

Liturgy of the Hours
LITURGY OF THE HOURS

MORNING PRAYER

March 15, 2026
{ Fourth Sunday in 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

Let all of us bow down in prayer,
let each with sorrow raise a cry,
and let us weep before the Judge,
forestalling his avenging wrath.

O God, our faults and evil deeds
offend your loving clemency;
pour forth upon us from above
forgiveness and remission, Lord.

Remember, we belong to you,

formed by your hand, yet prone to fall;
do not bestow, O Lord, we pray,
on others honor due your name.

Forgive the evil we have done,
increase the good for which we pray,
by which we may be fit at last
to please you here and evermore.

Grant us, O Blessed Trinity,
O Undivided Unity,
to see this service of our fast
bring forth your fruit within our hearts. Amen.

Metrical hymn, melody: JENA, 8 8 8 8; later form of melody by Melchoir Vulpius, ca. 1570-1615, composed in 1609

Plainsong, mode II, melody 39; Liber Hymnarius, Solesmes, 1983, Text: Precemur omnes cernui, attributed to St. Gregory the Great, ca. 540-604*

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 #87/88). 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 1

O God, my God, I give you thanks; you are my God, I shall proclaim your glory.

Psalm 118

Song of joy for salvation

This Jesus is the stone which, rejected by you builders, has become the chief stone supporting all the rest (Acts 4:11).

Give thanks to the Lórd for he is góod,*
for his lóve endures for éver.

Let the sóns of Ísrael sáy: *

“His love endures for ever.”

Let the sons of Áaron say: *

“His love endures for ever.”

Let those who fear the Lórd say: *

“His love endures for ever.”

I called to the Lórd in my distress; *

he answered and freed me.

The Lórd is at my side; I do not fear. *

What can man do against me?

The Lórd is at my side as my helper: *

I shall look down on my foes.

It is better to take refuge in the Lórd *

than to trust in men:

it is better to take refuge in the Lórd *

than to trust in princes.

The nations all encompassed me; *

in the Lórd's name I crushed them.

They compassed me, compassed me about; †

in the Lórd's name I crushed them. *

They compassed me about like bees;

they blazed like a fire among thorns. *

In the Lórd's name I crushed them.

I was hard-pressed and was falling *

but the Lórd came to help me.

The Lórd is my strength and my song; *

he is my savior.

There are shouts of joy and victory *

in the tents of the just.

The Lórd's right hand has triumphed; *

his right hand raised me.

The Lórd's right hand has triumphed; †

I shall not die, I shall live *

and recount his deeds.

I was punished, I was punished by the Lórd, *

but not doomed to die.

Ópen to mé the gates of hóliness: *
I will énter and give thánks.
Thís is the Lórd's own gáte *
where the júst may énter.
I will thánk you for yóu have ánswered *
and yóu are my sáviór.

The stóne which the buílders rejécted *
has becóme the córner stone.
Thís is the wórk of the Lórd, *
a márvel in our éyes.
Thís day was máde by the Lórd; *
we rejóice and are glád.

O Lórd, gránt us salvátiór; *
O Lórd, grant succéss.
Bléssed in the náme of the Lórd *
is hé who cómes.
We bléss you from the hóuse of the Lórd; *
the Lord Gód is our líght.

Go fórward in procéssiór with bránches *
éven to the áltar.
Yóu are my Gód, I thánk you. *
My Gód, I práise you.
Give thánks to the Lórd for he is góod; *
for his lóve endures 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 God, my God, I give you thanks; you are my God, I shall proclaim your glory.

Antiphon 2

God of might, deliver us; free us from the power of the enemy.

Canticle – Daniel 3:52-57

Let all creatures praise the Lord

The Creator . . . is blessed for ever (Romans 1:25).

Blessed are you, O Lord, the God of our fathers, *
praiseworthy and exalted above all forever.

And blessed is your holy and glorious name, *
praiseworthy and exalted above all for all ages.

Blessed are you in the temple of your holy glory, *
praiseworthy and glorious above all forever.

Blessed are you on the throne of your kingdom, *
praiseworthy and exalted above all forever.

Blessed are you who look into the depths †
from your throne upon the cherubim, *
praiseworthy and exalted above all forever.

Blessed are you in the firmament of heaven, *
praiseworthy and glorious forever.

Bless the Lord, all you works of the Lord, *
praise and exalt him above all forever.

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

God of might, deliver us; free us from the power of the enemy.

Antiphon 3

Praise God for his mighty deeds.

Psalm 150

Praise the Lord

Let mind and heart be in your song: this is to glorify God with your whole self (Hesychius).

Práise Gód in his hóly pláce, *

práise him in his míghty héavens.
Práise him for his pówerful déeds, *
práise his surpássing gréatness.

O práise him with sóund of trúmpet, *
práise him with lúte and hárp.
Práise him with tímbral and dáce, *
práise him with stríngs and pípes.

O práise him with resóunding cýmbals, *
práise him with cláshing of cýmbals.
Let éverything that líves and that bréathes *
give práise to the Lórd.

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

Praise God for his mighty deeds.

Sit

READING

See Nehemiah 8:9, 10

Today is holy to the Lord your God. Do not be sad, and do not weep; for today is holy to our Lord. Do not be saddened this day, for rejoicing in the Lord must be your strength!

Responsory

Christ, Son of the living God, have mercy on us.

— Christ, Son of the living God, have mercy on us.

You were wounded for our offenses,

— have mercy on us.

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

— Christ, Son of the living God, have mercy on us.

Stand

GOSPEL CANTICLE

Antiphon

It was unheard of for anyone to open the eyes of a man born blind until the coming of Christ, the Son 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

It was unheard of for anyone to open the eyes of a man born blind until the coming of Christ, the Son of God.

INTERCESSIONS

Let us give glory to God, whose kindness knows no limit. Through Jesus Christ, who lives for ever to intercede for us, let us pray:

— Kindle in our hearts the fire of your love.

God of mercy, let today be a day rich in good works,
a day of generosity to all we meet.

— Kindle in our hearts the fire of your love.

From the waters of the flood you saved Noah through the ark,
from the waters of baptism raise up to new life those under instruction.

— Kindle in our hearts the fire of your love.

May we live not by bread only,
but by every word falling from your lips.

— Kindle in our hearts the fire of your love.

Help us to do away with all dissension,
so that we may rejoice in your gifts of peace and love.

— Kindle in our hearts the fire of your love.

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 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.

Dismissal

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

— Amen.

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 OF AMERICA
www.ebreviary.com