

Liturgy of the Hours
LITURGY OF THE HOURS

DAYTIME PRAYER

March 5, 2025
{ Ash Wednesday }



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
International Commission on English in the Liturgy Corporation (ICEL).*

*Reproduced from The Divine Office Hymnal (hymns #93/94). Copyright © 2023
United States Conference of Catholic Bishops, Washington, DC (USCCB). Published
and distributed exclusively by GIA Publications, Inc., Chicago, IL. To acquire the
Pew Edition or Accompaniment Edition of the hymnal with metrical hymn tunes and
plainsong melodies, visit www.giamusic.com.*

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 119:145-152

XLIX (Koph)

I call with all my heart; Lord, hear me, *
I will keep your commands;
I call upon you, save me *
and I will do your will.

I rise before dawn and cry for help, *
I hope in your word.
My eyes watch through the night *
to ponder your promise.

In your love hear my voice, O Lord; *
give me life by your decrees.
Those who harm me unjustly draw near: *
they are far from your law.

But you, O Lord, are close: *
your commands are truth.
Long have I known that your will *
is established for 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.

Psalm 94

The Lord will avenge the just

God punishes wicked conduct; he has called you to share his holiness. You must have nothing to do with impurity (1 Thessalonians 4:6-7).

I

O Lord avenging God, *

avénging Gód, appéar!
Júdge of the éarth, arise, *
gíve the próud what they desérve!

How lóng, O Lórd, shall the wícked, *
how lóng shall the wícked tríumph?
They blúster with árrogant spéech; *
the évil-doers bóast to each óther.

They crúsh your péople, Lórd, *
they afflíct the ónes you have chósen.
They kíll the wídow and the stránger *
and múrder the fátherless chíld.

And they sáy: “The Lórd does not sée; *
the God of Jácob páys no héed.”
Mark thís, most sénséless of péople; *
fóols, when wíll you understánd?

Can hé who made the éar, not héar? *
Can hé who formed the éye, not sée?
Will hé who corrects nátions, not púnish? *
Will hé who teaches mén, not have knówledge?

The Lórd knows the thóughts of mén. *
He knóws they are no móre than a bréath.

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

II

Happy the mán whom you téach, O Lórd, *
whom you tráin by méans of your láw:
to hím you gíve péace in évil dáys *
whíle the pít is bégíng dúg for the wícked.

The Lórd wíll not abándon his péople *
nor forsáke thóse who are his ówn;
for júdgment shall agáin be júst *
and áll true héarts shall uphóld it.

Who will stánd up for mé against the wicked? *
Who will défend me from thóse who do évil?
If the Lórd were nót to hélp me, *
I would sóon go dówn into the sílence.

When I think: “I have lóst my fóehold,” *
your mércy, Lórd, holds me úp.
When cáres increáse in my héart *
your consolátion cálms my sóul.

Can júdges who do évil be your friends? *
They do injústice under cóver of láw;
they attáck the life of the júst *
and condémn ínnocent blóod.

As for mé, the Lórd will be a strónghold; *
my Gód will be the róck where I take réfuge.
He will repáy them fór their wickedness, †
destróy them for their évil déeds. *
The Lórd, our Gód, will destróy them.

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

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

Sit

READING

Zechariah 1:3b-4b

Return to me, says the Lord of hosts, and I will return to you. Be not like your fathers whom the former prophets warned: Turn from your evil ways and from your wicked deeds.

Verse

Turn your face away from my sins.

— Blot out all my guilt.

Stand

CONCLUDING PRAYER

Let us pray.

Lord,
protect us in our struggle against evil.
As we begin the discipline of Lent,
make this day holy by our self-denial.

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.

ACKNOWLEDGEMENTS

The English translation of Antiphons, Invitatories, Responsories, Intercessions, Psalm 95, the Canticle of the Lamb, Psalm Prayers, Non-Biblical Readings, Hagiographical Introductions from *The Liturgy of the Hours* © 1973, 1974, 1975, International Commission on English in the Liturgy Corporation (ICEL); excerpts from the English translation of *The Roman Missal* © 2010, ICEL; the English translation of Hymns from *The Liturgy of the Hours* © 2023. All rights reserved.

English translation of *Gloria Patri*, *Te Deum Laudamus*, *Benedictus*, *Magnificat*, and *Nunc Dimittis* by the International Consultation on English Texts.

Readings and New Testament Canticles (except the Magnificat) from the *New American Bible* Copyright © 1970 by the Confraternity of Christian Doctrine, Washington, D.C. Used with permission. All Rights Reserved. No part of the *New American Bible* may be reproduced in any form without permission in writing from the copyright owner.

Psalm texts except Psalm 95 Copyright © 1963, The Grail (England). Used with permission of A.P. Watt Ltd. All rights reserved.

Arrangement Copyright © 2006 by eBreviary, New York.



mobile prayers



UNITED STATES, CANADA, INDIA, PHILIPPINES

www.ebreviary.com