

*Liturgy of the Hours*  
LITURGY OF THE HOURS

DAYTIME PRAYER

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April 1, 2026  
{ 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.*

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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 resólvéd, 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 remémbered your lów.

At mídnight I will ríse and thánk you\*  
for your júst decreés.

I am a fríend 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 híd e from my pléading,  
atténd to mé and replý; \*  
with my cáres, I cannot rést.

I trémble at the shóuts of the fóe, \*  
at the críes of the wícked;  
for they bríng down évil upón me. \*  
They assáil me with fúry.

My héart is strícken withín me, \*  
death's térror is ón me,  
trémbling and féar fall upón me \*  
and hórror overwhélms me.

Ó that I had wíngs like a dóve \*  
to fly awáy and be at rést.  
Só I would escápe far awáy \*  
and take réfuge in the désert.

I would hásten to fínd a shéltér \*  
from the ráging wínd,  
from the destrúctive stórm, O Lórd, \*  
and from their plóttíng tóngues.

For Í can see nóthing but víolence \*  
and strífe in the cíty.  
Níght and dáy they patról \*  
hígh on the cíty wálls.

It is fúll of wíckedness and évil; \*  
it is fúll of sín.  
Its stréets are néver frée \*  
from týranny and decéit.

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 thís had been dóne by an énemy \*  
I could béar his táunts.

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 Gód.

As for me, I will cry to Gód \*  
and the Lórd will save me.  
Évening, mórning 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.

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

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 Lórd \*  
and he will support you.  
Hé will never allow \*  
the just man to stumble.

But you, O Gód, will bring them down \*  
to the pit of death.  
Decéitful and bloodthirsty men †  
shall not live half their days. \*  
O Lórd, 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.

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