

Liturgy of the Hours
LITURGY OF THE HOURS

MORNING PRAYER

March 28, 2024

{ Holy Thursday }



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

Look, O Lord, and see my suffering. Come quickly to my aid.

Psalm 80

Lord, come, take care of your vineyard

Come, Lord Jesus (Revelation 22:20).

O shépherd of Ísrael, héar us, *
you who léad Jóseph's flóck,
shine fóρθ from your chérubim thróne *
upon Éphraim, Bénjamin, Manásseh.
O Lórd, róuse up your míght, *
O Lórd, cóme to our hélp.

Gód of hósts, brínq us bácq; *
let your fáce shine on ús and wé shall be sáved.

Lórd God of hósts, how lónq *
will you frówn on your péople's pléa?
You have féd them with téars for their bréad, *

an abundance of téars for their drínk.
You have máde us the táunt of our néighbors,*
our énemies láugh us to scórn.

Gód of hósts, brínq us báck;*
let your fáce shine on ús and wé shall be sáved.

You bróught a víne out of Égypt;*
to plánt it you dróve out the nátions.
Befóre it you cléared the gróund;*
it took róot and spréad through the lánd.

The móuntains were cóvered with its sháadow,*
the cégars of Gód with its bóughs.
It strétched out its bránches to the séa,*
to the Great Ríver it strétched out its shóots.

Then whý have you bróken down its wálls? *
It is plúcked by áll who pass bý.
It is rávaged by the bóar of the fórest,*
devóured by the béasts of the fíeld.

God of hósts, turn agáin, we implóre,*
look dówn from héaven and sée.
Vísit this víne and protéct it,*
the víne your ríght hand has plánted.
Men have búrnt it with fire and destróyed it.*
May they pérish at the frówn of your fáce.

May your hánd be on the mán you have chósen,*
the mán you have gíven your stréngth.
And we shall néver forsáke you agáin:*
give us lífe that we may cáll upon your náme.

Gód of hósts, brínq us báck;*
let your fáce shine on ús and wé shall be sáved.

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

Look, O Lord, and see my suffering. Come quickly to my aid.

Antiphon 2

God is my savior; I trust in him and shall not fear.

Canticle – Isaiah 12:1-6

Joy of God's ransomed people

If anyone thirsts, let him come to me and drink (John 7:37).

I give you thanks, O Lord; †
though you have been angry with me, *
your anger has abated, and you have consoled me.

God indeed is my savior; *
I am confident and unafraid.
My strength and my courage is the Lord, *
and he has been my savior.

With joy you will draw water *
at the fountain of salvation, and say on that day:

Give thanks to the Lord, acclaim his name; †
among the nations make known his deeds, *
proclaim how exalted is his name.

Sing praise to the Lord for his glorious achievement; *
let this be known throughout all the earth.

Shout with exultation, O city of Zion, *
for great in your midst is the Holy One of Israel!

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

God is my savior; I trust in him and shall not fear.

Antiphon 3

The Lord has fed us with the finest wheat; he has filled us with

honey from the rock.

Psalm 81

Solemn renewal of the Covenant

See that no one among you has a faithless heart (Hebrews 3:12).

Ring out your jÓy to GÓd our strÉngth, *
shout in trÍumph to the GÓd of JÁcob.

Raise a sÓng and sÓund the tÍmbrel, *
the swÉet-sounding hÁrp and the lÚte,
blÓw the trÚmpet at the nÉw moon, *
when the mÓon is fÚll, on our féast.

For thÍs is Ísraél's lÁw, *
a commÁnd of the GÓd of JÁcob.
He impÓsed it as a rÚle on JÓseph, *
when he went Óut against the lÁnd of Égypt.

A vÓice I did not knÓw said to mé: *
"I frÉed your shÓulder from the bÚrden;
your hÁnds were frÉed from the lÓad. *
You cÁlled in distrÉss and I sÁved you.

I ánswered, conceÁled in the stÓrm cloud, *
at the wÁters of MerÍbah I tÉsted you.
LÍsten, my péople, to my wÁrning, *
Ó Ísraél, if Ónly you would hÉed!

Let there bé no fÓreign god amÓng you, *
no wÓrship of an álien gÓd.
Í am the LÓrd your GÓd, †
who brÓught you from the lÁnd of Égypt. *
Ópen wide your móuth and I will fill it.

But my péople did not hÉed my vÓice *
and Ísraél wÓuld not Óbey,
so I léft them in their stÚbbornness of héart *
to fÓllow their Ówn desÍgns.

Ó that my péople would hÉed me, *
that Ísraél would wÁlk in my wÁys!

At ónce I would subdúe their fóes, *
turn my hánd agáinst their énemies.

The Lord's énemies would críngé at their féet *
and their subjéction would lást for éver.
But Ísrael I would féed with finest whéat *
and fill them with hóney from the rók. ”

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 Lord has fed us with the finest wheat; he has filled us with
honey from the rock.

Sit

READING

Hebrews 2:9-10

We see Jesus crowned with glory and honor because he suffered death, that through God's gracious will he might taste death for the sake of all men. Indeed, it was fitting that when bringing many sons to glory God, for whom and through whom all things exist, should make their leader in the work of salvation perfect through suffering.

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

I have longed to eat this meal with you before I suffer.

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

I have longed to eat this meal with you before I suffer.

INTERCESSIONS

The Father anointed Christ with the Holy Spirit to proclaim forgiveness to those in bondage. Let us humbly call upon the eternal priest:

— 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

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.

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.

English translation of *Gloria Patri, Te Deum Laudamus, Benedictus, Magnificat*, and *Nunc Dimittis* by the International Consultation on English Texts.

Readings and New Testament Canticles (except the Magnificat) from the *New American Bible* Copyright © 1970 by the Confraternity of Christian Doctrine, Washington, D.C. Used with permission. All Rights Reserved. No part of the *New American Bible* may be reproduced in any form without permission in writing from the copyright owner.

Psalm texts except Psalm 95 Copyright © 1963, The Grail (England). Used with permission of A.P. Watt Ltd. All rights reserved.

Arrangement Copyright © 2006 by eBreviary, New York.



mobile prayers



UNITED STATES, CANADA, INDIA, PHILIPPINES

www.ebreviary.com