

Liturgy of the Hours
LITURGY OF THE HOURS

MORNING PRAYER

March 24, 2026

{ Tuesday of the Fifth Week of Lent }



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 Lord, who for our sake endured temptation and suffering.

— Come, let us worship Christ the Lord, who for our sake endured temptation and suffering.

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 Lord, who for our sake endured temptation and suffering.

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 Lord, who for our sake endured temptation and suffering.

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 Lord, who for our sake endured temptation and suffering.

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 Lord, who for our sake endured temptation and suffering.

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 Lord, who for our sake endured temptation and suffering.

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 Lord, who for our sake endured temptation and suffering.

Morning Prayer

HYMN

No disgrace was too abhorrent:
nailed and mocked and parched he died;
blood and water, double warrant,
issue from his wounded side,
washing in a mighty torrent
earth and stars and ocean tide.

Faithful Cross the saints rely on,
noble tree beyond compare!
Never was there such a scion,
never leaf or flow'r so rare.

Sweet the timber, sweet the iron,
sweet the burden that they bear!

Lofty timber, smooth your roughness,
flex your boughs for blossoming;
let your fibers lose their toughness,
gently let your tendrils cling;
lay aside your native gruffness,
clasp the body of your King!

Noblest tree of all created,
richly jeweled and embossed:
post by Lamb's blood consecrated;
spar that saves the tempest tossed;
scaffold beam which, elevated,
carries what the world has cost!

Wisdom, pow'r, and adoration
to the blessed Trinity
for redemption and salvation
through the Paschal Mystery,
now, in ev'ry generation,
and for all eternity. Amen.

Metrical hymn, melody: PICARDY, 8 7 8 7 8 7; Julien Tiersot's Mélo­dies popu­laires des provinces de France, 1887

Plainsong, mode I, melody 12; Liber Hymnarius, Solesmes, 1983, Text: En acetum, fel, arundo, Venantius Fortunatus, ca. 530–600*

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Sit or stand

PSALMODY

Antiphon 1

The man whose deeds are blameless and whose heart is pure will

climb the mountain of the Lord.

Psalm 24

The Lord's entry into his temple

Christ opened heaven for us in the manhood he assumed (Saint Irenaeus).

The Lórd's is the éarth and its fúllness,*
the wórld and áll its péoples.
It is hé who sét it on the séas;*
on the wáters he máde it fírm.

Who shall clímb the móuntain of the Lórd? *
Who shall stánd in his hóly pláce?
The mán with clean hánds and pure héart, †
who desíres not wóorthless thínghs,*
who has not swórn so as to decéive his néighbor.

He shall recéive bléssings from the Lórd *
and rewárd from the Gód who sáves him.
Súch are the mén who séek him,*
seek the fáce of the Gód of Jácob.

O gátes, lift hígh your héads; †
grow hígher, áncient dóors.*
Let him énter, the kíng of glóry!

Whó is the kíng of glóry? †
The Lórd, the míghty, the váliant,*
the Lórd, the váliant in wár.

O gátes, lift hígh your héads; †
grow hígher, áncient dóors.*
Let him énter, the kíng of glóry!

Who is hé, the kíng of glóry? †
Hé, the Lórd of ármies,*
hé is the kíng of glóry.

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

The man whose deeds are blameless and whose heart is pure will climb the mountain of the Lord.

Antiphon 2

Praise the eternal King in all your deeds.

Canticle – Tobit 13:1-8

God afflicts but only to heal

Blessed be the God and Father of our Lord Jesus Christ, who in his great love for us has brought us to a new birth (1 Peter 1:3).

Blessed be God who lives forever,^{*}
because his kingdom lasts for all ages.

For he scourges and then has mercy;^{*}
he casts down to the depths of the nether world,
and he brings up from the great abyss.^{*}
No one can escape his hand.

Praise him, you Israelites, before the Gentiles,[†]
for though he has scattered you among them,^{*}
he has shown you his greatness even there.

Exalt him before every living being,[†]
because he is the Lord our God,^{*}
our Father and God forever.

He scourged you for your iniquities,^{*}
but will again have mercy on you all.
He will gather you from all the Gentiles^{*}
among whom you have been scattered.

When you turn back to him with all your heart,^{*}
to do what is right before him,
then he will turn back to you,^{*}
and no longer hide his face from you.

So now consider what he has done for you,^{*}
and praise him with full voice.
Bless the Lord of righteousness,^{*}
and exalt the King of the ages.

In the land of my exile I praise him, *
and show his power and majesty to a sinful nation.
“Turn back, you sinners! do the right before him: *
perhaps he may look with favor upon you and show you mercy.

“As for me, I exalt my God, *
and my spirit rejoices in the King of heaven.
Let all men speak of his majesty, *
and sing his praises in Jerusalem.”

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

Praise the eternal King in all your deeds.

Antiphon 3

The loyal heart must praise the Lord.

Psalms 33

Song of praise for God's continual care

Through the Word all things were made (John 1:3).

Ring out your j́oy to the Lórd, O you j́ust; *
for praise is fitting for lóyal héarts.

Give thánks to the Lórd upon the hárp, *
with a tén-stringed lúte sing him sóns.
O síng him a sóns that is nów, *
play lóudly, with áll your skill.

For the wórd of the Lórd is fáithful *
and áll his wórks to be trústed.
The Lórd loves j́ustice and ríght *
and fills the éarth with his lóve.

By his wórd the héavens were máde, *
by the bréath of his móuth all the stárs.
He collécts the wáves of the ócean; *
he stóres up the dépths of the séa.

Let all the éarth féar the Lórd,*
all who líve in the wórld revére him.
He spóke; and it cáme to bé.*
He commáded; it spráng into béing.

He frustrátes the desígns of the nátions,*
he deféats the pláns of the péoples.
His ówn designs shall stánd for éver,*
the pláns of his héart from age to áge.

They are háppy, whose Gód is the Lórd,*
the péople he has chósen as his ówn.
From the héavens the Lórd looks fórch,*
he sées all the chýldren of mén.

From the pláce where he dwélls he gázés*
on áll the dwéllers on the éarth,
he who shápes the héarts of them áll*
and consíders áll their déeds.

A kíng is not sáved by his ármý,*
nor a wárríor préserved by his stréngth.
A váin hope for sáfety is the hórse;*
despíte its pówer it cannot sáve.

The Lórd looks on thóse who revére him,*
on thóse who hópe in his lóve,
to réscue their sóuls from déath,*
to kéepp them álíve in fámine.

Our sóul is wáiting for the Lórd.*
The Lórd is our hélp and our shíeld.
In hím do our héarts find jóy.*
We trúst in his hólý náme.

May your lóve be upón us, O Lórd,*
as we pláce all our hópe in yóu.

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

The loyal heart must praise the Lord.

Sit

READING

Zechariah 12:10-11a

I will pour out on the house of David and on the inhabitants of Jerusalem a spirit of grace and petition; and they shall look on him whom they have thrust through, and they shall mourn for him as one mourns for an only son, and they shall grieve over him as one grieves over a first-born. On that day the mourning in Jerusalem shall be great.

Responsory

God himself will set me free, from the hunter's snare.

— God himself will set me free, from the hunter's snare.

From those who would trap me with lying words

— and from the hunter's snare.

Glory to the Father, and to the Son, and to the Holy Spirit,

— God himself will set me free, from the hunter's snare.

Stand

GOSPEL CANTICLE

Antiphon

When you have lifted up the Son of Man, says the Lord, you will know that I am he.

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

When you have lifted up the Son of Man, says the Lord, you will
know that I am he.

INTERCESSIONS

Praise to Christ, who has given us himself as the bread from heaven.
Let us pray to him, saying:

— Jesus, you feed and heal our souls; come to strengthen us.

Lord, feed us at the banquet of the eucharist,
with all the gifts of your paschal sacrifice.

— Jesus, you feed and heal our souls; come to strengthen us.

Give us a perfect heart to receive your word,
that we may bring forth fruit in patience.

— Jesus, you feed and heal our souls; come to strengthen us.

Make us eager to work with you in building a better world,
so that it may listen to your Church and its gospel of peace.

— Jesus, you feed and heal our souls; come to strengthen us.

We confess, Lord, that we have sinned,
wash us clean by your gift of salvation.

— Jesus, you feed and heal our souls; come to strengthen 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

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.

Dismissal

May the Lord bless us, protect us from all evil and bring us to
everlasting life.

— Amen.

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