

Liturgy of the Hours
LITURGY OF THE HOURS

OFFICE OF READINGS

March 22, 2026

{ Fifth 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

For forty days the circuit runs,
this holy season of renown;
by myst'ry and by number taught
let us observe our lenten fast.

Christ, King and Maker of all time,
has consecrated in due course
this fast proclaimed and practiced first
by prophets and the Law of old.

So let us use with more restraint
our speech, our sleep, our idle mirth,
and, frugal in our food and drink,
stand guard with heightened vigilance.

Let us avoid all wicked sin
that undermines the heedless heart
and grant no room for ruthless pow'r
to our deceitful, wily foe.

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: ERHALT UNS, HERR, 8 8 8 8; later form of melody from
Joseph Klug's Gestliche Lieder, Wittenberg, 1535*

Plainsong, mode I, melody 28, Liber Hymnarius, Solesmes, 1983, Text: Ex more docti
mystico, 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 #83/84). 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

See how the cross of the Lord stands revealed as the tree of life.

Psalm 1

There are two ways a man may take

They are happy who, putting all their trust in the cross, have plunged into the water of life (from an author of the second century).

Háppy indéed is the mán *
who fóllows not the cóunsel of the wícked;
nor língers in the wáy of sínners *
nor síts in the cómpany of scórners,
but whose delíght is the lów of the Lórd *
and who pónders his lów day and níght.

Hé is like a trée that is plánted *
besíde the flówing wátters,
that yíelds its frúit in due séason †
and whose léaves shall néver fáde; *
and áll that he dóes shall próspér.

Not só are the wícked, not só! †
For théy like wínnowed cháff *
shall be dríven áway by the wínd.
When the wícked are júdged they shall not stánd, *
nor find róom among thóse who are júst;
for the Lórd guards the wáy of the júst *
but the wáy of the wícked leads to dóom.

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

See how the cross of the Lord stands revealed as the tree of life.

Antiphon 2

Here is a king of my own choosing who will rule on Mt. Zion.

Psalm 2

The Messiah, king and conqueror

The rulers of the earth joined forces to overthrow Jesus, your anointed Son (Acts 4:27).

Why this tumult among nátions,^{*}
among péoples this úseless múrmuring?
They aríse, the kíngs of the éarth,^{*}
princes plót against the Lórd and his Anóinted.
“Cóme let us bréak their fétters,^{*}
cóme, let us cást off their yóke.”

He who síts in the héavens láughs;^{*}
the Lórd is láughing them to scórn.
Thén he will spéak in his ánger,^{*}
his ráge will stríke them with térror.
“It is Í who have sét up my kíng^{*}
on Zíon, my hólý móuntain.”

I will annóunce the decreé of the Lórd: †
The Lórd said to me: “Yóu are my Són.^{*}
It is Í who have begóttén you this dáy.
Ásk and I shall bequéath you the nátions,^{*}
put the énds of the éarth in your posséssion.
With a ród of íron you will bréak them,^{*}
shátter them like a pótter’s jár.”

Nów, O kíngs, understánd,^{*}
take wárning, rúlers of the éarth;
sérve the Lórd with áwe^{*}
and trémbling, páy him your hómage
lést he be ángry and you pérish;^{*}
for súddenly his ánger will bláze.

Blessed are théy *
who put their trúst in 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

Here is a king of my own choosing who will rule on Mt. Zion.

Antiphon 3

Lord, you are my protector; you have raised me up in glory.

Psalm 3

I am safe in the Lord's keeping

Christ fell asleep in death, but he rose from the dead, for God was his deliverer (Saint Irenaeus).

How mány are my fóes, O Lórd! *
How mány are rísing up agáinst me!
How mány are sáying abóut me: *
“There is no hélp for hím in Gód.”

But yóu, Lord, are a shíeld abóut me, *
my glóry, who líft up my héad.
I crý alóud to the Lórd. *
He ánsvers from his hólý móuntain.

I líe down to rést and I sléep. *
I wáke, for the Lórd uphólds me.
I will not féar even thóusands of péople *
who are ránged on every síde agáinst me.

Aríse, Lord; sáve me, my Gód, *
you who stríke all my fóes on the móuth,
you who bréak the téeth of the wícked! *
O Lórd of salvátion, bless your péople!

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, you are my protector; you have raised me up in glory.

VERSE

If anyone obeys my teaching.

— He will never die.

Sit

READINGS

First reading

From the beginning of the letter to the Hebrews

1:1—2:4

The Son and heir of all things is exalted above the angels

In times past, God spoke in fragmentary and varied ways to our fathers through the prophets; in this, the final age, he has spoken to us through his Son, whom he has made heir of all things and through whom he first created the universe. This Son is the reflection of the Father's glory, the exact representation of the Father's being, and he sustains all things by his powerful word. When he had cleansed us from our sins, he took his seat at the right hand of the Majesty in heaven, as far superior to the angels as the name he has inherited is superior to theirs.

To which of the angels did God ever say,

“You are my son; today I have begotten you”?

Or again,

“I will be his father, and he shall be my son”?

And again, when he leads his first-born into the world, he says,

“Let all the angels of God worship him.”

Of the angels he says,

“He makes his angels winds, and his ministers flaming fire”;

but of the Son,

“Your throne, O God, stands forever and ever;
a righteous scepter is the scepter of your kingdom.
You have loved justice and hated wickedness,
therefore God, your God, has anointed you
with the oil of gladness above your fellow kings.”

And,

“Lord, of old you established the earth,
and the heavens are the work of your hands.
They will perish, but you remain;
all of them will grow old like a garment.
You will roll them up like a cloak,
like a garment they will be changed
But you are the same, and your years will have no end.”

To which of the angels has God ever said,

“Sit at my right hand till I make your enemies your footstool”?

Are they not all ministering spirits, sent to serve those who are to inherit salvation?

In view of this, we must attend all the more to what we have heard, lest we drift away. For if the word spoken through angels stood unchanged, and all transgression and disobedience received its due punishment, how shall we escape if we ignore a salvation as great as ours? Announced first by the Lord, it was confirmed to us by those who had heard him. God then gave witness to it by signs, miracles, varied acts of power, and distribution of the gifts of the Holy Spirit as he willed.

Responsory

Hebrews 1:3; 12:2

Christ Jesus, the radiance of the Father’s glory and the full expression of his being, upholds all things by the power of his word. He cleansed us from our sins,

— and now he has taken his place in heaven, at the right hand of God in his majesty.

Our faith rests on Jesus, who endured the cross for the sake of the joy that lay before him.

— And now he has taken his place in heaven, at the right hand of God in his majesty.

Second reading

From an Easter letter by Saint Athanasius, bishop

(Ep. 14, 1-2: PG 26, 1419-1420)

We keep the coming feast of the Lord through deeds, not words

The Word who became all things for us is close to us, our Lord Jesus Christ who promises to remain with us always. He cries out, saying: *See, I am with you all the days of this age*. He is himself the shepherd, the high priest, the way and the door, and has become all things at once for us. In the same way, he has come among us as our feast and holy day as well. The blessed Apostle says of him who was awaited: *Christ has been sacrificed as our Passover*. It was Christ who shed his light on the psalmist as he prayed: *You are my joy, deliver me from those surrounding me*. True joy, genuine festival, means the casting out of wickedness. To achieve this one must live a life of perfect goodness and, in the serenity of the fear of God, practice contemplation in one's heart.

This was the way of the saints, who in their lifetime and at every stage of life rejoiced as at a feast. Blessed David, for example, not once but seven times rose at night to win God's favor through prayer. The great Moses was full of joy as he sang God's praises in hymns of victory for the defeat of Pharaoh and the oppressors of the Hebrew people. Others had hearts filled always with gladness as they performed their sacred duty of worship, like the great Samuel and the blessed Elijah. Because of their holy lives they gained freedom, and now keep festival in heaven. They rejoice after their pilgrimage in shadows, and now distinguish the reality from the promise.

When we celebrate the feast in our own day, what path are we to take? As we draw near to this feast, who is to be our guide? Beloved, it must be none other than the one whom you will address with me as our Lord Jesus Christ. He says: *I am the way*. As blessed

John tells us: it is Christ *who takes away the sin of the world*. It is he who purifies our souls, as the prophet Jeremiah says: *Stand upon the ways; look and see which is the good path, and you will find in it the way of amendment for your souls*.

In former times the blood of goats and the ashes of a calf were sprinkled on those who were unclean, but they were able to purify only the body. Now through the grace of God's Word everyone is made abundantly clean. If we follow Christ closely we shall be allowed, even on this earth, to stand as it were on the threshold of the heavenly Jerusalem, and enjoy the contemplation of that everlasting feast, like the blessed apostles, who in following the Savior as their leader, showed, and still show, the way to obtain the same gift from God. They said: *See, we have left all things and followed you*. We too follow the Lord, and we keep his feast by deeds rather than by words.

Responsory

Hebrews 6:20; John 1:29

For our sake, Jesus went before us into heaven,

— and he has become like Melchizedek, a high priest for ever.

This is the Lamb of God who takes away the sins of the world.

— And he has become like Melchizedek, a high priest for ever.

Stand

CONCLUDING PRAYER

Let us pray.

Father,

help us to be like Christ your Son,
who loved the world and died for salvation.

Inspire us by his love,

guide us by his example,

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.

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