

Liturgy of the Hours
LITURGY OF THE HOURS

MORNING PRAYER

March 25, 2026
{ Solemnity – Annunciation }



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).

The Word was made flesh; come let us worship him.

— The Word was made flesh; come let us worship him.

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.

— The Word was made flesh; come let us worship him.

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.

— The Word was made flesh; come let us worship him.

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.

— The Word was made flesh; come let us worship him.

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.

— The Word was made flesh; come let us worship him.

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.”

— The Word was made flesh; come let us worship him.

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.

— The Word was made flesh; come let us worship him.

Morning Prayer

HYMN

O light that brings salvation's dawn,

an angel to the Virgin says:

Soon prophecies will be fulfilled

and treasured joys shall fill the earth.

The eternal Offspring, born the Word

within the eternal Father's breast,

made subject to the course of time,

selects a mother in the world.

A Victim to atone our sins,

he girds himself with mortal limbs,

to cleanse the sinful of their guilt

with innocent and purest blood.

O Truth, conceived in human flesh,

o'ershadowed by the Virgin's veil,

on whom the pure of heart may gaze,

come fill us with your holy light.

And you, who say with lowly heart:

Behold the handmaid of the Lord,
be patron to all faithful souls,
O Mary, crowned as heaven's Queen.

To you, Lord Jesus, glory be,
who are the Virgin Mary's Son,
with God the Father, ever blest,
and loving Spirit, ever one. Amen.

Metrical hymn, melody: GONFALON ROYAL, 8 8 8 8; Sir Percy Carter Buck, 1871-1947

Plainsong, mode IV, melody 64; Liber Hymnarius, Solesmes, 1983, Text: O lux, salutis nuntia, unknown author

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Sit or stand

PSALMODY

Antiphon 1

The angel Gabriel was sent to the Virgin Mary, who was engaged to be married to Joseph.

Psalm 63:2-9

A soul thirsting for God

Whoever has left the darkness of sin yearns for God.

O Gód, you are my Gód, for you I lóng; *
for yóu my sóul is thírsting.
My bódy pínes for yóu *
like a drý, weary lánd without wáter.
So I gáze on yóu in the sánctuary *
to sée your stréngth and your glóry.

For your lóve is bétter than lífe, *
my líps will spéak your práise.

So I will bléss you áll my lífe, *
in your náme I will líft up my hánds.
My sóul shall be filled as with a bánnquet, *
my móuth shall práise you with jóy.

On my béd I remémber yóu. *
On yóu I múse through the níght
for yóu have béen my hélp; *
in the shádow of your wíngs I rejóice.
My sóul clíngs to yóu; *
your ríght hand hólds me fást.

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 angel Gabriel was sent to the Virgin Mary, who was engaged to be married to Joseph.

Antiphon 2

Blessed are you among women, and blessed is the fruit of your womb.

Canticle – Daniel 3:57–88, 56

Let all creatures praise the Lord

All you servants of the Lord, sing praise to him (Revelation 19:5).

Bless the Lord, all you works of the Lord. *
Praise and exalt him above all forever.
Angels of the Lord, bless the Lord. *
You heavens, bless the Lord.
All you waters above the heavens, bless the Lord. *
All you hosts of the Lord, bless the Lord.
Sun and moon, bless the Lord. *
Stars of heaven, bless the Lord.
Every shower and dew, bless the Lord. *
All you winds, bless the Lord.
Fire and heat, bless the Lord. *

Cold and chill, bless the Lord.
Dew and rain, bless the Lord. *

Frost and chill, bless the Lord.
Ice and snow, bless the Lord. *

Nights and days, bless the Lord.
Light and darkness, bless the Lord. *

Lightnings and clouds, bless the Lord.

Let the earth bless the Lord. *

Praise and exalt him above all forever.
Mountains and hills, bless the Lord. *

Everything growing from the earth, bless the Lord.
You springs, bless the Lord. *

Seas and rivers, bless the Lord.
You dolphins and all water creatures, bless the Lord. *

All you birds of the air, bless the Lord.
All you beasts, wild and tame, bless the Lord. *

You sons of men, bless the Lord.

O Israel, bless the Lord. *

Praise and exalt him above all forever.
Priests of the Lord, bless the Lord. *

Servants of the Lord, bless the Lord.
Spirits and souls of the just, bless the Lord. *

Holy men of humble heart, bless the Lord.
Hananiah, Azariah, Mishael, bless the Lord. *

Praise and exalt him above all forever.

Let us bless the Father, and the Son, and the Holy Spirit. *
Let us praise and exalt him above all forever.
Blessed are you, Lord, in the firmament of heaven. *
Praiseworthy and glorious and exalted above all forever.

Antiphon

Blessed are you among women, and blessed is the fruit of your womb.

Antiphon 3

Trusting in the Lord's promise, the Virgin Mary conceived a child, and remaining a virgin, she gave birth to the Savior.

Psalm 149

The joy of God's holy people.

Let the sons of the Church, the children of the new people, rejoice in Christ, their King (Hesychius).

Síng a new sóng to the Lórd,*
his práise in the assémbly of the fáithful.

Let Ísrael rejóice in its máker,*
let Zión's sons exúlt in their kíng.

Let them práise his náme with dáncing*
and make músic with tímbrel and hárp.

For the Lórd takes delíght in his péople.*
He crówns the póor with salvátion.

Let the fáithful rejóice in their glóry,*
shout for jóy and téke their rést.

Let the práise of Gód be on their líps*
and a twó-edged swórd in their hánd,

to déal out véngeance to the nátions*
and púnishment on áll the péoples;
to bínd their kíngs in cháins*
and their nóbles in fétters of íron;
to cárry out the séntence pre-ordáined;*
this hónor is for áll his fáithful.

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

Trusting in the Lord's promise, the Virgin Mary conceived a child,
and remaining a virgin, she gave birth to the Savior.

Sit

READING

Philippians 2:6-7

Though he was in the form of God,

Jesus did not deem equality with God
something to be grasped at.
Rather, he emptied himself
and took the form of a slave,
being born in the likeness of men.
He was known to be of human estate.

Responsory

Hail Mary, full of grace, the Lord is with you.

— Hail Mary, full of grace, the Lord is with you.

Blessed are you among women, and blessed is the fruit of your womb.

— The Lord is with you.

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

— Hail Mary, full of grace, the Lord is with you.

Stand

GOSPEL CANTICLE

Antiphon

In his great love for us, God sent his Son in the likeness of our sinful nature.

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

In his great love for us, God sent his Son in the likeness of our sinful nature.

INTERCESSIONS

Today we celebrate the beginning of our salvation when the coming of the Lord was announced by the angel. Let us pray with joy in our hearts, saying:

— May God's holy Mother intercede for us.

Mary received God's word with joy,
may joy fill our hearts as we welcome our Savior.

— May God's holy Mother intercede for us.

You looked with love on your lowly servant,
in your mercy, Father, remember us and all your children.

— May God's holy Mother intercede for us.

Mary, the new Eve, was obedient to your word,
may we echo her loving obedience.

— May God's holy Mother intercede for us.

May God's holy Mother help all in distress, encourage the faint-hearted, console the sorrowful,
may she pray for your holy people, for the clergy, and for all women dedicated to your service.

— May God's holy Mother intercede for 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

God our Father,
your Word became man and was born of the Virgin Mary.
May we become more like Jesus Christ,
whom we acknowledge as our redeemer, God and man.

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.

Dismissal

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

— Amen.

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