

Liturgy of the Hours
LITURGY OF THE HOURS

EVENING PRAYER II

March 9, 2025

{ First 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

O Loving Maker, hear the prayers
we raise to you with sighs and tears,
as we observe these forty days
with holy fast and abstinence.

You search all hearts with loving care
and know the weakness of our pow'rs;
show mercy, Lord, forgive the sins
of those who turn to seek your grace.

Though we, in truth, have greatly sinned,
yet spare us who confess our guilt;
restore and heal our ailing souls
for praise and honor of your name.

Grant us through corp'ral abstinence
to learn and practice self-control,
that inwardly with sober mind
we fast from ev'ry stain of sin.

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 44; Liber Hymnarius, Solesmes, 1983, Text: Audi, benigne Conditor, attributed to St. Gregory the Great, ca. 540-604*

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Sit or stand

PSALMODY

Antiphon 1

Worship your Lord and God; serve him alone.

Psalm 110:1-5, 7

The Messiah, king and priest

*Christ's reign will last until all his enemies are made subject to him
(1 Corinthians 15:25).*

The Lórd's revelátion to my Máster: †
“Sít on my ríght: *
your fóes I will pút beneath your féet.”

The Lórd will wíeld from Zíon †
your scépter of pówer: *
rúle in the mídst of all your fóes.

A prínce from the dáy of your bírth †
on the hóly móuntains; *
from the wómb before the dáwn I begót you.

The Lórd has sworn an óath he will not chánge. †
“You are a príest for éver, *
a príest like Melchízedeck of óld.”

The Máster stánding at your ríght hand *
will shatter kíngs in the dáy of his wráth.

He shall drínk from the stréam by the wáyside *
and thérefore he shall líft up his héad.

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

Worship your Lord and God; serve him alone.

Antiphon 2

This is the time when you can win God's favor; the day when you can be saved.

Psalm 114

The Israelites are delivered from the bondage of Egypt

You too left Egypt when, at baptism, you renounced that world which is at enmity with God (Saint Augustine).

When Ísrael came fóρθ from Égypt, *
Jacob's sóns from an álien péople,
Júdah becáme the Lord's témples, *
Ísrael becáme his kíngdom.

The séa fléd at the síght: *
the Jórdan turned báck on its cóurse,
the móuntains léapt like ráms *
and the hílls like yéarling shéep.

Whý was it, séa, that you fléd, *
that you túrned back, Jórdan, on your cóurse?
Móuntains, that you léapt like ráms, *
hílls, like yéarling shéep?

Trémble, O éarth, before the Lórd, *
in the présence of the Gód of Jácob,
who túrns the róck into a póol *
and flínt into a spríng of wáter.

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

This is the time when you can win God's favor; the day when you can be saved.

Antiphon 3

Now we must go up to Jerusalem where all that has been written about the Son of Man will be fulfilled.

Canticle – 1 Peter 2:21-24

The willing acceptance of his passion by Christ, the servant of God

Christ suffered for you, †
and left you an example *
to have you follow in his footsteps.

He did no wrong; *
no deceit was found in his mouth.
When he was insulted, *
he returned no insult.

When he was made to suffer, *
he did not counter with threats.
Instead he delivered himself up *
to the One who judges justly.

In his own body *
he brought your sins to the cross,
so that all of us, dead to sin, †
could live in accord with God's will. *
By his wounds you were healed.

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

Now we must go up to Jerusalem where all that has been written about the Son of Man will be fulfilled.

Sit

READING

1 Corinthians 9:24-25

While all the runners in the stadium take part in the race, the

award goes to one man. In that case, run so as to win! Athletes deny themselves all sorts of things. They do this to win a crown of leaves that withers, but we a crown that is imperishable.

RESPONSORY

Listen to us, O Lord, and have mercy, for we have sinned against you.

— Listen to us, O Lord, and have mercy, for we have sinned against you.

Christ Jesus, hear our humble petitions,

— for we have sinned against you.

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

— Listen to us, O Lord, and have mercy, for we have sinned against you.

Stand

GOSPEL CANTICLE

Antiphon

Watch over us, eternal Savior; do not let the cunning tempter seize us. We place all our trust in your unfailing help.

Luke 1:46-55

The soul rejoices in the Lord

Make sign of cross

My soul proclaims the greatness of the Lord, *
my spirit rejoices in God my Savior
for he has looked with favor on his lowly servant. *

From this day all generations will call me blessed:
the Almighty has done great things for me, *
and holy is his Name.

He has mercy on those who fear him *
in every generation.

He has shown the strength of his arm, *
he has scattered the proud in their conceit.

He has cast down the mighty from their thrones, *
and has lifted up the lowly.

He has filled the hungry with good things, *
and the rich he has sent away empty.

He has come to the help of his servant Israel *
for he has remembered his promise of mercy,
the promise he made to our fathers, *
to Abraham and his children 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.

Antiphon

Watch over us, eternal Savior; do not let the cunning tempter seize us. We place all our trust in your unfailing help.

INTERCESSIONS

All praise to God the Father who brought his chosen people to rebirth from imperishable seed through his eternal Word. Let us ask him as his children:

— Lord, be gracious to your people.

God of mercy, hear the prayers we offer for all your people, may they hunger for your word more than for bodily food.

— Lord, be gracious to your people.

Give us a sincere and active love for our own nation and for all mankind,
may we work always to build a world of peace and goodness.

— Lord, be gracious to your people.

Look with love on all to be reborn in baptism,
that they may be living stones in your temple of the Spirit.

— Lord, be gracious to your people.

You moved Nineveh to repentance by the preaching of Jonah,

in your mercy touch the hearts of sinners by the preaching of your word.

— Lord, be gracious to your people.

May the dying go in hope to meet Christ their judge,
may they rejoice for ever in the vision of your glory.

— Lord, be gracious to your people.

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,
through our observance of Lent,
help us to understand the meaning
of your Son's death and resurrection,
and teach us to reflect it in our lives.

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.

Dismissal

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

— Amen.

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