

Liturgy of the Hours
LITURGY OF THE HOURS

MORNING PRAYER

April 4, 2024

{ Thursday within the Octave of Easter }



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).

The Lord is risen, alleluia.

— The Lord is risen, alleluia.

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.

— The Lord is risen, alleluia.

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.

— The Lord is risen, alleluia.

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.

— The Lord is risen, alleluia.

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.

— The Lord is risen, alleluia.

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.”

— The Lord is risen, alleluia.

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.

— The Lord is risen, alleluia.

Morning Prayer

HYMN

Alleluia, alleluia, alleluia.

Ye sons and daughters, let us sing!
The King of heav’n, the glorious King,
O’er death today rose triumphing.
Alleluia!

Alleluia, alleluia, alleluia.

That Easter morn, at break of day,
The faithful women went their way
To seek the tomb where Jesus lay.
Alleluia!

Alleluia, alleluia, alleluia.

An angel clad in white they see,
Who sat, and spoke unto the three,
“Your Lord doth go to Galilee.”
Alleluia!

Alleluia, alleluia, alleluia.

On this most holy day of days,

To God your hearts and voices raise,
In laud and jubilee and praise.
Alleluia!

Alleluia, alleluia, alleluia.
And we with Holy Church unite,
As evermore is just and right,
In glory to the King of light.
Alleluia!

*Melody: O Filii et Filiae, 8.8.8 with Alleluias; Music: 17th Century French Proper
Melody; Text: Jean Tisserand, d. 1494; Translator: John Mason Neale, 1818-1866,
alt.*

Sit or stand

PSALMODY

Antiphon 1

The splendor of Christ risen from the dead has shone on the people
redeemed by his blood, alleluia.

Psalm 63:2-9

A soul thirsting for God

Whoever has left the darkness of sin yearns for God.

O Gód, you are my Gód, for you I lóng; *
for yóu my sóul is thírsting.

My bódy pínes for yóu *
like a dry, weary lánd without wáter.
So I gáze on yóu in the sánctuary *
to sée your stréngth and your glóry.

For your lóve is bétter than lífe, *
my líps will spéak your práise.
So I will bléss you áll my lífe, *
in your náme I will líft up my hánds.
My sóul shall be filled as with a bánquet, *
my móuth shall práise you with jóy.

On my béd I remémber yóu. *
On yóu I múse through the níght
for yóu have béen my hélp; *

in the sháadow of your wíngs I rejoyce.
My sóul clíngs to yóu; *
your ríght hand hólds me fást.

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 splendor of Christ risen from the dead has shone on the people redeemed by his blood, alleluia.

Antiphon 2

Our Redeemer has risen from the tomb; let us sing a hymn of praise to the Lord our God, alleluia.

Canticle – Daniel 3:57–88, 56

Let all creatures praise the Lord

All you servants of the Lord, sing praise to him (Revelation 19:5).

Bless the Lord, all you works of the Lord. *
Praise and exalt him above all forever.
Angels of the Lord, bless the Lord. *
You heavens, bless the Lord.
All you waters above the heavens, bless the Lord. *
All you hosts of the Lord, bless the Lord.
Sun and moon, bless the Lord. *
Stars of heaven, bless the Lord.

Every shower and dew, bless the Lord. *
All you winds, bless the Lord.
Fire and heat, bless the Lord. *
Cold and chill, bless the Lord.
Dew and rain, bless the Lord. *
Frost and chill, bless the Lord.
Ice and snow, bless the Lord. *
Nights and days, bless the Lord.
Light and darkness, bless the Lord. *
Lightnings and clouds, bless the Lord.

Let the earth bless the Lord. *
Praise and exalt him above all forever.
Mountains and hills, bless the Lord. *
Everything growing from the earth, bless the Lord.
You springs, bless the Lord. *
Seas and rivers, bless the Lord.
You dolphins and all water creatures, bless the Lord. *
All you birds of the air, bless the Lord.
All you beasts, wild and tame, bless the Lord. *
You sons of men, bless the Lord.

O Israel, bless the Lord. *
Praise and exalt him above all forever.
Priests of the Lord, bless the Lord. *
Servants of the Lord, bless the Lord.
Spirits and souls of the just, bless the Lord. *
Holy men of humble heart, bless the Lord.
Hananiah, Azariah, Mishael, bless the Lord. *
Praise and exalt him above all forever.

Let us bless the Father, and the Son, and the Holy Spirit. *
Let us praise and exalt him above all forever.
Blessed are you, Lord, in the firmament of heaven. *
Praiseworthy and glorious and exalted above all forever.

Antiphon

Our Redeemer has risen from the tomb; let us sing a hymn of praise to the Lord our God, alleluia.

Antiphon 3

Alleluia, the Lord is risen as he promised, alleluia.

Psalm 149

The joy of God's holy people.

Let the sons of the Church, the children of the new people, rejoice in Christ, their King (Hesychius).

Síng a new sǒng to the Lórd, *
his práise in the assémbly of the fáithful.
Let Ísrael rejóice in its máker, *

let Zíon's sons exúlt in their kíng.
Let them práise his náme with dánding*
and make músic with tímbrel and hárp.

For the Lórd takes delíght in his péople.*
He crówns the póor with salvátion.
Let the fáithful rejóice in their glóry,*
shout for jóy and táke their rést.
Let the práise of Gód be on their líps*
and a twó-edged swórd in their hánd,
to déal out véngeance to the nátions*
and púnishment on áll the péoples;
to bínd their kíngs in cháins*
and their nóbles in fétters of íron;
to cárry out the séntence pre-ordáined*
this hónor is for áll his fáithful.

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

Alleluia, the Lord is risen as he promised, alleluia.

Sit

READING

Romans 8:10-11

If Christ is in you the body is dead because of sin, while the spirit lives because of justice. If the Spirit of him who raised Jesus from the dead dwells in you, then he who raised Christ from the dead will bring your mortal bodies to life also, through his Spirit dwelling in you.

Antiphon

This is the day the Lord has made; let us rejoice and be glad, alleluia.

Stand

GOSPEL CANTICLE

Antiphon

Jesus stood in the midst of his disciples and said: Peace be with you, alleluia.

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

Jesus stood in the midst of his disciples and said: Peace be with you, alleluia.

INTERCESSIONS

Christ rose from the dead and is always present in his Church. Let us adore him, and say:

— Stay with us, Lord.

Lord Jesus, victor over sin and death, glorious and immortal, be always in our midst.

— Stay with us, Lord.

Come to us in the power of your victory, and show our hearts the loving kindness of your Father.

— Stay with us, Lord.

Come to heal a world wounded by division, for you alone can transform our hearts and make them one.

— Stay with us, Lord.

Strengthen our faith in final victory, and renew our hope in your second coming.

— Stay with us, Lord.

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,

you gather the nations to praise your name.
May all who are reborn in baptism
be one in faith and love.

Grant this through our Lord Jesus Christ, your Son,
who 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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