

Liturgy of the Hours
LITURGY OF THE HOURS

EVENING PRAYER

March 6, 2026

{ Friday of the Second Week of Lent }

during Exposition
of the Blessed Sacrament

concluding with
Benediction and Reposition



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

Sing, my tongue, the hidden myst'ry
of Christ's Body glorified,
and his Precious Blood most holy,
shed in ransom for the world,
offered by the King of nations,
born the fruit of noble womb.

Born for us and given to us
Son of Mary, Virgin pure,
in the world he lived among us,
sowed as seeds the word of truth;
then the season of his sojourn
with a wondrous rite he closed.

On the night of that Last Supper
feasting with his chosen friends,
he obeyed the law completely
in the food and drink prescribed;
then he gave his twelve Apostles
with his hands himself as food.

Word made flesh, true bread from heaven,
by a word, made bread his Flesh,
purest wine Christ's Blood becoming,
though our sense cannot perceive;
faith alone brings full assurance
to the pure and faithful heart.

Let us, therefore, bow and worship
such a wondrous Sacrament;

let the ancient law and custom
to a newer rite now yield;
let our faith supply conviction
where the senses tire and fail.

To the Father, unbegotten,
and Sole-begotten Son,
be salvation, blessing, honor,
jubilation, pow'r, and praise;
to the One from both proceeding
equal glory and renown. Amen.

Metrical hymn, melody: WESTMINSTER ABBEY, 8 7 8 7 8 7; adapted from an anthem by Henry Purcell (1659–1695)

Plainsong, mode III, melody 55; Liber Hymnarius, Solesmes, 1983, Text: Pange, lingua, gloriosi corporis mysterium, attributed to St. Thomas Aquinas, O.P., 1225–1274

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Sit or stand

PSALMODY

Antiphon 1

Lord, keep my soul from death, never let me stumble.

Psalm 116:1–9

Thanksgiving

We must endure many trials before entering God's kingdom (Acts 14:21).

I love the Lórd for hé has héard *
the crý of my appéal;
for he túrned his éar to mé *
in the dáy when I cálléd him.

They surróunded me, the snáres of déath, †

with the ánguish of the tómb; *
they cáught me, sórrow and distréss.

I cálléd on the Lórd's name. *
O Lórd my Gód, delíver me!

How grácious is the Lórd, and júst; *
our Gód has compássion.
The Lórd protéct's the simple héarts; *
I was hélpless so he sáved me.

Turn báck, my sóul, to your rést *
for the Lórd has been góod;
he has képt my sóul from déath, †
my éyes from téars *
and my féet from stúmbing.

I will wálk in the présence of the Lórd *
in the lánd of the líving.

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

Lord, keep my soul from death, never let me stumble.

Antiphon 2

My help comes from the Lord, who made heaven and earth.

Psalms 121

Guardian of his people

Never again will they hunger and thirst, never again know scorching heat (Revelation 7:16).

I lift up my eyes to the mountains: *
from where shall come my help?
My help shall come from the Lord *
who made heaven and earth.

May he never allow you to stumble! *
Let him sleep not, your guard.

No, he sleeps not nor slumbers, *
Israel's guard.

The Lord is your guard and your shade, *
at your right side he stands.
By day the sun shall not smite you *
nor the moon in the night.

The Lord will guard you from evil, *
he will guard your soul.
The Lord will guard your going and coming *
both now and for ever.

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

My help comes from the Lord, who made heaven and earth.

Antiphon 3

King of all the ages, your ways are perfect and true.

Canticle – Revelation 15:3-4

Hymn of adoration

Mighty and wonderful are your works, *
Lord God Almighty!
Righteous and true are your ways, *
O King of the nations!

Who would dare refuse you honor, *
or the glory due your name, O Lord?

Since you alone are holy, *
all nations shall come
and worship in your presence. *
Your mighty deeds are clearly seen.

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

King of all the ages, your ways are perfect and true.

Sit

READING

James 5:16, 19-20

Declare your sins to one another, and pray for one another, that you may find healing. The fervent petition of a holy man is powerful indeed. My brothers, the case may arise among you of someone straying from the truth, and of another bringing him back. Remember this: the person who brings a sinner back from his way will save his soul from death and cancel a multitude of sins.

Responsory

To you, O Lord, I make my prayer for mercy.

— To you, O Lord, I make my prayer for mercy.

Heal my soul, for I have sinned against you.

— I make my prayer for mercy.

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

— To you, O Lord, I make my prayer for mercy.

Stand

GOSPEL CANTICLE

Antiphon

They would have arrested Jesus but they feared the people who regarded him as a prophet.

Luke 1:46-55

The soul rejoices in the Lord

Make sign of cross

My soul proclaims the greatness of the Lord, *
my spirit rejoices in God my Savior
for he has looked with favor on his lowly servant. *

From this day all generations will call me blessed:
the Almighty has done great things for me, *
and holy is his Name.

He has mercy on those who fear him *
in every generation.

He has shown the strength of his arm, *
he has scattered the proud in their conceit.

He has cast down the mighty from their thrones, *
and has lifted up the lowly.

He has filled the hungry with good things, *
and the rich he has sent away empty.

He has come to the help of his servant Israel *
for he has remembered his promise of mercy,
the promise he made to our fathers, *
to Abraham and his children for ever.

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

They would have arrested Jesus but they feared the people who
regarded him as a prophet.

INTERCESSIONS

The Savior of mankind by dying destroyed death and by rising
again restored life. Let us humbly ask him:

— Sanctify your people, redeemed by your blood.

Redeemer of the world, give us a greater share of your passion
through a deeper spirit of repentance,
so that we may share the glory of your resurrection.

— Sanctify your people, redeemed by your blood.

May your Mother, comfort of the afflicted, protect us,
may we console others as you console us.

— Sanctify your people, redeemed by your blood.

In their trials enable your faithful people to share in your passion,
and so reveal in their lives your saving power.

— Sanctify your people, redeemed by your blood.

You humbled yourself by being obedient even to accepting death,
death on a cross,
give all who serve you the gifts of obedience and patient endurance.

— Sanctify your people, redeemed by your blood.

Transform the bodies of the dead to be like your own in glory,
and bring us at last into their fellowship.

— Sanctify your people, redeemed by your blood.

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.

Kneel

BENEDICTION

Tantum ergo sacramentum
Veneremur cernui:
Et antiquum documentum
Novo cedat ritui:
Praestet fides supplementum
Sensuum defectui.

Genitori, Genitoque
Laus et iubilatio

Salus, honor, virtus quoque
Sit et benedictio:
Procedenti ab utroque
Compar sit laudatio. Amen.

*Melody: Pange Lingua 87.87.87; Music: Mode III Vatican Plainsong; Text: Pange
Lingua, St. Thomas Aquinas, c. 1225-1274*

Incensation

Let us pray.

Lord Jesus Christ,
you gave us the eucharist
as the memorial of your suffering and death.
May our worship of this sacrament of your body and blood
help us to experience the salvation you won for us
and the peace of the kingdom
where you live with the Father and the Holy Spirit,
God, for ever and ever.

— Amen.

Blessing

Divine Praises

Blessed be God.
Blessed be his holy Name.
Blessed be Jesus Christ, true God and true Man.
Blessed be the name of Jesus.
Blessed be his most sacred Heart.
Blessed be his most precious Blood.
Blessed be Jesus in the most holy Sacrament of the altar.
Blessed be the Holy Spirit, the Paraclete.
Blessed be the great Mother of God, Mary most holy.
Blessed be her holy and immaculate conception.
Blessed be her glorious assumption.

Blessed be the name of Mary, Virgin and Mother.
Blessed be Saint Joseph, her most chaste spouse.
Blessed be God in his angels and in his saints.

Reposition

Stand

HYMN

Holy God, we praise thy name!
Lord of all, we bow before thee!
All on earth thy scepter claim,
All in heaven above adore thee!
Infinite thy vast domain,
Everlasting is thy reign.

Hark the loud celestial hymn
Angel choirs above are raising;
Cherubim and Seraphim,
In unceasing chorus praising,
Fill the heavens with sweet accord:
Holy, Holy, Holy Lord!

Holy Father, Holy Son,
Holy Spirit, Three we name thee,
While in essence only One,
Undivided God we claim thee;
And adoring bend the knee,
While we own the mystery.

*Melody: Grosser Gott 78.78.77; Music: Katholisches Gesangbuch, Vienna, c. 1774;
Text: Ignaz Franz, 1719-1790; Translator: Clarence Walworth, 1820-1900*

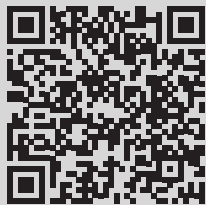
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