

Liturgy of the Hours
LITURGY OF THE HOURS

MORNING PRAYER

March 30, 2024

{ Holy Saturday }



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, who for our sake suffered death and was buried.

— Come, let us worship Christ, who for our sake suffered death and was buried.

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, who for our sake suffered death and was buried.

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, who for our sake suffered death and was buried.

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, who for our sake suffered death and was buried.

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, who for our sake suffered death
and was buried.

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, who for our sake suffered death
and was buried.

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, who for our sake suffered death
and was buried.

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

Though sinless, the Lord has been put to death. The world is in
mourning as for an only son.

Psalm 64

Prayer for help against enemies

This psalm commemorates most particularly our Lord's passion (Saint Augustine).

Hear my voice, O Gód, as I compláin, *
guard my life from dréad of the fóe.
Híde me from the bánd of the wícked, *
from the thróng of thóse who do évil.

They shárpen their tóngues like swórd; *
they áim bitter wórd; like árrows
to shóot at the ínnocent from ámbush, *
shóoting súddenly and récklessly.

They schéme their évil cóurse; *
they conspíre to lay sécret snáres.

They sáy: “Whó will sée us? *
Whó can séarch out our crímes?”

He will séarch who séarches the mínd *
and knóws the dépth of the héart.
Gód has shót them with his árrów *
and déalt them súdden wóunds.
Their ówn tongue has bróught them to rúin *
and áll who sée them móck.

Thén will áll men féar; †
they will téll what Gód has dóne. *
They will únderstánd God’s déeds.
The júst will rejóice in the Lórd †
and flý to hím for réfuge. *
All the úpright héarts will glóry.

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

Though sinless, the Lord has been put to death. The world is in mourning as for an only son.

Antiphon 2

From the jaws of hell, Lord, rescue my soul.

Canticle – Isaiah 38:10–14, 17–20

Anguish of a dying man and joy in his restoration

I am living, I was dead . . . and I hold the keys of death (Revelation 1:17–18).

Once I said, *
“In the noontime of life I must depart!
To the gates of the nether world I shall be consigned *
for the rest of my years.”

I said, “I shall see the Lord no more *
in the land of the living.
No longer shall I behold my fellow men *

among those who dwell in the world.”

My dwelling, like a shepherd’s tent, *
is struck down and borne away from me;
you have folded up my life, like a weaver *
who severs the last thread.

Day and night you give me over to torment; *
I cry out until the dawn.
Like a lion he breaks all my bones; *
day and night you give me over to torment.

Like a swallow I utter shrill cries; *
I moan like a dove.
My eyes grow weak, gazing heaven-ward: *
O Lord, I am in straits; be my surety!

You have preserved my life *
from the pit of destruction,
when you cast behind your back *
all my sins.

For it is not the nether world that gives you thanks, *
nor death that praises you;
Neither do those who go down into the pit *
await your kindness.

The living, the living give you thanks, *
as I do today.
Fathers declare to their sons, *
O God, your faithfulness.

The Lord is our savior; *
we shall sing to stringed instruments
in the house of the Lord *
all the days of our life.

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

From the jaws of hell, Lord, rescue my soul.

Antiphon 3

I was dead, but now I live for ever, and I hold the keys of death and of hell.

Psalm 150

Praise the Lord

Let mind and heart be in your song: this is to glorify God with your whole self (Hesychius).

Práise Gód in his hóly pláce, *
práise him in his míghty héavens.
Práise him for his pówerful déeds, *
práise his surpássing gréatness.

O práise him with sóund of trúmpet, *
práise him with lúte and hárp.
Práise him with tímbral and dánce, *
práise him with stríngs and pípes.

O práise him with resóunding cýmbals, *
práise him with cláshing of cýmbals.
Let éverything that líves and that bréathes *
give práise to the Lórd.

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

I was dead, but now I live for ever, and I hold the keys of death and of hell.

Sit

READING

Hosea 5:15b—16:2

Thus says the Lord:

In their affliction, they shall look for me:
“Come let us return to the Lord,
For it is he who has rent, but he will heal us;
he has struck us, but he will bind our wounds.
He will revive us after two days;
on the third day he will raise us up,
to live in his presence.”

Antiphon

For our sake Christ was obedient, accepting even death, death on a cross. Therefore God raised him on high and gave him the name above all other names.

Stand

GOSPEL CANTICLE

Antiphon

Save us, O Savior of the world. On the cross you redeemed us by the shedding of your blood; we cry out for your help, O 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

Save us, O Savior of the world. On the cross you redeemed us by the
shedding of your blood; we cry out for your help, O God.

INTERCESSIONS

Our Redeemer suffered and was buried for us in order to rise again.
With sincere love we adore him, and aware of our needs we cry out:

— Lord, have mercy on us.

Christ our Savior, your sorrowing Mother stood by you at your death
and burial,
in our sorrows may we share your suffering.

— Lord, have mercy on us.

Christ our Lord, like the seed buried in the ground, you brought
forth for us the harvest of grace,
may we die to sin and live for God.

— Lord, have mercy on us.

Christ, the Good Shepherd, in death you lay hidden from the world,
teach us to love a life hidden with you in the Father.

— Lord, have mercy on us.

Christ, the new Adam, you entered the kingdom of death to release
all the just since the beginning of the world,
may all who lie dead in sin hear your voice and rise to life.

— Lord, have mercy on us.

Christ, Son of the living God, through baptism we were buried with you,
risen also with you in baptism, may we walk in newness of life.

— 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

All-powerful and ever-living God,
your only Son went down among the dead
and rose again in glory.
In your goodness
raise up your faithful people,
buried with him in baptism,
to be one with him
in the eternal life of heaven,
where 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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