

Liturgy of the Hours
LITURGY OF THE HOURS

DAYTIME PRAYER

March 18, 2026

{ Wednesday of the Fourth 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.*

*The English translation of Hymns and chants from The Liturgy of the Hours © 2023
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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 119:145-152

XLIX (Koph)

I call with all my heart; Lord, hear me,*
I will keep your commands;
I call upon you, save me*
and I will do your will.

I rise before dawn and cry for help,*
I hope in your word.
My eyes watch through the night*
to ponder your promise.

In your love hear my voice, O Lord;*
give me life by your decrees.
Those who harm me unjustly draw near:*
they are far from your law.

But you, O Lord, are close:*
your commands are truth.
Long have I known that your will*
is established 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.

Psalm 94

The Lord will avenge the just

God punishes wicked conduct; he has called you to share his holiness. You must have nothing to do with impurity (1 Thessalonians 4:6-7).

I

O Lord avenging God,*

avénging Gód, appéar!
Júdge of the éarth, aríse, *
gíve the próud what they desérve!

How lóng, O Lórd, shall the wícked, *
how lóng shall the wícked tríumph?
They blúster with árrogant spéech; *
the évil-doers bóast to each óther.

They crúsh your péople, Lórd, *
they afflíct the ónes you have chósen.
They kíll the wídow and the stránger *
and múrder the fátherless chíld.

And they sáy: “The Lórd does not sée; *
the God of Jácob páys no héed.”
Mark thís, most sénseless of péople; *
fóols, when wíll you understánd?

Can hé who made the éar, not héar? *
Can hé who formed the éye, not sée?
Will hé who corrects nátions, not púnish? *
Will hé who teaches mén, not have knówledge?

The Lórd knows the thóughts of mén. *
He knóws they are no móre than a bréath.

Glory to the Fátter, and to the Son, *
and to the Holy Spírit:
as it was in the bégíning, is now, *
and wíll be for éver. Amen.

II

Happy the mán whom you téach, O Lórd, *
whom you tráin by méans of your lów:
to hím you gíve péace in évil dáys *
while the pít is being dúg for the wícked.

The Lórd wíll not abándon his péople *
nor forsáke thóse who are his ówn;
for júdgment shall agáin be júst *
and áll true héarts shall uphóld it.

Who will stánd up for mé against the wicked? *
Who will défend me from thóse who do évil?
If the Lórd were nót to hélp me, *
I would sóon go dówn into the sílence.

When I thínk: “I have lóst my fóothold,” *
your mércy, Lórd, holds me úp.
When cáres incréase in my héart *
your consolátion cálm my sóul.

Can júdges who do évil be your fríends? *
They do injústice under cóver of lów;
they attáck the life of the júst *
and condémn ínnocent blóod.

As for mé, the Lórd will be a stróngthold; *
my Gód will be the rók where I take réfuge.
He will repáy them fór their wickedness, †
destróy them for their évil déeds. *
The Lórd, our Gód, will destróy them.

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

Zechariah 1:3b-4b

Return to me, says the Lord of hosts, and I will return to you. Be not like your fathers whom the former prophets warned: Turn from your evil ways and from your wicked deeds.

Verse

Turn your face away from my sins.

— Blot out all my guilt.

Stand

CONCLUDING PRAYER

Let us pray.

Lord,
you reward virtue
and forgive the repentant sinner.
Grant us your forgiveness
as we come before you confessing our guilt.

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.

Acclamation

Let us praise the Lord.

— And give him thanks.

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