

*Liturgy of the Hours*  
LITURGY OF THE HOURS

MORNING PRAYER

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March 27, 2024

{ Wednesday of Holy Week }



# *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

The word of God, proceeding forth  
Yet leaving not his Father’s side,  
And going to his work on earth  
Had reached at length life’s eventide.  
Soon by his own false friend betrayed,  
Given to his foes, to death went he;  
His own true self, in form of bread,  
He gave his friends, their life to be.  
A double gift his love did plan,

His flesh to feed, his blood to cheer,  
That flesh and blood, the whole of man,  
Might find its own fulfillment here.

The manger, Christ their equal made;  
That upper room, their souls' repast;  
The cross, their ransom dearly paid,  
And heaven, their high reward at last.

All praise and thanks to thee ascend  
For evermore, blest one in three.  
O grant us life that shall not end  
In our true native land with thee.

*Melody: Rockingham L.M.; Music: Adapted by Edward Miller, 1731–1807, from  
A. Williams' A Second Supplement to Psalmody in Miniature, Oxford, c. 1870; Text:  
Thomas Aquinas, c. 1225–1274; Translator: Stanzas 1 and 5 John M. Neale, 1818–  
1866, Edward Caswall, 1814–1878, et al.; stanzas 2–4, Gerard Manley Hopkins,  
1844–1889*

*Sit or stand*

## PSALMODY

### *Antiphon 1*

In the day of my distress, I reached out with my hands to seek the  
Lord's help.

*Psalm 77*

*Recalling God's works*

*We suffer all kinds of afflictions and yet are not overcome (2 Corinthians 4:8).*

I crý alóud to Gód,\*  
cry alóud to Gód that he may héar me.

In the dáy of my distréss I sought the Lórd. †  
My hánds were raised at night without céasing,\*  
my sóul refúsed to be consóled.

I remébered my Gód and I gróaned.\*  
I póndered and my spírit fáinted.

You withhéld sléep from my éyes.\*  
I was tróubled, I cóuld not spéak.  
I thóught of the dáys of long agó\*

and remébered the yéars long pást.  
At níght I músed within my héart. \*  
I póndered and my spírit quéstioned.

“Will the Lórd rejéct us for éver? \*  
Will he shów us his fávor no móre?  
Has his lóve vánished for éver? \*  
Has his prómise cóme to an énd?  
Does Gód forgét his mércy \*  
or in ánger withhóld his compásson?”

I said: “Thís is what cáuses my gríef; \*  
that the wáy of the Most High has chánged.”  
I reméber the déeds of the Lórd, \*  
I reméber your wónders of óld,  
I múse on áll your wórks \*  
and pónder your míghty déeds.

Your wáys, O Gód, are hólý. \*  
What gód is gréat as our Gód?  
Yóu are the Gód who works wónders. \*  
Yóu showed your pówer among the péoples.  
Your stróng arm redéemed your péople, \*  
the sóns of Jácob and Jóseph.

The wáters sáw you, O Gód, \*  
the wáters sáw you and trémbled;  
the dépths were móved with térror. \*  
The clóuds póured down ráin,  
the skíes sent fóρθ their vóice; \*  
your árrows fláshed to and frá.

Your thúnder rólled round the ský, \*  
your fláshes líghted up the wórld.  
The éarth was móved and trémbled \*  
when your wáy léd through the séa,  
your páth through the míghty wáters, \*  
and nó one sáw your fóotprints.

You guíded your péople like a flóck \*  
by the hánd of Móses and Áaron.

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*

In the day of my distress, I reached out with my hands to seek the  
Lord's help.

*Antiphon 2*

If we have died with Christ, we believe that we shall also live with  
Christ.

*Canticle – 1 Samuel 2:1-10*

*The humble find joy in God*

*He has cast down the mighty from their thrones and has lifted up the lowly. He has  
filled the hungry with good things (Luke 1:52-53).*

My heart exults in the Lord, \*  
my horn is exalted in my God.

I have swallowed up my enemies; \*  
I rejoice in my victory.  
There is no Holy One like the Lord; \*  
there is no Rock like our God.

Speak boastfully no longer, \*  
nor let arrogance issue from your mouths.  
For an all-knowing God is the Lord, \*  
a God who judges deeds.

The bows of the mighty are broken, \*  
while the tottering gird on strength.  
The well-fed hire themselves out for bread, \*  
while the hungry batten on spoil.  
The barren wife bears seven sons, \*  
while the mother of many languishes.

The Lord puts to death and gives life; \*  
he casts down to the nether world; he raises up again.  
The Lord makes poor and makes rich, \*

he humbles, he also exalts.

He raises the needy from the dust; \*  
from the ash heap he lifts up the poor,  
to seat them with nobles \*  
and make a glorious throne their heritage.

For the pillars of the earth are the Lord's, \*  
and he has set the world upon them.  
He will guard the footsteps of his faithful ones, \*  
but the wicked shall perish in the darkness.  
For not by strength does man prevail; \*  
the Lord's foes shall be shattered.

The Most High in heaven thunders; \*  
the Lord judges the ends of the earth.  
Now may he give strength to his king \*  
and exalt the horn of his anointed!

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*

If we have died with Christ, we believe that we shall also live with Christ.

*Antiphon 3*

God has made Christ Jesus our wisdom and our holiness. By him we have been sanctified and redeemed.

*Psalm 97*

*The glory of the Lord in his decrees for the world*

*This psalm foretells a world-wide salvation and that peoples of all nations will believe in Christ (St. Athanasius).*

The Lord is king, let éarth rejoice, \*  
let áll the cóastlands be glád.  
Clóud and dárkness are his ráiment; \*  
his thróne, jústice and ríght.

A fire prepares his páth; \*  
it búrn up his fóes on every síde.  
His líghtnings líght up the wórld, \*  
the éarth trémbles at the síght.

The móuntains mélt like wáx \*  
before the Lórd of áll the éarth.  
The skíes procláim his jústice; \*  
all péoples sée his glóry.

Let thóse who serve ídols be ashámed, †  
those who bóast of their wórnless góds. \*  
All you spírits, wórship hím.

Zíon héars and is glád; †  
the péople of Júdah rejóice \*  
becáuse of your júdgments, O Lórd.

For yóu indéed are the Lórd, †  
most hígh above áll the éarth, \*  
exálted far abóve all spírits.

The Lórd loves thóse who hate évil: †  
he gúards the sóuls of his sáints; \*  
he sés them frée from the wícked.

Líght shines fóρθ for the júst \*  
and jóy for the úpright of héart.  
Rejóice, you júst, in the Lórd; \*  
give glóry to his hólý náme.

Glory to the Fátter, and to the Son, \*  
and to the Hóly Spírít:  
as it was in the begínning, is now, \*  
and will be for ever. Amen.

*Antiphon*

God has made Christ Jesus our wisdom and our holiness. By him we have been sanctified and redeemed.



*Sit*

READING

*Isaiah 50:4b-7*

The Lord God opens my ear that I may hear;  
And I have not rebelled,  
have not turned back.  
I gave my back to those who beat me,  
my cheeks to those who plucked my beard:  
My face I did not shield  
from buffets and spitting.  
The Lord God is my help,  
therefore I am not disgraced;  
I have set my face like flint,  
knowing that I shall not be put to shame.

RESPONSORY

By your own blood, Lord, you brought us back to God.  
— By your own blood, Lord, you brought us back to God.  
From every tribe, and tongue, and people and nation,  
— you brought us back to God.  
Glory to the Father, and to the Son, and to the Holy Spirit,  
— By your own blood, Lord, you brought us back to God.

*Stand*

GOSPEL CANTICLE

*Antiphon*

Through the eternal Spirit, Christ offered himself to God as the perfect sacrifice. His blood purifies us from sin and makes us fit servants of the living God.

*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*

Through the eternal Spirit, Christ offered himself to God as the perfect sacrifice. His blood purifies us from sin and makes us fit servants of the living God.

### INTERCESSIONS

Let us pray to Christ our Savior, who redeemed us by his death and resurrection:

— Lord, have mercy on us.

You went up to Jerusalem to suffer and so enter into your glory,

bring your Church to the Passover feast of heaven.

— Lord, have mercy on us.

You were lifted high on the cross and pierced by the soldier's lance,  
heal our wounds.

— Lord, have mercy on us.

You made the cross the tree of life,  
give its fruit to those reborn in baptism.

— Lord, have mercy on us.

On the cross you forgave the repentant thief,  
forgive us our sins.

— Lord, have mercy on 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,  
in your plan of salvation  
your Son Jesus Christ accepted the cross  
and freed us from the power of the enemy.  
May we come to share the glory of his resurrection,  
for he 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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