

*Liturgy of the Hours*  
LITURGY OF THE HOURS

MORNING PRAYER

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March 31, 2024

{ Easter Sunday }



# *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).*

The Lord is risen, alleluia.

— The Lord is risen, alleluia.

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.

— The Lord is risen, alleluia.

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.

— The Lord is risen, alleluia.

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.

— The Lord is risen, alleluia.

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.

— The Lord is risen, alleluia.

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.”

— The Lord is risen, alleluia.

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.

— The Lord is risen, alleluia.

## *Morning Prayer*

### HYMN

Jesus Christ is ris'n today, Alleluia!  
Our triumphant holy day, Alleluia!  
Who did once upon the cross, Alleluia!  
Suffer to redeem our loss, Alleluia!

Hymns of praise then let us sing, Alleluia!  
Unto Christ, our heav'nly King, Alleluia!  
Who endured the cross and grave, Alleluia!  
Sinners to redeem and save, Alleluia!

But the pains which He endured, Alleluia!  
Our salvation have procured, Alleluia!  
Now He rules eternal King, Alleluia!  
Where the angels ever sing, Alleluia!

Praise to God the Father sing, Alleluia.  
Praise to God the Son, our King, Alleluia.  
Praise to God the Spirit be, Alleluia.  
Now and through eternity, Alleluia.

*Melody: Easter Hymn 7.7.7.7 with Alleluias; Music: Lyra Davidica, 1708; Text: St.*

*1, Latin Carol, para. in Lyra Davidica, 1708, alt. Sts. 2, 3, The Compleat Psalmist, 1749, alt. St. 4, William Reynolds, 1860*

*Sit or stand*

## PSALMODY

### *Antiphon 1*

The splendor of Christ risen from the dead has shone on the people redeemed by his blood, alleluia.

*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 dry, weary lánd without wáter.  
So I gáze on yóu in the sánctuary \*  
to sée your stréngth and your glóry.

For your lóve is bétter than lífe, \*  
my líps will spéak your práise.  
So I will bléss you áll my lífe, \*  
in your náme I will líft up my hánds.  
My sóul shall be filled as with a bánquet, \*  
my móuth shall práise you with jóy.

On my béd I remémber yóu. \*  
On yóu I múse through the níght  
for yóu have béen my hélp; \*  
in the sháadow of your wíngs I rejoyce.  
My sóul clíngs to yóu; \*  
your ríght hand hólds me fást.

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 splendor of Christ risen from the dead has shone on the people redeemed by his blood, alleluia.

*Antiphon 2*

Our Redeemer has risen from the tomb; let us sing a hymn of praise to the Lord our God, alleluia.

*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*

Our Redeemer has risen from the tomb; let us sing a hymn of praise to the Lord our God, alleluia.

*Antiphon 3*

Alleluia, the Lord is risen as he promised, alleluia.

*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 sǫng 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 praise of Gód be on their líps \*  
and a twó-edged swórd in their hánd,  
to déal out véngence to the nátions \*  
and púnishment on áll the péoples;  
to bínđ 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*

Alleluia, the Lord is risen as he promised, alleluia.

*Sit*

#### READING

*Acts 10:40-43*

God raised up Jesus on the third day and granted that he be seen, not by all, but only by such witnesses as had been chosen beforehand by God—by us who ate and drank with him after he rose from the dead. He commissioned us to preach to the people and to bear witness that he is the one set apart by God as judge of the living and the dead. To him all the prophets testify, saying that everyone who believes in him has forgiveness of sins through his name.

*Antiphon*

This is the day the Lord has made; let us rejoice and be glad, alleluia.

*Stand*

#### GOSPEL CANTICLE

*Antiphon*

Very early on the morning after the Sabbath, when the sun had just risen, they came to the tomb, alleluia.

*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*

Very early on the morning after the Sabbath, when the sun had just  
risen, they came to the tomb, alleluia.

**INTERCESSIONS**

Christ is the Lord of life, raised up by the Father; in his turn he will



raise us up by his power. Let us pray to him, saying:

— Christ our life, save us.

Lord Jesus, light shining in the darkness, you lead your people into life, and give our mortal nature the gift of holiness, may we spend this day in praise of your glory.

— Christ our life, save us.

Lord, you walked the way of suffering and crucifixion, may we suffer and die with you, and rise again to share your glory.

— Christ our life, save us.

Son of the Father, our master and our brother, you have made us a kingdom of priests for our God, may we offer you our joyful sacrifice of praise.

— Christ our life, save us.

King of glory, we look forward to the great day of your coming in splendor, that we may see you face to face, and be transformed in your likeness.

— Christ our life, save 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*

God our Father,  
by raising Christ your Son  
you conquered the power of death

and opened for us the way to eternal life.  
Let our celebration today  
raise us up and renew our lives  
by the Spirit that is within us.

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.

# ACKNOWLEDGEMENTS

The English Translation of the Introductory Verses and Responses, the Invitatories, the Antiphons, Captions and Patristic Commentaries for the Psalms, Psalm-prayers, Responsories, Intercessions, Greeting, Blessings, and Dismissal, Non-Biblical Readings, and Hagiographical Introductions from *The Liturgy of the Hours* © 1974, 1975, 1976, International Committee on English in the Liturgy, Inc. (ICEL); the Alternative Opening Prayers and the English translation of the Opening Prayers (Prayers of the Day) from *The Roman Missal* © 1973, ICEL. All rights reserved.

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