

*Liturgy of the Hours*  
LITURGY OF THE HOURS

MORNING PRAYER

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March 31, 2026  
{ Tuesday of Holy Week }



# *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*

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*Sit or stand*

## PSALMODY

### *Antiphon 1*

O Lord, defend my cause; rescue me from deceitful and impious

men.

*Psalm 43*

*Longing for the temple*

*I have come into the world to be its light (John 12:46).*

Defénd me, O Gód, and plead my cáuse \*  
against a gódless nátion.  
From decéitful and cúnning mén \*  
réscue me, O Gód.

Since yóu, O Gód, are my stróngthold, \*  
whý have you rejécted me?  
Whý do Í go móurning, \*  
opprésed by the fóe?

O sénd forth your líght and your trúth; \*  
let thése be my guíde.  
Let them bríng me to your hóly móuntain, \*  
to the pláce where you dwéll.

And I will cóme to the áltar of Gód, \*  
the Gód of my jóy.  
My redéemer, I will thánk you on the hárp, \*  
O Gód, my Gód.

Whý are you cast dówn, my sóul, \*  
why gróan withín me?  
Hope in Gód; I will práise him stíll, \*  
my sáviór and my Gód.

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 Lord, defend my cause; rescue me from deceitful and impious men.

*Antiphon 2*

Lord, my God, you defended my cause; you ransomed my life.

Once I said,\*  
“In the noontime of life I must depart!  
To the gates of the nether world I shall be consigned \*  
for the rest of my years.”

I said, “I shall see the Lord no more \*  
in the land of the living.  
No longer shall I behold my fellow men \*  
among those who dwell in the world.”

My dwelling, like a shepherd’s tent, \*  
is struck down and borne away from me;  
you have folded up my life, like a weaver \*  
who severs the last thread.

Day and night you give me over to torment; \*  
I cry out until the dawn.  
Like a lion he breaks all my bones; \*  
day and night you give me over to torment.

Like a swallow I utter shrill cries; \*  
I moan like a dove.  
My eyes grow weak, gazing heaven-ward: \*  
O Lord, I am in straits; be my surety!

You have preserved my life \*  
from the pit of destruction,  
when you cast behind your back \*  
all my sins.

For it is not the nether world that gives you thanks, \*  
nor death that praises you;  
Neither do those who go down into the pit \*  
await your kindness.

The living, the living give you thanks, \*  
as I do today.  
Fathers declare to their sons, \*

O God, your faithfulness.

The Lord is our savior; \*  
we shall sing to stringed instruments  
in the house of the Lord \*  
all the days of our life.

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*

Lord, my God, you defended my cause; you ransomed my life.

*Antiphon 3*

My servant, the Just One, will justify many by taking their sins on himself.

*Psalm 65*

*Solemn thanksgiving*

*Zion represents heaven (Origen).*

To yóu our práise is dúe \*  
in Zíon, O Gód.

To yóu we páy our vóws, \*  
you who héar our práyer.

To yóu all flésh will cóme \*  
with its búrden of sín.

Too héavy for ús, our offénses, \*  
but you wípe them awáy.

Blessed is hé whom you chóose and cáll \*  
to dwéll in your cóurts.

We are filled with the bléssings of your hóuse, \*  
of your hólý témples.

You kéept your plédge with wónders, \*  
O Gód our sáviour,  
the hópe of áll the éarth \*  
and of fár distant ísles.

You uphóld the móuntains with your stréngth, \*  
you are gírded with pówer.

You stíll the róaring of the séas, †  
the róaring of their wáves \*  
and the túmült of the péoples.

The énds of the éarth stand in áwe \*  
at the síght of your wónders.

The lánds of súnrise and súnset \*  
you fíll with your jóy.

You cáre for the éarth, give it wáter, \*  
you fíll it with ríches.

Your ríver in héaven brims óver †  
to províde its gráin. \*

And thús you províde for the éarth;  
you drénch its fúrrows, †  
you lével it, sóften it with shówers, \*  
you bléss its grówth.

You crówn the yéar with your góodness. †  
Abúndance flóws in your stéps, \*  
in the pástures of the wílderness it flóws.

The hílls are gírded with jóy, \*  
the méadows cóvered with flócks,  
the válleys are décked with whéat. \*  
They shoút for jóy, yes, they síng.

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*

My servant, the Just One, will justify many by taking their sins on himself.

*Sit*

READING

*Zechariah 12:10-11a*

I will pour out on the house of David and on the inhabitants of Jerusalem a spirit of grace and petition; and they shall look on him whom they have thrust through, and they shall mourn for him as one mourns for an only son, and they shall grieve over him as one grieves over a first-born. On that day the mourning in Jerusalem shall be great.

*Responsory*

By your own blood, Lord, you brought us back to God.

— By your own blood, Lord, you brought us back to God.

From every tribe, and tongue, and people and nation,

— you brought us back to God.

Glory to the Father, and to the Son, and to the Holy Spirit,

— By your own blood, Lord, you brought us back to God.

*Stand*

GOSPEL CANTICLE

*Antiphon*

Father, give me the glory that I had with you before the world was made.

*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*

Father, give me the glory that I had with you before the world was made.

INTERCESSIONS

Let us pray to Christ our Savior, who redeemed us by his death and resurrection:

— Lord, have mercy on us.

You went up to Jerusalem to suffer and so enter into your glory,  
bring your Church to the Passover feast of heaven.

— Lord, have mercy on us.

You were lifted high on the cross and pierced by the soldier's lance,  
heal our wounds.

— Lord, have mercy on us.

You made the cross the tree of life,

give its fruit to those reborn in baptism.

— Lord, have mercy on us.

On the cross you forgave the repentant thief,  
forgive us our sins.

— Lord, have mercy on us.

*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

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.

*Dismissal*

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

— Amen.

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