

*Liturgy of the Hours*  
LITURGY OF THE HOURS

DAYTIME PRAYER

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February 18, 2026

{ Ash Wednesday }



*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.*

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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 119:145-152*

*XLIX (Koph)*

I cáll with all my héart; Lord, héar me, \*  
I will kéep your commánds;  
I cáll upón you, sáve me \*  
and Í will do your wíll.

I ríse before dáwn and cry for hélp, \*  
I hópe in your wórd.  
My éyes wáitch through the níght \*  
to pónder your prómise.

In your lóve hear my vóice, O Lórd; \*  
give me lífe by your DECREES.  
Those who hárm me unjústly draw néar: \*  
they are fár from your láw.

But yóu, O Lórd, are clóse: \*  
your commánds are trúth.  
Lóng have I knówn that your wíll \*  
is estáblished 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.

*Psalm 94*

*The Lord will avenge the just*

*God punishes wicked conduct; he has called you to share his holiness. You must have nothing to do with impurity (1 Thessalonians 4:6-7).*

*I*

O Lórd avénging Gód, \*

avénging Gód, appéar!  
Júdge of the éarth, arise, \*  
gíve the próud what they desérve!

How lóng, O Lórd, shall the wícked, \*  
how lóng shall the wícked tríumph?  
They blúster with árrogant spéech; \*  
the évil-doers bóast to each óther.

They crúsh your péople, Lórd, \*  
they afflict the ónes you have chósen.  
They kíl the wídow and the stránger \*  
and múrder the fátherless chíld.

And they sáy: “The Lórd does not sée; \*  
the God of Jácob páys no héed.”  
Mark thís, most sénseless of péople; \*  
fóols, when wíll you understánd?

Can hé who made the éar, not héar? \*  
Can hé who formed the éye, not sée?  
Will hé who corrects nátions, not púnish? \*  
Will hé who teaches mén, not have knówledge?

The Lórd knows the thóughts of mén. \*  
He knóws they are no móre than a bréath.

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

Happy the mán whom you téach, O Lórd, \*  
whom you tráin by méans of your láw:  
to hím you give péace in evil dáys \*  
while the pít is being dúg for the wícked.

The Lórd will not abándon his péople \*  
nor forsáke thóse who are his ówn;  
for júdgment shall agáin be júst \*  
and áll true héarts shall uphóld it.

Who will stánd up for mé against the wicked? \*  
Who will défend me from thóse who do évil?  
If the Lórd were nót to hélp me, \*  
I would sóon go dówn into the sílence.

When I thínk: “I have lóst my fóothold,” \*  
your mércy, Lórd, holds me úp.  
When cáres incréase in my héart \*  
your consolátion cálm my sóul.

Can júdges who do évil be your fréinds? \*  
They do injústice under cóver of láw;  
they attáck the life of the júst \*  
and condémn ínnocent blóod.

As for mé, the Lórd will be a stróngthold; \*  
my Gód will be the rók where I take réfuge.  
He will repáy them fór their wickedness, †  
destróy them for their évil déeds. \*  
The Lórd, our Gód, will destróy them.

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

### *Zechariah 1:3b-4b*

Return to me, says the Lord of hosts, and I will return to you. Be not like your fathers whom the former prophets warned: Turn from your evil ways and from your wicked deeds.

### *Verse*

Turn your face away from my sins.

— Blot out all my guilt.

*Stand*

## CONCLUDING PRAYER

Let us pray.

Lord,  
protect us in our struggle against evil.  
As we begin the discipline of Lent,  
make this day holy by our self-denial.

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.

*Acclamation*

Let us praise the Lord.

— And give him thanks.

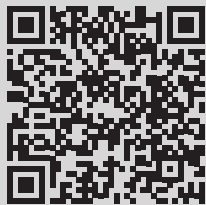
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