

*Liturgy of the Hours*

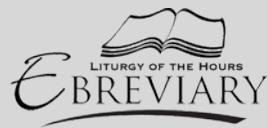
# LITURGY OF THE HOURS

DAYTIME PRAYER

---

March 24, 2026

{ Tuesday of the Fifth Week of Lent }



*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.

#### HYMN

May Christ, as he ascends the Cross,  
consumed with thirst in noonday heat,  
grant those who sing the psalms this hour  
to grow in thirst for righteousness.

May hunger likewise fill their hearts,  
which he from his own self will sate,  
that they may lose all taste for sin  
and virtue be their sole desire.

Then may the Holy Spirit's gifts  
so fill the souls of those who pray,  
that passion in the flesh may cool  
and chill of mind and heart grow warm.

We ask the Father and the Son  
and beg the Spirit of them both:  
Sustain us with your loving care,  
who reign for ever Three in One. Amen.

*Metrical hymn, melody: O WALLY WALLY, 8 8 8 8; English traditional melody*

*Plainsong, mode II, melody 50; Liber Hymnarius, Solesmes, 1983, Text: Qua Christus  
hora situit, 8th c.*

*The English translation of Hymns and chants from The Liturgy of the Hours © 2023  
International Commission on English in the Liturgy Corporation (ICEL).*

*Reproduced from The Divine Office Hymnal (hymns #93/94). Copyright © 2023  
United States Conference of Catholic Bishops, Washington, DC (USCCB). Published  
and distributed exclusively by GLA Publications, Inc., Chicago, IL. To acquire the  
Pew Edition or Accompaniment Edition of the hymnal with metrical hymn tunes and  
plainsong melodies, visit [www.giamusic.com](http://www.giamusic.com).*

*Sit or stand*

## PSALMODY

*Antiphon*

As I live, says the Lord, I do not wish the sinner to die but to turn back to me and live.

*Psalm 119:1-8*

*I (Aleph)*

*Meditation on God's law*

*Loving God means keeping his commandments (1 John 5:3).*

They are happy whose life is blameless, \*  
who follow God's law!

They are happy who do his will, \*  
seeking him with all their hearts,  
who never do anything evil \*  
but walk in his ways.

You have laid down your precepts \*  
to be obeyed with care.

May my footsteps be firm \*  
to obey your statutes.

Then I shall not be put to shame \*  
as I heeded your commands.

I will thank you with an upright heart \*  
as I learn your decrees.

I will obey your statutes: \*  
do not forsake 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.

*Psalm 13*

*The lament of the just man who does not lose hope in God*

*May the God of hope fill you with every joy (Romans 15:13).*

How long, O Lord, will you forget me? \*

How lóng wíll you híde your fáce?  
How lóng must Í bear gríef in my sóul, †  
this sórrow in my héart dáy and níght? \*  
How lóng sháll my énemy preváil?

Lóok at me, ánsver me, Lórd my Gód! \*  
Give líght to my éyes lest I fáll asleep in déath,  
lest my énemy sáy: “Í have overcóme him”; \*  
lest my fóes rejoíce to sée my fáll.

As for mé, I trúst in your mérciful lóve. \*  
Let my héart rejoíce in your sáving hélp:  
Let me síng to the Lórd for his góodness to mé, \*  
singing psálms to the náme of the Lórd, the Most Hígh.

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.

*Psalm 14*

*The foolishness of sinners*

*Sin has increased but grace has far surpassed it (Romans 5:20).*

The fóol has sáid in his héart: \*  
“There is no Gód abóve.”  
Their déeds are corrúpt, depráved; \*  
not a góod man is léft.

From héaven the Lórd looks dówn \*  
on the sóns of mén  
to sée if ány are wíse, \*  
if ány seek Gód.

Áll have léft the right páth, \*  
depráved, every óne:  
there is nót a góod man léft, \*  
nó, not even óne.

Will the évil-doers nót understand? \*  
They éat up my péople  
as thóugh they were éating bréad: \*

they never pray to the Lord.

See how they tremble with fear †  
without cause for fear: \*  
for God is with the just.  
You may mock the poor man's hope, \*  
but his refuge is the Lord.

O that Israel's salvation might come from Zion! †  
When the Lord delivers his people from bondage, \*  
then Jacob will be glad and Israel rejoice.

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*

As I live, says the Lord, I do not wish the sinner to die but to turn back to me and live.

*Sit*

READING

*1 Corinthians 1:22-24*

Yes, Jews demand “signs” and Greeks look for “wisdom,” but we preach Christ crucified—a stumbling block to Jews, and an absurdity to Gentiles; but to those who are called, Jews and Greeks alike, Christ the power of God and the wisdom of God.

*Verse*

Turn your face away from my sins.

— Blot out all my guilt.

*Stand*

CONCLUDING PRAYER

Let us pray.

Lord,  
help us to do your will

that your Church may grow  
and become more faithful in your service.

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.

*Acclamation*

Let us praise the Lord.

— And give him thanks.

The English translation of Antiphons, Invitatories, Responsories, Intercessions, Psalm 95, the Canticle of the Lamb, Psalm Prayers, Non-Biblical Readings, Hagiographical Introductions from *The Liturgy of the Hours* © 1973, 1974, 1975, International Commission on English in the Liturgy Corporation (ICEL); excerpts from the English translation of *The Roman Missal* © 2010, ICEL; the English translation of Hymns from *The Liturgy of the Hours* © 2023. 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 OF AMERICA  
[www.ebreviary.com](http://www.ebreviary.com)