

Liturgy of the Hours
LITURGY OF THE HOURS

OFFICE OF READINGS

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

I shall praise the Savior's glory,
Of his flesh the mystery sing,
And the blood, all price excelling,
Shed by our immortal King:
God made man for our salvation,
Who from Virgin pure did spring.

Born for us, and for us given,
Born a man like us below,
Christ as man with man residing,
Lived the seed of truth to sow,
Suffered bitter death unflinching,
And immortal love did show.

On the night before he suffered,
Seated with his chosen band,
Jesus, when they all had feasted,
Faithful to the law's command,
Far more precious food provided:
Gave himself with his own hand.

Word made flesh, true bread of heaven,
By his word made flesh to be,
From the wine his blood is taken,
Though our senses cannot see,
Faith alone which is unshaken
Shows pure hearts the mystery.

Therefore we, before him falling,
This great sacrament revere;

Ancient forms are now departed,
For new acts of grace are here,
Faith our feeble senses aiding,
Makes the Savior's presence clear.

To the everlasting Father
And his Son who reigns on high,
With the Holy Ghost proceeding
Forth from each eternally,
Be all honor, glory, blessing,
Power and endless majesty.

Melody: Pange, Lingua 87.87.87; Music: Mode III Vatican Plainsong; Text: Pange, Lingua, Saint Thomas Aquinas, c. 1225-1274; Translator: Edward Caswall, 1814-1878, adapted by Anthony G. Petti; © 1971 by Faber Music Ltd. Reproduced from NEW CATHOLIC HYMNAL by permission of the publishers.

Sit or stand

PSALMODY

Antiphon 1

Lord, you are our savior; we will praise you for ever.

Psalm 44

The misfortunes of God's people

We triumph over all these things through him who loved us (Romans 8:37).

I

We héard with our ówn ears, O Gód,*
our fáthers have tóld us the stóry
of the thínigs you díd in their dáyis,*
you yoursélf, in dáyis long agó.

To plánt them you upróoted the nátions:*
to let them spréad you laid péoples lów.
No swórd of their ówn won the lánd; *
no árm of their ówn brought them víctory.
It was yóur right hánd, your árm *
and the líght of your fáce: for you lóved them.

It is yóu, my kínig, my Gód,*
who gránted víctories to Jácob.

Through yóu we béat down our fóes; *
in your náme we trámples our aggréssors.

For it was nót in my bów that I trústed *
nor yét was I sáved by my swórd:
it was yóu who sáved us from our fóes, *
it was yóu who put our fóes to sháme.
All day lóng our bóast was in Gód, *
and we práised your náme without céasing.

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

Lord, you are our savior; we will praise you for ever.

Antiphon 2

Spare us, O Lord; do not bring your own people into contempt.

II

Yet nów you have rejécted us, disgráced us: *
you no lónger go fórth with our ármies.
You máke us retréat from the fóe *
and our énemies plúnder us at wíll.

You máke us like shéep for the sláughter *
and scátter us amóng the nátions.
You séll your own péople for nóthing *
and máke no prófit by the sále.

You máke us the táunt of our néighbors, *
the láughing stock of áll who are néar.
Among the nátions, you máke us a býword, *
among the péoples a thíng of derísion.

All day lóng my disgráce is befóre me: *
my fáce is cóvered with sháme
at the vóice of the táunter, the scóffer, *
at the síght of the fóe and the avénger.

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

Spare us, O Lord; do not bring your own people into contempt.

Antiphon 3

Rise up, O Lord, and save us, for you are merciful.

III

This beféll us though we hád not forgóttén you; *
though we hád not been fálse to your cóvenant,
though we hád not withdráwn our héarts; *
though our féet had not stráyed from your páth.
Yet you have crúshed us in a pláce of sórróws *
and cóvered us with the shádw of déath.

Had we forgóttén the náme of our Gód *
or strétched our hánds to another gód
would not Gód have fóund this óut, *
he who knóws the sécrets of the héart?
It is for yóu that we face déath all day lóng *
and are cóunted as shéep for the sláughter.

Awáke, O Lord, whý do you sléep? *
Aríse, do not rejéct us for éver!
Whý do you híde your fáce from us *
and forgét our oppréssion and míserý?

For we are bróught down lów to the dúst; *
our bódý lies próstrate on the éarth.
Stand úp and cóme to our hélp! *
Redéem us becáuse of your lóve!

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

Rise up, O Lord, and save us, for you are merciful.

VERSE

When I am lifted up from the earth.

— I will draw all people to myself.

Sit

READINGS

First reading

From the letter to the Hebrews

4:14 – 5:10

Jesus Christ, the great high priest

Since we have a great high priest who has passed through the heavens, Jesus, the Son of God, let us hold fast to our profession of faith. For we do not have a high priest who is unable to sympathize with our weakness, but one who was tempted in every way that we are, yet never sinned. So let us confidently approach the throne of grace to receive mercy and favor and to find help in time of need.

Every high priest is taken from among men and made their representative before God, to offer gifts and sacrifices for sins. He is able to deal patiently with erring sinners, for he himself is beset by weakness and so must make sin offerings for himself as well as for the people. One does not take this honor on his own initiative, but only when called by God as Aaron was.

Even Christ did not glorify himself with the office of high priest; he received it from the One who said to him,

“You are my Son;
today I have begotten you”;

just as he says in another place,

“You are a priest forever,
according to the order of Melchizedek.”

In the days when he was in the flesh, he offered prayers and

supplications with loud cries and tears to God, who was able to save him from death, and he was heard because of his reverence. Son though he was, he learned obedience from what he suffered; and when perfected, he became the source of eternal salvation for all who obey him, designated by God as high priest according to the order of Melchizedek.

Responsory

Hebrews 5:8,9,7

Though he was the Son of God, Christ learned obedience through what he suffered;

— and now, for all who obey him, he has become the source of eternal life.

In the days of his earthly life he prayed, crying aloud, and he submitted so humbly that his prayer was heard.

— And now, for all who obey him, he has become the source of eternal life.

Second reading

From an Easter homily by Saint Melito of Sardis, bishop

(Nn. 65-71: SC 123, 95-101)

The lamb that was slain has delivered us from death and given us life

There was much proclaimed by the prophets about the mystery of the Passover: that mystery is Christ, and to him be glory for ever and ever. Amen.

For the sake of suffering humanity he came down from heaven to earth, clothed himself in that humanity in the Virgin's womb, and was born a man. Having then a body capable of suffering, he took the pain of fallen man upon himself; he triumphed over the diseases of soul and body that were its cause, and by his Spirit, which was incapable of dying, he dealt man's destroyer, death, a fatal blow.

He was led forth like a lamb; he was slaughtered like a sheep. He ransomed us from our servitude to the world, as he had ransomed Israel from the land of Egypt; he freed us from our slavery to the devil, as he had freed Israel from the hand of Pharaoh. He sealed

our souls with his own Spirit, and the members of our body with his own blood.

He is the One who covered death with shame and cast the devil into mourning, as Moses cast Pharaoh into mourning. He is the One who smote sin and robbed iniquity of offspring. He is the One who brought us out of slavery into freedom, out of darkness into light, out of death into life, out of tyranny into an eternal kingdom; who made us a new priesthood, a people chosen to be his own for ever. He is the Passover that is our salvation.

It is he who endured every kind of suffering in all those who foreshadowed him. In Abel he was slain, in Isaac bound, in Jacob exiled, in Joseph sold, in Moses exposed to die. He was sacrificed in the Passover lamb, persecuted in David, dishonored in the prophets.

It is he who was made man of the Virgin, he who was hung on the tree; it is he who was buried in the earth, raised from the dead, and taken up to the heights of heaven. He is the mute lamb, the slain lamb, the lamb born of Mary, the fair ewe. He was seized from the flock, dragged off to be slaughtered, sacrificed in the evening, and buried at night. On the tree no bone of his was broken; in the earth his body knew no decay. He is the One who rose from the dead, and who raised man from the depths of the tomb.

Responsory

Romans 3:23-25; John 1:29

Everyone has sinned and is deprived of God's glory. We are justified through the free gift of his grace and through the redemption of Christ Jesus.

- God made Christ's sacrificial death the means of expiating the sins of all believers.

This is the Lamb of God who takes away the sins of the world.

- God made Christ's sacrificial death the means of expiating the sins of all believers.

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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