

*Liturgy of the Hours*  
LITURGY OF THE HOURS

DAYTIME PRAYER

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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 WALY WALY, 8 8 8 8; English traditional melody*

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

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*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 háppy whose life is blámeless, \*  
who fóllow God's lów!

They are háppy who dó his wíll, \*  
seeking hím with all their héarts,  
who néver do ánything évil \*  
but wálk in his wáys.

Yóu have laid dówn your précepts \*  
to be obéyed with cáre.

Máy my fóotsteps be fírm \*  
to obéy your státutes.

Thén I shall nó't be put to sháme \*  
as I héed your commánds.

I will thánk you with an úpright héart \*  
as I léarn your decrées.

Í will obéy your státutes: \*  
dó not forsáke 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 lóng, O Lórd, will yóu forgét me? \*

How lóng will 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 ényemy preváil?

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

As for mé, I trúst in your mérciful lóve. \*  
Let my héart rejóice 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 nó a góod man léft, \*  
nó, not even óne.

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

they never pray to the Lórd.

Sée how they trémble with féar †  
without cáuse for féar: \*

for Gód is with the júst.

You may móck the póor man's hópe, \*  
but his refúge is the Lórd.

O that Ísrael's salvátiön might cóme from Zíön! †  
When the Lórd delívers his péople from bóndage, \*  
then Jácob will be glád and Ísrael rejóice.

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.

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