

Liturgy of the Hours
LITURGY OF THE HOURS

DAYTIME PRAYER

March 15, 2026
{ Fourth Sunday in 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 23

The Good Shepherd

The Lamb himself will be their shepherd and will lead them to the springs of living waters (Revelation 7:17).

The Lórd is my shépherd; *
there is nóthing I shall wánt.
Frésh and gréen are the pástures *
where he gíves me repóse.
Near réstful wáters he léads me, *
to revíve my drooping spírit.

He guídes me alóng the right páth; *
he is trúe to his náme.
If I should wálk in the válley of dárkness *
no évil would I féar.
You are thére with your cróok and your stáff; *
with thése you give me cómfort.

You have prépared a bánquet for mé *
in the síght of my fóes.
My héad you have anóinted with óil; *
my cúp is overflówing.

Surely góodness and kíndness shall fóllow me *
all the dáys of my lífe.
In the Lórd's own hóuse shall I dwéll *
for éver and 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.

Psalm 76

Thanksgiving for victory

They will see the Son of Man coming on the clouds of heaven (Matthew 24:30).

I

Gód is made knówn in Júdah; *
in Ísrael his náme is gréat.
He sèt up his tént in Jerúsalem *
and his dwélling pláce in Zíon.
It was thére he bróke the flashing árows, *
the shíeld, the swórd, the ármor.
Yóu, O Lórd, are respléndent, *
more majéstic than the éverlasting móuntains.
The wárrriors, despóiled, slept in déath; *
the hánds of the sóldiers were pówerless.
At your thréat, O Gód of Jácob, *
hórse and ríder lay stúnned.

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.

II

Yóu, you alóne, strike térror. *
Who shall stánd when your ánger is róused?
You uttered your séntence from the héavens; *
the éarth in térror was stíll
when Gód aróse to júdge, *
to sáve the húmble of the éarth.

Men's ánger will sérvé to práise you; †
its survívors surróund you in jóy. *
Make vóws to your Gód and fulfill them.
Let all pay tríbute to hím who strikes térror, †
who cúts short the life of prínces, *
who strikes térror in the kíngs of the éarth.
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

Isaiah 30:15, 18

Thus said the Lord God,
the Holy One of Israel:
By waiting and by calm you shall be saved,
in quiet and in trust your strength lies.
Yet the Lord is waiting to show you favor,
and he rises to pity you;
For the Lord is a God of justice:
blessed are all who wait for him!

Verse

Turn your face away from my sins.

— Blot out all my guilt.

Stand

CONCLUDING PRAYER

Let us pray.

Father of peace,
we are joyful in your Word,
your Son Jesus Christ,
who reconciles us to you.
Let us hasten toward Easter
with the eagerness of faith and love.

We ask 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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