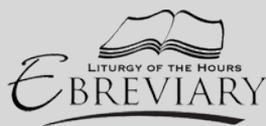


*Liturgy of the Hours*  
LITURGY OF THE HOURS

DAYTIME PRAYER

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March 31, 2026  
{ Tuesday 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 119:49-56*

*VII (Zain)*

Remember your wórd to your sérvant \*  
by which you gave me hópe.  
Thís is my cómfort in sórrow \*  
that your prómise gives me life.

Though the próud may útterly deríde me \*  
I kéept to your lów.  
I reméber your decreés of óld \*  
and thése, Lord, consóle me.

I am séized with indignátion at the wícked \*  
who forsáke your lów.  
Your commánd has becóme my sóng \*  
in the lánd of éxile.

I thínk of your náme in the níght-time \*  
and I kéept your lów.  
Thís has béen my bléssing, \*  
the kéepting of your précepts.

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 53*

*The foolishness of sinners*

*We all have sinned and are deprived of God's glory (Romans 3:23).*

The fóol has sáid in his héart: \*  
“There is no Gód abóve.”  
Their déeds are corrúpt, depráved; \*

not a góod man is léft.

Gód looks dówn from héaven \*  
on the sóns of mén  
to sée if ány are wíse, \*  
if ány seek Gód.

Áll have left the ríght páth, \*  
depráved, every óne.  
There is nó t a góod man léft, \*  
nó, not even óne.

Will the évil-doers nó t understand? \*  
They éat up my péople  
as thóugh they were éating bréad: \*  
they néver pray to Gód.

Sée how they trémble with féar \*  
without cáuse for féar:  
for Gód scatters the bónes of the wícked. \*  
They are shámed; God rejécts them.

O that Ísrael's salvátion might cóme from Zíon! †  
When Gód delívers his péople from bóndage, \*  
then Jácob will be glád and Ísrael rejóice.

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

*Psalm 54:1-6, 8-9*

*Plea for help*

*The prophet prays that God will deliver him from the malice of his enemies (Cassian).*

O Gód, sáve me by your náme; \*  
by your pówer, uphóld my cáuse.  
O Gód, héar my práyer; \*  
listén to the wórds of my móuth.

For próud men have rísen agáinst me, †  
rúthless men séek my lífe. \*

They háve no regárd for Gód.  
But Í have Gód for my hélp. \*  
The Lórd uphólds my life.

I will sácrifice to yóu with willing héart \*  
and práise your náme for it is góod:  
for you have réscued me from áll my distréss \*  
and my éyes have seen the dównfall of my 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*

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

*1 Corinthians 1:22-24*

Yes, Jews demand “signs” and Greeks look for “wisdom,” but we preach Christ crucified—a stumbling block to Jews, and an absurdity to Gentiles; but to those who are called, Jews and Greeks alike, Christ the power of God and the wisdom of God.

*Verse*

Ours were the sufferings he bore.

— Ours the weight of guilt he endured.

*Stand*

CONCLUDING PRAYER

Let us pray.

Father,  
may we receive your forgiveness and mercy  
as we celebrate the passion and death of the Lord,  
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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