

Liturgy of the Hours
LITURGY OF THE HOURS

OFFICE OF READINGS

April 7, 2024

{ Sunday 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

Christ the Lord is ris'n today;
Christians, haste your vows to pay;
Offer you your praises meet
At the Paschal Victim's feet.
For the sheep the Lamb has bled,
Sinless in the sinner's stead;
Christ, the Lord, is ris'n on high,
Now he lives no more to die!

Christ, the Victim undefiled,
Man to God has reconciled;
When in strange and awful strife
Met together death and life;
Christians, on this happy day
Haste with joy your vows to pay.
Christ, the Lord, is ris'n on high,
Now he lives no more to die!

Christ, who once for sinners bled,
Now the firstborn from the dead,
Throned in endless might and power,
Lives and reigns forevermore.
Hail, eternal Hope on high!
Hail, our King of Victory!
Hail, our Prince of life adored!
Help and save us, gracious Lord.

*Melody: Victimae Paschali Laudes 77.77.D; Music: Traditional, alt.; Text: Victimae
Paschali Laudes, Wipo, 11th century; Translator: Jane E. Leeson, 1807-1882, alt.*

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 *
besíde the flówing wátters,
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 Fátter, and to the Son, *
and to the Hóly Spírit:
as it was in the bégíning, is now, *
and will be for éver. 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 decreé 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 posséssion.
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 rising 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 rángeð 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 letter of the apostle Paul to the Colossians

3:1–17

Your new life in Christ

Since you have been raised up in company with Christ, set your heart on what pertains to higher realms where Christ is seated at God's right hand. Be intent on things above rather than on things of earth. After all, you have died! Your life is hidden now with Christ in God. When Christ our life appears, then you shall appear with him in glory.

Put to death whatever in your nature is rooted in earth: fornication, uncleanness, passion, evil desires, and that lust which is idolatry. These are the sins which provoke God's wrath. Your own conduct was once of this sort, when these sins were your very life. You must put that aside now: all the anger and quick temper, the malice, the insults, the foul language.

Stop lying to one another. What you have done is put aside your old self with its past deeds and put on a new man, one who grows in knowledge as he is formed anew in the image of his Creator. There is no Greek or Jew here, circumcised or uncircumcised, foreigner, Scythian, slave, or freeman. Rather, Christ is everything in all of you.

Because you are God's chosen ones, holy and beloved, clothe yourselves with heartfelt mercy, with kindness, humility, meekness,

and patience. Bear with one another; forgive whatever grievances you have against one another. Forgive as the Lord has forgiven you.

Over all these virtues put on love, which binds the rest together and makes them perfect. Christ's peace must reign in your hearts, since as members of the one body you have been called to that peace.

Dedicate yourselves to thankfulness.

Let the word of Christ, rich as it is, dwell in you. In wisdom made perfect, instruct and admonish one another. Sing gratefully to God from your hearts in psalms, hymns, and inspired songs. Whatever you do, whether in speech or in action, do it in the name of the Lord Jesus. Give thanks to God the Father through him.

Responsory

Colossians 3:1, 2, 3

Since you have been raised to life with Christ, set your hearts on the things of heaven where Christ is seated at God's right hand.

- Seek the things that are above and not the things of earth, alleluia.

You have died, and your life is hidden with Christ in God.

- Seek the things that are above and not the things of earth, alleluia.

Second reading

From a sermon by Saint Augustine, bishop

(Sermo 8 in octava Paschae 1, 4: PL 46, 838. 841)

A new creation in Christ

I speak to you who have just been reborn in baptism, my little children in Christ, you who are the new offspring of the Church, gift of the Father, proof of Mother Church's fruitfulness. All of you who stand fast in the Lord are a holy seed, a new colony of bees, the very flower of our ministry and fruit of our toil, my joy and my crown.

It is the words of the Apostle that I address to you: *Put on the Lord Jesus Christ, and make no provision for the flesh and its desires*, so that you may be clothed with the life of him whom you have put on in this sacrament. *You have all been clothed with Christ by your baptism in*

him. There is neither Jew nor Greek; there is neither slave nor freeman; there is neither male nor female; you are all one in Christ Jesus.

Such is the power of this sacrament: it is a sacrament of new life which begins here and now with the forgiveness of all past sins, and will be brought to completion in the resurrection of the dead. *You have been buried with Christ by baptism into death in order that, as Christ has risen from the dead, you also may walk in newness of life.*

You are walking now by faith, still on pilgrimage in a mortal body away from the Lord; but he to whom your steps are directed is himself the sure and certain way for you: Jesus Christ, who for our sake became man. For all who fear him he has stored up abundant happiness, which he will reveal to those who hope in him, bringing it to completion when we have attained the reality which even now we possess in hope.

This is the octave day of your new birth. Today is fulfilled in you the sign of faith that was prefigured in the Old Testament by the circumcision of the flesh on the eighth day after birth. When the Lord rose from the dead, he put off the mortality of the flesh; his risen body was still the same body, but it was no longer subject to death. By his resurrection he consecrated Sunday, or the Lord's day. Though the third after his passion, this day is the eighth after the Sabbath, and thus also the first day of the week.

And so your own hope of resurrection, though not yet realized, is sure and certain, because you have received the sacrament or sign of this reality, and have been given the pledge of the Spirit. *If, then, you have risen with Christ, seek the things that are above, where Christ is seated at the right hand of God. Set your hearts on heavenly things, not the things that are on earth. For you have died and your life is hidden with Christ in God. When Christ, your life, appears, then you too will appear with him in glory.*

Responsory

Colossians 3:3-4; Romans 6:11

You have died, and your life is hidden with Christ in God.

— When Christ who is your life appears, you will appear with

him in glory, alleluia.

You must consider yourselves dead to sin, but alive to God in Jesus Christ our Lord.

— When Christ who is your life appears, you will appear with him in glory, 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 acclaims 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.

God of mercy,
you wash away our sins in water,
you give us new birth in the Spirit,
and redeem us in the blood of Christ.
As we celebrate Christ's resurrection
increase our awareness of these blessings,
and renew your gift of life within us.

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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