

Liturgy of the Hours
LITURGY OF THE HOURS

DAYTIME PRAYER

March 28, 2024

{ Holy Thursday }



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

Christ, victim for the sins of men,
Your death brings hope to our despair;
With your new life we live again,
Your heav'nly joy is ours to share.

Yet still in many things we fail,
And fall again in sin and shame;
Let not our sinfulness prevail,
Let not your saving be in vain.

Lord God, eternal Trinity,
We praise you for yourself alone;
And pray that we may ever be
Blest in that kingdom of your own.

Melody: Spires L.M.; Music: J. Klug's Geistliche Lieder, 1543; Text: O salutaris hostia, paraphrased by Brian Foley; © 1971 by Faber Music Ltd. Reproduced from NEW CATHOLIC HYMNAL by permission of the publishers.

Sit or stand

PSALMODY

Antiphon

I know my own sheep, and my own know me, as the Father knows me and as I know the Father; and I lay down my life for my sheep.

Psalm 119:65-72

IX (Teth)

Lórd, you have been góod to your sérvant *
accórding to your wórd.

Téach me discernment and knowledge *
for I trust in your commands.

Before I was afflicted I strayed *
but now I keep your word.
You are good and your deeds are good; *
teach me your commandments.

Though proud men smear me with lies *
yet I keep your precepts.
Their minds are closed to good *
but your law is my delight.

It was good for me to be afflicted, *
to learn your will.
The law from your mouth means more to me *
than silver and gold.

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 56:2-7b, 9-14

Trust in God's word

This psalm shows Christ in his passion (Saint Jerome).

Have mercy on me, God, men crush me; *
they fight me all day long and oppress me.
My foes crush me all day long, *
for many fight proudly against me.

When I fear, I will trust in you, *
in God whose word I praise.
In God I trust, I shall not fear: *
what can mortal man do to me?

All day long they distort my words, *
all their thought is to harm me.
They band together in ambush, *
track me down and seek my life.

You have képt an accóunt of my wánderings; †
you have képt a récord of my téars; *
áre they not wríten in your bóok?
Then my fóes will be pút to flíght †
on the dáy that I cáll to yóu. *

This I knów, that Gód is on my síde.
In Gód, whose wórd I práise, *
in the Lórd, whose wórd I práise,
in Gód I trúst; I shall not féar: *
whát can mortal mán do to mé?

I am bóund by the vóws I have máde you. *
O Gód, I will óffer you práise
for you réscued my sóul from déath, *
you képt my féet from stúmbling
that I may wálk in the présence of Gód *
and enjóy the líght of the líving.

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 57

Morning prayer in affliction

This psalm tells of our Lord's passion (Saint Augustine).

Have mércy on me, Gód, have mércy *
for in yóu my sóul has taken réfuge.
In the sháadow of your wíngs I take réfuge *
till the stórms of destrúction pass bý.

I cáll to Gód the Most Hígh, *
to Gód who has álways been my hélp.
May he sénd from héaven and sáve me †
and sháme thóse who assáil me. *
May Gód send his trúth and his lóve.

My sóul lies dówn among líons, *
who would devóur the sóns of mén.

Their téeth are spéars and árows, *
their tóngue a shárpened swórd.

O Gód, aríse above the héavens; *
may your glóry shine on éarth!

They láid a snáre for my stéps, *
my sóul was bowed dówn.
They dúg a píit in my páth *
but féll in it themsélves.

My héart is réady, O Gód, †
my héart is réady. *

I will síng, I will síng your práise.
Awáke, my sóul, †
awáke, lýre and hárp, *
I will awáke the dáwn.

I will thánk you, Lórd, among the péoples, *
among the nátions I will práise you,
for your lóve réaches to the héavens *
and your trúth to the skíes.

O Gód, aríse above the héavens; *
may your glóry shine on éarth!

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 know my own sheep, and my own know me, as the Father knows me and as I know the Father; and I lay down my life for my sheep.

Sit

READING

Hebrews 7:26-27

It was fitting that we should have such a high priest: holy, innocent, undefiled, separated from sinners, higher than the heavens. Unlike the other high priests, he has no need to offer sacrifice day after day,

first for his own sins and then for those of the people; our Lord Jesus Christ did that once for all when he offered himself.

Verse

Ours were the sufferings he bore.

— Ours the weight of guilt he endured.

Stand

CONCLUDING PRAYER

Let us pray.

God of infinite compassion,
to love you is to be made holy;
fill our hearts with your love.

By the death of your Son
you have given us hope, born of faith;
by his rising again
fulfill this hope
in the perfect love of heaven,
where he 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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