

Liturgy of the Hours
LITURGY OF THE HOURS

DAYTIME PRAYER

March 28, 2026

{ Saturday of the Fifth Week of 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

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 I live, says the Lord, I do not wish the sinner to die but to turn back to me and live.

Psalm 119:33-40

V (He)

Téach me the demánds of your précepts *
and I will kéept them to the énd.

Tráin me to obsérve your láw, *
to kéept it with my héart.

Guíde me in the páth of your commánds; *
for thére is my delíght.

Bénd my héart to your wíll *
and nótt to love of gáin.

Kéept my éyes from what is fálse: *
by your wórd, give me lífe.

Kéept the prómise you have máde *
to the sérvant who féars you.

Kéept me from the scórn I dréad, *
for your decrées are góod.

Sée, I lóng for your précepts: *
then in your jústice, give me lífe.

Glory to the Fátter, and to the Son, *
and to the Holy Spírít:
as it was in the beginníng, is nów, *
and wíll be for éver. Amen.

Psalm 34

God the savior of the just

You have tasted the sweetness of the Lord (1 Peter 2:3).

I

I wíll bléss the Lórd at all tímes, *

his praise always on my lips;
in the Lórd my sóul shall make its bóast. *
The húmble shall héar and be glád.

Glórfify the Lórd with mé. *
To géther let us praise his náme.
I sóught the Lórd and he ánspered me; *
from all my térrors he sét me frée.

Lóok towards hím and be rádiant; *
let your fáces nótt be abáshed.
This póor man cálléd; the Lórd héárd him *
and réscued him from áll his distréss.

The ángel of the Lórd is encámped *
around thóse who revére him, to réscue them.
Taste and sée that the Lórd is góod. *
He is háppy who seeks réfuge in hím.

Revére the Lórd, you his sáints. *
They lack nóthing, thóse who revére him.
Strong líons suffer wánt and go húngry *
but thóse who seek the Lórd lack no bléssing.

Glory to the Fátter, and to the Son, *
and to the Holy Spírit:
as it was in the béginning, is now, *
and will be for éver. Amen.

II

Cóme, chýldren, and héar me *
that I may téach you the féar of the Lórd.
Who is hé who lónge for lífe *
and many dáys, to enjóy his prospéritey?

Then kéep your tóngue from évil *
and your líps from spéaking decéit.
Turn asíde from évil and do góod; *
séeke and stríve after péáce.

The Lórd turns his fáce against the wícked *
to destróy their remémbrance from the éarth.

The Lórd turns his éyes to the júst *
and his éars to théir appéal.

They cáll and the Lórd héars *
and réscues them in áll their distréss.
The Lord is clóse to the bróken-héarted; *
those whose spírit is crúshed he will sáve.

Mány are the tríals of the júst man *
but from them áll the Lórd will réscue him.
He will keep gúard over áll his bónes, *
not óne of his bónes shall be bróken.

Évil brings déath to the wícked; *
those who háte the góod are dóomed.
The Lord ránsoms the sóuls of his sérvants. *
Those who híde in him shall nótt be condémed.

Glory to the Father, and to the Son, *
and to the Holy Spírit:
as it was in the beginning, is now, *
and will be for ever. Amen.

Antiphon

As I live, says the Lord, I do not wish the sinner to die but to turn back to me and live.

Sit

READING

1 John 2:1b-2

We have, in the presence of the Father,
Jesus Christ, an intercessor who is just.
He is an offering for our sins,
and not for our sins only,
but for those of the whole world.

Verse

Turn your face away from my sins.

— Blot out all my guilt.

Stand

CONCLUDING PRAYER

Let us pray.

God our Father,
you always work to save us,
and now we rejoice in the great love
you give to your chosen people.
Protect all who are about to become your children,
and continue to bless those who are already baptized.

Grant this through our Lord Jesus Christ, your Son,
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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