

*Liturgy of the Hours*  
LITURGY OF THE HOURS

MORNING PRAYER

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March 18, 2026

{ Wednesday of the Fourth 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 Melchoir Vulpius, ca. 1570–1615, composed in 1609*

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

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*Sit or stand*

## PSALMODY

### *Antiphon 1*

My heart is ready, O God, my heart is ready.

*Psalm 108*

*Praise of God and a plea for help*

*Since the Son of God has been exalted above the heavens, his glory is proclaimed through all the earth (Arnobius).*

My héart is réady, O Gód; \*  
I will síng, 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!

O cóme and delíver your friends; \*  
hélp with your ríght hand and replý.  
From his hólý place Gód has made this prómise: †  
“I will tríumph and dívide the land of Shéchem; \*  
I will méasure out the válley of Súccoth.

Gílead is míne and Manásseh. †  
Éphraim I táke for my hélmet, \*  
Júdah for my commánder's stáff.  
Móab I will úse for my wáshbowl, †  
on Édom I will plánt my shóe. \*  
Over the Phílístines I will shóut in tríumph.”

But who will léad me to cónquer the fórtress? \*  
Who will bríng me face to fáce with Édom?  
Will you útterly rejéct us, O Gód, \*  
and no lónger márch with our ármies?

Give us hélp agáinst the fóe: \*  
for the hélp of mán is váin.  
With Gód wé shall do brávely \*  
and hé will trámples down our 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*

My heart is ready, O God, my heart is ready.

*Antiphon 2*

The Lord has robed me with grace and salvation.

*The prophet's joy in the vision of a new Jerusalem*

*I saw the holy city, new Jerusalem, with the beauty of a bride adorned for her husband  
(Revelation 21:2).*

I rejoice heartily in the Lord, \*  
in my God is the joy of my soul;  
for he has clothed me with a robe of salvation, \*  
and wrapped me in a mantle of justice,  
like a bridegroom adorned with a diadem, \*  
like a bride bedecked with her jewels.

As the earth brings forth its plants, \*  
and a garden makes its growth spring up,  
so will the Lord God make justice and praise \*  
spring up before all the nations.

For Zion's sake I will not be silent, \*  
for Jerusalem's sake I will not be quiet,  
until her vindication shines forth like the dawn \*  
and her victory like a burning torch.

Nations shall behold your vindication, \*  
and all kings your glory;  
you shall be called by a new name \*  
pronounced by the mouth of the Lord.  
You shall be a glorious crown in the hand of the Lord, \*  
a royal diadem held by your God.

No more shall men call you "Forsaken," \*  
or your land "Desolate,"  
but you shall be called "My Delight," \*  
and your land "Espoused."  
For the Lord delights in you, \*  
and makes your land his spouse.

As a young man marries a virgin, \*  
your Builder shall marry you;  
and as a bridegroom rejoices in his bride \*  
so shall your God rejoice 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*

The Lord has robed me with grace and salvation.

*Antiphon 3*

I will praise my God all the days of my life.

*Psalm 146*

*Those who trust in God know what it is to be happy*

*To praise God in our lives means all we do must be for his glory (Arnobius).*

My sóul, give práise to the Lórd; †  
I will práise the Lórd all my dáy, \*  
make músic to my Gód while I líve.

Pút no trúst in prínces, \*  
in mortal mén in whóm there is no hélp.  
Take their bréath, they retúrn to cláy \*  
and their pláns that dáy come to nóthing.

He is háppy who is hélped by Jacob's Gód, \*  
whose hópe is in the Lórd his Gód,  
who alóne made héaven and éarth, \*  
the séas and áll they contém.

It is hé who keeps fáith for éver, \*  
who is júst to thóse who are opprésed.  
It is hé who gives bréad to the húngry, \*  
the Lórd, who sets prísoners frée,

the Lórd who gives síght to the blínd, \*  
who ráises up thóse who are bowed dówn,  
the Lórd, who protécts the stránger \*  
and uphólds the wídow and órphan.

It is the Lórd who lóves the júst \*  
but thwárts the páth of the wícked.  
The Lórd will réign for éver, \*

Zion's Gód, from áge to áge.

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 will praise my God all the days of my life.

*Sit*

## READING

*Deuteronomy 7:6, 8-9*

The Lord, your God, has chosen you from all the nations on the face of the earth to be a people peculiarly his own. It was because the Lord loved you and because of his fidelity to the oath he had sworn to your fathers, that he brought you out with his strong hand from the place of slavery, and ransomed you from the hand of Pharaoh, king of Egypt. Understand, then, that the Lord, your God, is God indeed, the faithful God who keeps his merciful covenant to the thousandth generation toward those who love him and keep his commandments.

*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*

Whoever hears my words, says the Lord, and believes in him who sent me, has eternal life.



*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*

Whoever hears my words, says the Lord, and believes in him who  
sent me, has eternal life.

**INTERCESSIONS**

Let us give thanks to God our Father; through the power of the

Spirit he purifies our hearts and strengthens us in love. Let us humbly ask him:

— Lord, give us your Holy Spirit.

Help us to receive good things from your bounty with a deep sense of gratitude,  
and to accept with patience the evil that comes to us.

— Lord, give us your Holy Spirit.

Teach us to be loving not only in great and exceptional moments, but above all in the ordinary events of daily life.

— Lord, give us your Holy Spirit.

May we abstain from what we do not really need,  
and help our brothers and sisters in distress.

— Lord, give us your Holy Spirit.

May we bear the wounds of your Son,  
for through his body he gave us life.

— Lord, give us your Holy Spirit.

### *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,  
you reward virtue  
and forgive the repentant sinner.  
Grant us your forgiveness  
as we come before you confessing our guilt.

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.

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