

Liturgy of the Hours
LITURGY OF THE HOURS

OFFICE OF READINGS

April 1, 2024

{ Monday within the Octave of Easter }



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. Alleluia.

HYMN

The day of resurrection!
Earth spread the news abroad;
The Paschal feast of gladness,
The Paschal feast of God.
From death to life eternal,
From earth to heaven's height
Our Savior Christ has brought us,
The glorious Lord of Light.

Our hearts be free from evil
That we may see aright
The Savior resurrected
In his eternal light;
And hear his message plainly,
Delivered calm and clear:
“Rejoice with me in triumph,
Be glad and do not fear.”

Now let the heav'ns be joyful,
And earth her song begin,
The whole world keep high triumph
And all that is therein;
Let all things in creation
Their notes of gladness blend,
For Christ the Lord has risen,
Our joy that has no end.

Melody: Ellacombe or Aurelia 76.76.D; Music: (Ellacombe) Wurtemberg Gesangbuch, 1784, adapted in the Mainz Gesangbuch, 1833, and further adapted in the St. Gall Gesangbuch, 1863; (Aurelia) S. S. Wesley, 1810-1876; Text: John Mason Neale,

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Sit or stand

PSALMODY

Antiphon 1

I am who am, and wicked men do not accept my ways, for the law of the Lord is my delight, alleluia.

Psalm 1

There are two ways a man may take

They are happy who, putting all their trust in the cross, have plunged into the water of life (from an author of the second century).

Háppy indéed is the mán *
who fóllows not the cóunsel of the wícked;
nor língers in the wáy of sínners *
nor síts in the cómpany of scórners,
but whose delíght is the lów of the Lórd *
and who pónders his lów day and níght.

Hé is like a trée that is plánted *
beside the flówing wáters,
that yíelds its frúit in due séason †
and whose léaves shall néver fáde; *
and áll that he dóes shall próspér.

Not só are the wícked, not só! †
For théy like wínnowed cháff *
shall be dríven awáy by the wínd.
When the wícked are júdged they shall not stánd, *
nor find róom among thóse who are júst;
for the Lórd guards the wáy of the júst *
but the wáy of the wícked leads to dóom.

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 am who am, and wicked men do not accept my ways, for the law of the Lord is my delight, alleluia.

Antiphon 2

I have asked my Father, and he has given me the nations for my inheritance, alleluia.

Psalm 2

The Messiah, king and conqueror

The rulers of the earth joined forces to overthrow Jesus, your anointed Son (Acts 4:27).

Why this tumult among nátions,*
among péoples this úseless múrmuring?
They arise, the kíngs of the éarth,*
princes plót against the Lórd and his Anóinted.
“Cóme let us bréak their fétters,*
cóme, let us cást off their yóke.”

He who síts in the héavens láughs,*
the Lórd is láughing them to scórn.
Thén he will spéak in his ánger,*
his ráge will stríke them with térror.
“It is Í who have sét up my kíng*
on Zíon, my hólý móuntain.”

I will annóunce the decrée of the Lórd: †
The Lórd said to me: “Yóu are my Són.*
It is Í who have begóttén you this dáy.
Ásk and I shall bequéath you the nátions,*
put the énds of the éarth in your possessíon.
With a ród of íron you will bréak them,*
shátter them like a pótter’s jár.”

Nów, O kíngs, understánd,*
take wárning, rúlers of the éarth;
sérve the Lórd with áwe*
and trémbling, páy him your hómage
lést he be ángry and you pérish;*
for súddenly his ánger will bláze.

Blessed are théy *
who put their trúst in Gód.

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 asked my Father, and he has given me the nations for my inheritance, alleluia.

Antiphon 3

I lay down to rest and fell asleep; I awoke again, for the Lord sustains me, alleluia.

Psalm 3

I am safe in the Lord's keeping

Christ fell asleep in death, but he rose from the dead, for God was his deliverer (Saint Irenaeus).

How mány are my fóes, O Lórd! *
How mány are rísing up agáinst me!
How mány are sáying abóut me: *
“There is no hélp for hím in Gód.”

But yóu, Lord, are a shíeld abóut me, *
my glóry, who líft up my héad.
I crý alóud to the Lórd. *
He ánsvers from his hólý móuntain.

I líe down to rést and I sléep. *
I wáke, for the Lórd uphólds me.
I will not féar even thóusands of péople *
who are ránged on every síde agáinst me.

Aríse, Lord; sáve me, my Gód, *
you who stríke all my fóes on the móuth,
you who bréak the téeth of the wícked! *
O Lórd of salvátion, bless your péople!
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 lay down to rest and fell asleep; I awoke again, for the Lord sustains me, alleluia.

VERSE

The disciples rejoiced, alleluia.

— When they saw the risen Lord, alleluia.

Sit

READINGS

First reading

From the beginning of the first letter of the apostle Peter

1:1-21

Greetings and thanksgiving

Peter, an apostle of Jesus Christ, to those who live as strangers scattered throughout Pontus, Galatia, Cappadocia, Asia, and Bithynia; to men chosen according to the foreknowledge of God the Father, consecrated by the Spirit to a life of obedience to Jesus Christ and purification with his blood. Favor and peace be yours in abundance.

Praised be the God and Father
of our Lord Jesus Christ,
he who in his great mercy
gave us new birth;
a birth unto hope which draws its life
from the resurrection of Jesus Christ from the dead;
a birth to an imperishable inheritance,
incapable of fading or defilement,
which is kept in heaven for you
who are guarded with God's power through faith;
a birth to a salvation which stands ready
to be revealed in the last days.

There is cause for rejoicing here. You may for a time have to suffer the distress of many trials; but this is so that your faith, which is more precious than the passing splendor of fire-tried gold, may by its genuineness lead to praise, glory, and honor when Jesus Christ appears. Although you have never seen him, you love him, and without seeing you now believe in him, and rejoice with inexpressible joy touched with glory because you are achieving faith's goal, your salvation.

This is the salvation which the prophets carefully searched out and examined. They prophesied the divine favor that was destined to be yours. They investigated the times and the circumstances which the Spirit of Christ within them was pointing to, for he predicted the sufferings destined for Christ and the glories that would follow. They knew by revelation that they were providing, not for themselves but for you, what has now been proclaimed to you by those who preach the gospel to you, in the power of the Holy Spirit sent from heaven. Into these matters angels long to search.

So gird the loins of your understanding; live soberly; set all your hope on the gift to be conferred on you when Jesus Christ appears. As obedient sons, do not yield to the desires that once shaped you in your ignorance. Rather, become holy yourselves in every aspect of your conduct, after the likeness of the holy One who called you; remember, Scripture says, "Be holy, for I am holy."

In prayer you call upon a Father who judges each one justly on the basis of his actions. Since this is so, conduct yourselves reverently during your sojourn in a strange land. Realize that you were delivered from the futile way of life your fathers handed on to you, not by any diminishable sum of silver or gold, but by Christ's blood beyond all price: the blood of a spotless, unblemished lamb chosen before the world's foundation and revealed for your sake in these last days. It is through him that you are believers in God, the God who raised him from the dead and gave him glory. Your faith and hope, then, are centered in God.

Responsory

1 Peter 1:3-13

Praised be the God and Father of our Lord Jesus Christ; in his great mercy he has given us new life in hope

— by raising Jesus Christ from the dead, alleluia.

Free your minds from all that holds them down; learn self control and put your full trust in God who offers you his grace.

— By raising Jesus Christ from the dead, alleluia.

Second reading

From an Easter homily by Melito of Sardis, bishop

(Cap. 2-7, 100-103: SC 123, 60-64. 120-122)

The Easter praise of Christ

We should understand, beloved, that the paschal mystery is at once old and new, transitory and eternal, corruptible and incorruptible, mortal and immortal. In terms of the Law it is old, in terms of the Word it is new. In its figure it is passing, in its grace it is eternal. It is corruptible in the sacrifice of the lamb, incorruptible in the eternal life of the Lord. It is mortal in his burial in the earth, immortal in his resurrection from the dead.

The Law indeed is old, but the Word is new. The type is transitory, but grace is eternal. The lamb was corruptible, but the Lord is incorruptible. He was slain as a lamb; he rose again as God. *He was led like a sheep to the slaughter*, yet he was not a sheep. He was silent as a lamb, yet he was not a lamb. The type has passed away; the reality has come. The lamb gives place to God, the sheep gives place to a man, and the man is Christ, who fills the whole of creation. The sacrifice of the lamb, the celebration of the Passover, and the prescriptions of the Law have been fulfilled in Jesus Christ. Under the old Law, and still more under the new dispensation, everything pointed toward him.

Both the Law and the Word came forth from Zion and Jerusalem, but now the Law has given place to the Word, the old to the new. The commandment has become grace, the type a reality. The lamb

has become a Son, the sheep a man, and man, God.

The Lord, though he was God, became man. He suffered for the sake of those who suffer, he was bound for those in bonds, condemned for the guilty, buried for those who lie in the grave; but he rose from the dead, and cried aloud: *Who will contend with me? Let him confront me.* I have freed the condemned, brought the dead back to life, raised men from their graves. Who has anything to say against me? I, he said, am the Christ; I have destroyed death, triumphed over the enemy, trampled hell underfoot, bound the strong one, and taken men up to the heights of heaven: I am the Christ.

Come, then, all you nations of men, receive forgiveness for the sins that defile you. I am your forgiveness. I am the Passover that brings salvation. I am the lamb who was immolated for you. I am your ransom, your life, your resurrection, your light, I am your salvation and your king. I will bring you to the heights of heaven. With my own right hand I will raise you up, and I will show you the eternal Father.

Responsory

Acts 13:32-33; 10:42; 2:36

By raising Jesus to life, God has been true to the promise he made to our fathers.

— It is Christ himself whom God has appointed to be judge of the living and the dead, alleluia.

God has made him Lord and Messiah: this Jesus whom you nailed to the cross.

— It is Christ himself whom God has appointed to be judge of the living and the dead, alleluia.

Stand

TE DEUM

You are God: we praise you;
You are the Lord: we acclaim you;
You are the eternal Father:

All creation worships you.

To you all angels, all the powers of heaven,
Cherubim and Seraphim, sing in endless praise:

Holy, holy, holy, Lord, God of power and might,
heaven and earth are full of your glory.

The glorious company of apostles praise you.
The noble fellowship of prophets praise you.
The white-robed army of martyrs praise you.

Throughout the world the holy Church acclaim you:
Father, of majesty unbounded,
your true and only Son, worthy of all worship,
and the Holy Spirit, advocate and guide.

You, Christ, are the King of glory,
the eternal Son of the Father.

When you became man to set us free
you did not spurn the Virgin's womb.

You overcame the sting of death,
and opened the kingdom of heaven to all believers.

You are seated at God's right hand in glory.
We believe that you will come, and be our judge.

Come then, Lord, and help your people,
bought with the price of your own blood,
and bring us with your saints
to glory everlasting.

CONCLUDING PRAYER

Let us pray.

Father,
you give your Church constant growth
by adding new members to your family.
Help us put into action in our lives
the baptism we have received with faith.

We ask this through our Lord Jesus Christ, your Son,

who 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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