

Liturgy of the Hours
LITURGY OF THE HOURS

MORNING PRAYER

March 22, 2026
{ Fifth 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 Melchior 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*

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Sit or stand

PSALMODY

Antiphon 1

My God, you have become my help.

Psalm 63:2-9

A soul thirsting for God

Whoever has left the darkness of sin yearns for God.

O Gód, you are my Gód, for you I lóng; *
for yóu my sóul is thírsting.
My bódy pínes for yóu *
like a drý, weary lánd without wáter.
So I gáze on yóu in the sánctuary *

to see your strength and your glory.

For your love is better than life, *
my lips will speak your praise.
So I will bless you all my life, *
in your name I will lift up my hands.
My soul shall be filled as with a banquet, *
my mouth shall praise you with joy.

On my bed I remember you. *
On you I muse through the night
for you have been my help; *
in the shadow of your wings I rejoice.
My soul clings to you; *
your right hand holds me fast.

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

My God, you have become my help.

Antiphon 2

Free us by your wonderful works; deliver us from the power of death.

Canticle – Daniel 3:57–88, 56

Let all creatures praise the Lord

All you servants of the Lord, sing praise to him (Revelation 19:5).

Bless the Lord, all you works of the Lord. *
Praise and exalt him above all forever.
Angels of the Lord, bless the Lord. *
You heavens, bless the Lord.
All you waters above the heavens, bless the Lord. *
All you hosts of the Lord, bless the Lord.
Sun and moon, bless the Lord. *
Stars of heaven, bless the Lord.

Every shower and dew, bless the Lord.*

All you winds, bless the Lord.

Fire and heat, bless the Lord.*

Cold and chill, bless the Lord.

Dew and rain, bless the Lord.*

Frost and chill, bless the Lord.

Ice and snow, bless the Lord.*

Nights and days, bless the Lord.

Light and darkness, bless the Lord.*

Lightnings and clouds, bless the Lord.

Let the earth bless the Lord.*

Praise and exalt him above all forever.

Mountains and hills, bless the Lord.*

Everything growing from the earth, bless the Lord.

You springs, bless the Lord.*

Seas and rivers, bless the Lord.

You dolphins and all water creatures, bless the Lord.*

All you birds of the air, bless the Lord.

All you beasts, wild and tame, bless the Lord.*

You sons of men, bless the Lord.

O Israel, bless the Lord.*

Praise and exalt him above all forever.

Priests of the Lord, bless the Lord.*

Servants of the Lord, bless the Lord.

Spirits and souls of the just, bless the Lord.*

Holy men of humble heart, bless the Lord.

Hananiah, Azariah, Mishael, bless the Lord.*

Praise and exalt him above all forever.

Let us bless the Father, and the Son, and the Holy Spirit.*

Let us praise and exalt him above all forever.

Blessed are you, Lord, in the firmament of heaven.*

Praiseworthy and glorious and exalted above all forever.

Antiphon

Free us by your wonderful works; deliver us from the power of death.

Antiphon 3

The hour has come for the Son of Man to be glorified.

Psalm 149

The joy of God's holy people.

*Let the sons of the Church, the children of the new people, rejoice in Christ, their King
(Hesychius).*

Síng a new sǒng to the Lórd, *
his práise in the assémbly of the fáithful.
Let Ísrael rejóice in its máker, *
let Zíon's sons exúlt in their kíng.
Let them práise his náme with dáncing *
and make músic with tímbrel and hárp.

For the Lórd takes delíght in his péople. *
He crówns the póor with salvátion.
Let the fáithful rejóice in their glóry, *
shout for jóy and táke their rést.
Let the práise of Gód be on their líps *
and a twó-edged swórd in their hánd,
to déal out véngeance to the nátions *
and púnishment on áll the péoples;
to bínd their kíngs in cháins *
and their nóbles in fétters of íron;
to cárry out the séntence pre-ordáined; *
this hónor is for áll his fáithful.

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

The hour has come for the Son of Man to be glorified.

Sit

READING

Leviticus 23:4-7

These are the festivals of the Lord which you shall celebrate at their proper time with a sacred assembly. The Passover of the Lord falls on the fourteenth day of the first month, at the evening twilight. The fifteenth day of this month is the Lord's feast of Unleavened Bread. For seven days you shall eat unleavened bread. On the first of these days you shall hold a sacred assembly and do no sort of work.

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

Our friend Lazarus has fallen asleep; let us go and wake him.

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

Our friend Lazarus has fallen asleep; let us go and wake him.

INTERCESSIONS

Let us praise our loving Redeemer, who gained for us this season of
grace, and pray to him, saying:

— Lord, create a new spirit in us.

Christ, our life, through baptism we were buried with you and rose
to life with you,
may we walk today in newness of life.

— Lord, create a new spirit in us.

Lord, you have brought blessings to all mankind,
bring us to share your concern for the good of all.

— Lord, create a new spirit in us.

May we work together to build up the earthly city,

with our eyes fixed on the city that lasts for ever.

— Lord, create a new spirit in us.

Healer of body and soul, cure the sickness of our spirit,
so that we may grow in holiness through your constant care.

— Lord, create a new spirit in us.

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,
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.

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.

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