

Liturgy of the Hours
LITURGY OF THE HOURS

DAYTIME PRAYER

March 19, 2026

{ Solemnity – Joseph, Husband of Mary }



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 they were returning home, the child Jesus remained behind without his parents' knowledge.

Psalm 123

The Lord, unfailing hope of his people

Two blind men cried out: "Have pity on us, Lord, Son of David" (Matthew 20:30).

To yóu have I lífted up my éyes, *
you who dwéll in the héavens:
my éyes, like the éyes of sláves *
on the hánd of their lórd.

Líke the éyes of a sérvant *
on the hánd of her místress,
so our éyes are on the Lórd our Gód *
till he shów us his mércy.

Have mércy on us, Lórd, have mércy. *
We are filled with contémp't.
Indéed all too fúll is our sóul †
with the scórn of the rích, *
with the pród man's disdáin.

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 124

Our help is in the name of the Lord

The Lord said to Paul: "Fear not . . . I am with you" (Acts 18:9-10).

"If the Lórd had not béen on our síde," *
this is Ísrael's sóg.

"If the Lórd had not béen on our síde *
when mén rose agáinst us,
thén would they have swállowed us álíve *"

when their ánger was kíndled.

Thén would the wáters have engúlfed us, *
the tórrent gone óver us;
óver our héad would have swépt *
the ráging wáters.”

Bléssed be the Lórd who did not gíve us *
a préy to their téeth!
Our lífe, like a bírd, has escáped *
from the snáre of the fówler.

Indéed the snáre has been bróken *
and wé have escáped.
Our hélp is in the náme of the Lórd, *
who made héaven and éarth.

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 125

The Lord, guardian of his people

Peace to God's true Israel (Galatians 6:16).

Thóse who put their trúst in the Lórd †
are like Mount Zíon, that cánnót be sháken, *
that stánds for éver.

Jerúsalem! The móuntains surróund her, †
so the Lórd surróunds his péople *
both nów and for éver.

For the scépter of the wícked shall not rést *
over the lánd of the júst
for féar that the hánds of the júst *
should túrn to évil.

Do góod, Lord, to thóse who are góod, *
to the úpright of héart;
but the cróoked and thóse who do évil, †

drive them away! *
On Ísrael, péace!

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 they were returning home, the child Jesus remained behind
without his parents' knowledge.

Sit

READING

Wisdom 10:10

Wisdom, when the just man was in flight,
guided him in direct ways,
Showed him the kingdom of God
and gave him knowledge of holy things;
She prospered him in his labors
and made abundant the fruit of his works.

Verse

Glory and riches shall be in his house.

— And his justice shall endure for ever.

Stand

CONCLUDING PRAYER

Let us pray.

Father,
you entrusted our Savior to the care of Saint Joseph.
By the help of his prayers
may your Church continue to serve its Lord, Jesus Christ,
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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