

*Liturgy of the Hours*  
LITURGY OF THE HOURS

MORNING PRAYER

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March 29, 2024

{ Good Friday }



# *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 Son of God, who redeemed us with his blood.

— Come, let us worship Christ, the Son of God, who redeemed us with his blood.

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 Son of God, who redeemed us with his blood.

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 Son of God, who redeemed us with his blood.

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 Son of God, who redeemed us with his blood.

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 Son of God, who redeemed  
us with his blood.

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 Son of God, who redeemed  
us with his blood.

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 Son of God, who redeemed  
us with his blood.

## *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*

God did not spare his own Son, but gave him up to suffer for our  
sake.

### *Psalm 51*

*O God, have mercy on me*

*Your inmost being must be renewed, and you must put on the new man (Ephesians  
4:23–24).*

Have mércy on me, Gód, in your kíndness.\*  
In your compásson blot óut my offéense.  
O wásh me more and móre from my guílt\*  
and cléanse me fróm my sín.

My offéenses trúly I knów them;\*  
my sín is álways befóre me.  
Against yóu, you alóne, have I sínned;\*  
what is évil in your síght I have dóne.

That you may be jústified whén you give séntence\*

and be without reproach when you judge.  
O sée, in guílt I was bórn, \*  
a sinner was Í concéived.

Indéed you love trúth in the héart; \*  
then in the sécret of my héart teach me wísdóm.  
O púrfify me, thén I shall be cléan; \*  
O wásh me, I shall be whíter than snów.

Make me héar rejóicing and gládness, \*  
that the bónes you have crúshed may revíve.  
From my síns turn awáy your fáce \*  
and blót out áll my guílt.

A púre heart créate for me, O Gód, \*  
put a stéadfast spírit withín me.  
Do not cást me awáy from your présence, \*  
nor depríve me of your hóly spírit.

Give me agáin the jóy of your hélp; \*  
with a spírit of férvor sustáin me,  
that I may téach transgréssors your wáys \*  
and sínners may retúrn to yóu.

O réscue me, Gód, my hélper, \*  
and my tóngue shall ríng out your góodness.  
O Lórd, ópen my líps \*  
and my móuth shall decláre your práise.

For in sácrifice you táke no delíght, \*  
burnt óffering from mé you would refúse,  
my sácrifice, a cóntrite spírit. \*  
A húmbled, contrite héart you will not spúrn.

In your góodness, show fávor to Zíon: \*  
rebúild the wálls of Jerúsalem.  
Thén you will be pléased with lawful sácrifice, \*  
hólocausts óffered on your áltar.

Glory to the Fátter, and to the Son, \*  
and to the Hóly Spírit:  
as it was in the bégíning, is now, \*

and will be for ever. Amen.

*Antiphon*

God did not spare his own Son, but gave him up to suffer for our sake.

*Antiphon 2*

Jesus Christ loved us, and poured out his own blood for us to wash away our sins.

*Canticle – Habakkuk 3:2–4, 13a, 15–19*

*God comes to judge*

*Lift up your heads for your redemption is at hand (Luke 21:28).*

O Lord, I have heard your renown, \*  
and feared, O Lord, your work.  
In the course of the years revive it, †  
in the course of the years make it known; \*  
in your wrath remember compassion!

God comes from Teman, \*  
the Holy One from Mount Paran.  
Covered are the heavens with his glory, \*  
and with his praise the earth is filled.

His splendor spreads like the light; †  
rays shine forth from beside him, \*  
where his power is concealed.  
You come forth to save your people, \*  
to save your anointed one.

You tread the sea with your steeds \*  
amid the churning of the deep waters.  
I hear, and my body trembles; \*  
at the sound, my lips quiver.

Decay invades my bones, \*  
my legs tremble beneath me.  
I await the day of distress \*  
that will come upon the people who attack us.

For though the fig tree blossom not \*

nor fruit be on the vines,  
though the yield of the olive fail \*  
and the terraces produce no nourishment,  
though the flocks disappear from the fold \*  
and there be no herd in the stalls,  
yet will I rejoice in the Lord \*  
and exult in my saving God.

God, my Lord, is my strength; †  
he makes my feet swift as those of hinds \*  
and enables me to go upon the heights.

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 Christ loved us, and poured out his own blood for us to wash away our sins.

*Antiphon 3*

We worship your cross, O Lord, and we praise and glorify your holy resurrection, for the wood of the cross has brought joy to the world.

*Psalm 147:12-20*

*The restoration of Jerusalem*

*Come, I will show you the bride of the Lamb (Revelation 21:9).*

O práise the Lórd, Jerúsalem! \*  
Zíon, práise your Gód!

He has stréngthened the bárs of your gátes, \*  
he has bléssed the children wíthín you.  
He estáblished péace on your bórders, \*  
he féeds you with fínest whéat.

He sénds out his wórd to the éarth \*  
and swíftly rúns his commánd.  
He shówers down snów white as wóol, \*  
he scátters hóar-frost like áshes.

He húrils down háilstones like crúmbs. \*  
The wáters are frózen at his tóuch;  
he sénds forth his wórd and it mélts them: \*  
at the bréath of his móuth the waters flów.

He mákes his wórd known to Jácob, \*  
to Ísrael his láws and decrées.  
He has not déalt thus with óther nátions; \*  
he has not táught them his decrées.

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*

We worship your cross, O Lord, and we praise and glorify your holy resurrection, for the wood of the cross has brought joy to the world.

*Sit*

READING

*Isaiah 52:13-15*

See, my servant shall prosper,  
he shall be raised high and greatly exalted.  
Even as many were amazed at him—  
so marred was his look beyond that of man,  
and his appearance beyond that of mortals—  
So shall he startle many nations,  
because of him kings shall stand speechless;  
For those who have not been told shall see,  
those who have not heard shall ponder it.

*Antiphon*

For our sake Christ was obedient, accepting even death, death on a cross.



*Stand*

GOSPEL CANTICLE

*Antiphon*

Over his head they hung their accusation: Jesus of Nazareth, King of the Jews.

*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*

Over his head they hung their accusation: Jesus of Nazareth, King of the Jews.

INTERCESSIONS

For our sake our Redeemer suffered death and was buried, and rose again. With heartfelt love let us adore him, and pray:

— Lord, have mercy on us.

Christ our teacher, for our sake you were obedient even to accepting death,  
teach us to obey the Father's will in all things.

— Lord, have mercy on us.

Christ our life, by your death on the cross you destroyed the power of evil and death,  
may we die with you, to rise with you in glory.

— Lord, have mercy on us.

Christ our King, you became an outcast among us, a worm and no man,  
teach us the humility by which you saved the world.

— Lord, have mercy on us.

Christ our salvation, you gave yourself up to death out of love for us,  
help us to show your love to one another.

— Lord, have mercy on us.

Christ our Savior, on the cross you embraced all time with your outstretched arms,  
unite God's scattered children in your kingdom of salvation.

— 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*

Father,  
look with love upon your people,  
the love which our Lord Jesus Christ showed us  
when he delivered himself to evil men  
and suffered the agony of the cross,  
for 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.

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