

*Liturgy of the Hours*  
LITURGY OF THE HOURS

DAYTIME PRAYER

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March 17, 2019

{ Second Sunday 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

Take up your cross, the Savior said,  
If you would my disciple be;  
Deny yourself, the world forsake,  
And humbly follow after me.

Take up your cross, let not its weight  
Fill your weak spirit with alarm;  
His strength shall bear your spirit up,  
Shall brace your heart and nerve your arm.

Take up your cross then in his strength,  
And ev'ry danger calmly brave,  
To guide you to a better home,  
And vict'ry over death and grave.

Take up your cross and follow Christ,  
Nor think till death to lay it down;  
For only he who bears the cross  
May hope to wear the glorious crown.

To you, great Lord, the One in three,  
All praise for evermore ascend;  
O grant us here below to see  
The heav'nly life that knows no end.

*Melody: Breslau or Winchester New L.M.; Music: (Breslau) As hymnodus sacer, 1625, or (Winchester New) Musikalisches Handbuch, Hamburg, 1690; Text: Charles William Everest, 1814-1877, adapted by Anthony G. Petti; © 1971 by Faber Music Ltd, London. Reproduced by kind permission of the publishers. All Rights Reserved.*

*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 23*

*The Good Shepherd*

*The Lamb himself will be their shepherd and will lead them to the springs of living waters (Revelation 7:17).*

The Lórd is my shépherd; \*  
there is nóthing I shall wánt.  
Frésh and gréen are the pástures \*  
where he gíves me repóse.  
Near réstful wáters he léads me, \*  
to revíve my drooping spírit.

He guídes me alóng the right páth; \*  
he is trúe to his náme.  
If I should wálk in the válley of dárkness \*  
no évil would I féar.  
You are thére with your cróok and your stáff; \*  
with thése you give me cómfort.

You have prépared a bánquet for mé \*  
in the síght of my fóes.  
My héad you have anóinted with óil; \*  
my cúp is overflówing.

Surely góodness and kíndness shall fóllow me \*  
all the dáys of my lífe.  
In the Lórd's own hóuse shall I dwéll \*  
for éver and éver.

Glory to the Fátter, and to the Son, \*  
and to the Holy Spírit:  
as it was in the beginning, is now, \*  
and will be for ever. Amen.

*Psalm 76*

*Thanksgiving for victory*

*They will see the Son of Man coming on the clouds of heaven (Matthew 24:30).*

*I*

Gód is made knówn in Júdah; \*  
in Ísrael his náme is gréat.  
He sèt up his tént in Jerúsalem \*  
and his dwélling pláce in Zíon.  
It was thére he bróke the flashing árrows, \*  
the shíeld, the swórd, the ármor.  
Yóu, O Lórd, are respléndent, \*  
more majéstic than the éverlasting móuntains.  
The wárriors, despóiled, slept in déath; \*  
the hánds of the sóldiers were pówerless.  
At your thréat, O Gód of Jácob, \*  
hórsé and ríder lay stúnned.  
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.

*II*

Yóu, you alóne, strike térror. \*  
Who shall stánd when your ánger is róused?  
You úttered your séntence from the héavens; \*  
the éarth in térror was stíll  
when Gód aróse to júdge, \*  
to sáve the húmble of the éarth.  
Men's ánger will sérve to práise you; †  
its survívors surróund you in jój. \*  
Make vóws to your Gód and fulfill them.  
Let all pay tríbute to hím who strikes térror, †  
who cúts short the lífe of prínces, \*  
who strikes térror in the kíngs of the éarth.  
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

*Isaiab 30:15, 18*

Thus said the Lord God,  
the Holy One of Israel:  
By waiting and by calm you shall be saved,  
in quiet and in trust your strength lies.  
Yet the Lord is waiting to show you favor,  
and he rises to pity you;  
For the Lord is a God of justice:  
blessed are all who wait for him!

*Verse*

Turn your face away from my sins.  
— Blot out all my guilt.

*Stand*

CONCLUDING PRAYER

Let us pray.

God our Father,  
help us to hear your Son.  
Enlighten us with your word,  
that we may find the way to your glory.

We ask this through our Lord Jesus Christ, your Son,  
who lives and reigns with you and the Holy Spirit,  
one God, for ever and ever.

— Amen.

*Acclamation*

Let us praise the Lord.

— And give him thanks.

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