-24

The willing acceptance of his passion by Christ, the servant of God

Christ suffered for you, †
and left you an example *
to have you follow in his footsteps.

He did no wrong; *
no deceit was found in his mouth.
When he was insulted, *
he returned no insult.

When he was made to suffer, *
he did not counter with threats.
Instead he delivered himself up *
to the One who judges justly.

In his own body *
he brought your sins to the cross,
so that all of us, dead to sin, †
could live in accord with God's will. *
By his wounds you were healed.

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

God did not spare his own Son but gave him up for us all.

Sit

READING

1 Corinthians 9:24-25

While all the runners in the stadium take part in the race, the award goes to one man. In that case, run so as to win! Athletes deny themselves all sorts of things. They do this to win a crown of leaves that withers, but we a crown that is imperishable.

Responsory

Listen to us, O Lord, and have mercy, for we have sinned against you.

— Listen to us, O Lord, and have mercy, for we have sinned against you.

Christ Jesus, hear our humble petitions,

— for we have sinned against you.

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

— Listen to us, O Lord, and have mercy, for we have sinned against you.

Stand

GOSPEL CANTICLE

Antiphon

Tell no one about the vision you have seen until the Son of Man
has risen from the dead.

Luke 1:46-55

The soul rejoices in the Lord

Make sign of cross

My soul proclaims the greatness of the Lord, *
my spirit rejoices in God my Savior
for he has looked with favor on his lowly servant. *

From this day all generations will call me blessed:
the Almighty has done great things for me, *
and holy is his Name.

He has mercy on those who fear him *
in every generation.

He has shown the strength of his arm, *
he has scattered the proud in their conceit.

He has cast down the mighty from their thrones, *
and has lifted up the lowly.

He has filled the hungry with good things, *
and the rich he has sent away empty.

He has come to the help of his servant Israel *
for he has remembered his promise of mercy,
the promise he made to our fathers, *
to Abraham and his children for ever.

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

Tell no one about the vision you have seen until the Son of Man

has risen from the dead.

INTERCESSIONS

Let us give thanks continually to Christ, our teacher and our head, who came to serve and to do good to all. In humility and confidence let us ask him:

— Come, Lord, to visit your family.

Lord, be present to the bishops and priests of your Church, who share your role as head and shepherd,
may they lead your people to the Father under your guidance.

— Come, Lord, to visit your family.

May your angel be with all who travel,
to keep them safe in soul and body.

— Come, Lord, to visit your family.

Teach us to serve the needs of others,
and to be like you, who came to serve, not to be served.

— Come, Lord, to visit your family.

Grant that in the human family, brother may always help brother,
so that, with your assistance, it may be a city compact and strong.

— Come, Lord, to visit your family.

Have mercy on all the dead,
bring them to the vision of your glory.

— Come, Lord, to visit your family.

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

God our Father,
help us to hear your Son.
Enlighten us with your word,
that we may find the way to your glory.

We ask 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.

O Loving Maker, Hear the Prayers



1. O Lov - ing Mak - er, hear__ the prayers
2. You search all hearts__ with lov - ing care
3. Though we, in truth,__ have great - ly sinned,
4. Grant us through cor - p'ral ab - sti - nence
5. Grant us, O Bles - sed Trin - i - ty,



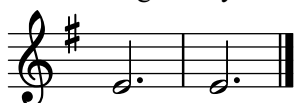
1. we raise to you with sighs and tears,
2. and know the weak - ness of our pow'rs;
3. yet spare us who con - fess our guilt;
4. to learn and prac - tice self - con - trol,
5. O Un - div - id - ed U - ni - ty,



1. as we ob - serve__ these for - ty days
2. show mer - cy, Lord,__ for - give__ the sins
3. re - store and heal__ our ail - ing souls
4. that in - ward - ly__ with so - ber mind
5. to see this ser - vice of__ our fast



1. with ho - ly fast__ and ab - sti - nence.
2. of those who turn__ to seek__ your grace.
3. for praise and hon - or of__ your name.
4. we fast from ev - 'ry stain__ of sin.
5. bring forth your fruit__ with - in__ our hearts.



5. A - men.

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