

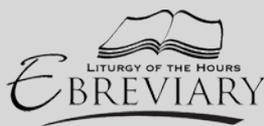
*Liturgy of the Hours*  
LITURGY OF THE HOURS

MORNING PRAYER

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March 28, 2026

{ Saturday of the Fifth 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

No disgrace was too abhorrent:  
nailed and mocked and parched he died;  
blood and water, double warrant,  
issue from his wounded side,  
washing in a mighty torrent  
earth and stars and ocean tide.

Faithful Cross the saints rely on,  
noble tree beyond compare!  
Never was there such a scion,  
never leaf or flow'r so rare.

Sweet the timber, sweet the iron,  
sweet the burden that they bear!

Lofty timber, smooth your roughness,  
flex your boughs for blossoming;  
let your fibers lose their toughness,  
gently let your tendrils cling;  
lay aside your native gruffness,  
clasp the body of your King!

Noblest tree of all created,  
richly jeweled and embossed:  
post by Lamb's blood consecrated;  
spar that saves the tempest tossed;  
scaffold beam which, elevated,  
carries what the world has cost!

Wisdom, pow'r, and adoration  
to the blessed Trinity  
for redemption and salvation  
through the Paschal Mystery,  
now, in ev'ry generation,  
and for all eternity. Amen.

*Metrical hymn, melody: PICARDY, 8 7 8 7 8 7; Julien Tiersot's Mélo­dies populaires des provinces de France, 1887*

*Plainsong, mode I, melody 12; Liber Hymnarius, Solesmes, 1983\*, Text: En acetum, fel, arundo, Venantius Fortunatus, ca. 530-600*

*The English translation of Hymns and chants from The Liturgy of the Hours © 2023 International Commission on English in the Liturgy Corporation (ICEL).*

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*Sit or stand*

## PSALMODY

### *Antiphon 1*

Dawn finds me ready to welcome you, my God.

*Psalm 119:145-152*

*XIX (Koph)*

I cáll with all my héart; Lord, héar me,\*  
I will kéep your commánds;  
I cáll upón you, sáve me\*  
and Í will do your wíll.

I ríse before dáwn and cry for hélp,\*  
I hópe in your wórd.  
My éyes wátcH through the níght\*  
to pónder your prómise.

In your lóve hear my vóice, O Lórd;\*  
give me lífe by your decrées.  
Those who hárm me unjústly draw néar:\*  
they are fár from your lów.

But yóu, O Lórd, are clóse:\*  
your commánds are trúth.  
Lóng have I knówn that your wíll\*  
is estáblished for éver.

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*

Dawn finds me ready to welcome you, my God.

*Antiphon 2*

The Lord is my strength, and I shall sing his praise, for he has become my Savior.

*Canticle – Exodus 15:1-4a, 8-13, 17-18*

*Hymn of victory after the crossing of the Red Sea*

*Those who had conquered the beast were singing the song of Moses, God's servant (see Revelation 15:2-3).*

I will sing to the Lord, for he is gloriously triumphant;\*  
horse and chariot he has cast into the sea.

My strength and my courage is the Lord, \*  
and he has been my savior.  
He is my God, I praise him; \*  
the God of my father, I extol him.

The Lord is a warrior, \*  
Lord is his name!  
Pharaoh's chariots and army he hurled into the sea. \*  
At a breath of your anger the waters piled up,  
the flowing waters stood like a mound, \*  
the flood waters congealed in the midst of the sea.

The enemy boasted, "I will pursue and overtake them; †  
I will divide the spoils and have my fill of them; \*  
I will draw my sword; my hand shall despoil them!"  
When your wind blew, the sea covered them; \*  
like lead they sank in the mighty waters.

Who is like to you among the gods, O Lord? \*  
Who is like to you, magnificent in holiness?  
O terrible in renown, worker of wonders, \*  
when you stretched out your right hand, the earth swallowed them!

In your mercy you led the people you redeemed; \*  
in your strength you guided them to your holy dwelling.

And you brought them in and planted them on the mountain of  
your inheritance— \*

the place where you made your seat, O Lord,  
the sanctuary, O Lord, which your hands established. \*  
The Lord shall reign forever and 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*

The Lord is my strength, and I shall sing his praise, for he has  
become my Savior.

*Antiphon 3*

O praise the Lord, all you nations.

*Psalm 117*

*Praise for God's loving compassion*

*I affirm that . . . the Gentile peoples are to praise God because of his mercy (Romans 15:8-9).*

O práise the Lórd, all you nátions,\*  
accláim him, all you péoples!

Stróng is his lóve for ús; \*  
he is fáithful for éver.

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*

O praise the Lord, all you nations.

*Sit*

READING

*Isaiah 65:1b-3a*

I said: Here I am! Here I am!

To a nation that did not call upon my name.

I have stretched out my hands all the day  
to a rebellious people,

Who walk in evil paths  
and follow their own thoughts,

People who provoke me  
continually, to my face.

*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*

Jesus died to gather into one family all the scattered children of God.

*Luke 1:68-79*

*The Messiah and his forerunner*

*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*

Jesus died to gather into one family all the scattered children of God.

INTERCESSIONS

To make us his new creation, Christ the Lord gave us the waters of rebirth and spread the table of his body and his word. Let us call upon him and say:

— Lord, renew us in your grace.

Jesus, meek and humble of heart, clothe us with compassion, kindness and humility,  
make us want to be patient with everyone.

— Lord, renew us in your grace.

Teach us to be true neighbors to all in trouble and distress,  
and so imitate you, the Good Samaritan.

— Lord, renew us in your grace.

May the Blessed Virgin, your Mother, pray for all those vowed to a life of virginity,  
that they may deepen their dedication to you and to the Church.

— Lord, renew us in your grace.

Grant us the gift of your mercy,  
forgive our sins and remit their punishment.

— Lord, renew us in your grace.

*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,  
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.

*Dismissal*

May the Lord bless us, protect us from all evil and bring us to  
everlasting life.

— Amen.

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