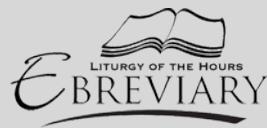


Liturgy of the Hours
LITURGY OF THE HOURS

EVENING PRAYER II

March 8, 2026
{ Third Sunday in 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

O Loving Maker, hear the prayers
we raise to you with sighs and tears,
as we observe these forty days
with holy fast and abstinence.

You search all hearts with loving care
and know the weakness of our pow'rs;
show mercy, Lord, forgive the sins
of those who turn to seek your grace.

Though we, in truth, have greatly sinned,
yet spare us who confess our guilt;
restore and heal our ailing souls
for praise and honor of your name.

Grant us through corp'ral abstinence
to learn and practice self-control,
that inwardly with sober mind
we fast from ev'ry stain of sin.

Grant us, O Blessed Trinity,
O Undivided Unity,
to see this service of our fast
bring forth your fruit within our hearts. Amen.

Metrical hymn, melody: JENA, 8 8 8 8; later form of melody by Melchoir Vulpius, ca. 1570-1615, composed in 1609

Plainsong, mode II, melody 44; Liber Hymnarius, Solesmes, 1983, Text: Audi, benigne Conditor, attributed to St. Gregory the Great, ca. 540-604*

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Sit or stand

PSALMODY

Antiphon 1

Lord, all powerful King, free us for the sake of your name. Give us time to turn from our sins.

Psalm 110:1-5, 7

The Messiah, king and priest

Christ's reign will last until all his enemies are made subject to him (1 Corinthians 15:25).

The Lórd's revelátion to my Máster: †

“Sít on my ríght: *

your fóes I will pút beneath your féet.”

The Lórd will wíeld from Zíon †

your scépter of pówer: *

rúle in the mídst of all your fóes.

A prínce from the dáy of your bírth †

on the hóly móuntains; *

from the wómb before the dáwn I begót you.

The Lórd has sworn an óath he will not chánge. †

“You are a príest for éver, *

a príest like Melchízedek of óld.”

The Máster stánding at your ríght hand *

will shatter kíngs in the dáy of his wráth.

He shall drínk from the stréam by the wáyside *

and thérfore he shall líft up his héad.

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, all powerful King, free us for the sake of your name. Give us time to turn from our sins.

Antiphon 2

We have been redeemed by the precious blood of Christ, the lamb without blemish.

Psalm 111

God's marvelous works

We are lost in wonder at all that you have done for us, our Lord and mighty God (Revelation 15:3).

I will thánk the Lórd with all my héart *
in the méeting of the júst and their assémbly.
Gréat are the wórks of the Lórd; *
to be póndered by áll who lóve them.

Májestic and glórious his wórk, *
his jústice stands firm for éver.
He mákes us remémber his wónders. *
The Lórd is compássion and lóve.

He gives fóod to thóse who féar him; *
keeps his covenant éver in mínd.
He has shówn his míght to his péople *
by gíving them the lánds of the nátions.

His wórks are jústice and trúth: *
his précepts are áll of them súre,
standing firm for éver and éver: *
they are máde in úprightness and trúth.

He has sént delíverance to his péople †
and estáblished his covenant for éver.*
Hóly his náme, to be féared.

To fear the Lórd is the first stage of wísdom; †
all who dó so próve themselves wíse.*

His praise shall last 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

We have been redeemed by the precious blood of Christ, the lamb without blemish.

Antiphon 3

Ours were the sufferings he bore; ours the torments he endured.

Canticle – 1 Peter 2:21-24

The willing acceptance of his passion by Christ, the servant of God

Christ suffered for you, †
and left you an example *
to have you follow in his footsteps.

He did no wrong; *
no deceit was found in his mouth.
When he was insulted, *
he returned no insult.

When he was made to suffer, *
he did not counter with threats.
Instead he delivered himself up *
to the One who judges justly.

In his own body *
he brought your sins to the cross,
so that all of us, dead to sin, †
could live in accord with God's will. *
By his wounds you were healed.

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

Ours were the sufferings he bore; ours the torments he endured.

Sit

READING

1 Corinthians 9:24-25

While all the runners in the stadium take part in the race, the award goes to one man. In that case, run so as to win! Athletes deny themselves all sorts of things. They do this to win a crown of leaves that withers, but we a crown that is imperishable.

Responsory

Listen to us, O Lord, and have mercy, for we have sinned against you.

— Listen to us, O Lord, and have mercy, for we have sinned against you.

Christ Jesus, hear our humble petitions,

— for we have sinned against you.

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

— Listen to us, O Lord, and have mercy, for we have sinned against you.

Stand

GOSPEL CANTICLE

Antiphon

Whoever drinks the water that I shall give will never be thirsty again, says the Lord.

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

Whoever drinks the water that I shall give will never be thirsty again, says the Lord.

INTERCESSIONS

All praise to God the Father who brought his chosen people to rebirth from imperishable seed through his eternal Word. Let us ask him as his children:

— Lord, be gracious to your people.

God of mercy, hear the prayers we offer for all your people, may they hunger for your word more than for bodily food.

— Lord, be gracious to your people.

Give us a sincere and active love for our own nation and for all mankind,

may we work always to build a world of peace and goodness.

— Lord, be gracious to your people.

Look with love on all to be reborn in baptism,
that they may be living stones in your temple of the Spirit.

— Lord, be gracious to your people.

You moved Nineveh to repentance by the preaching of Jonah,
in your mercy touch the hearts of sinners by the preaching of your
word.

— Lord, be gracious to your people.

May the dying go in hope to meet Christ their judge,
may they rejoice for ever in the vision of your glory.

— Lord, be gracious to your people.

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

Father,

you have taught us to overcome our sins
by prayer, fasting and works of mercy.

When we are discouraged by our weakness,
give us confidence in your love.

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.

O Loving Maker, Hear the Prayers



1. O Lov - ing Mak - er, hear_ the prayers
2. You search all hearts_ with lov - ing care
3. Though we, in truth,_ have great - ly sinned,
4. Grant us through cor - p'ral ab - sti - nence
5. Grant us, O Bles - sed Trin - i - ty,



1. we raise to you with sighs and tears,
2. and know the weak - ness of our pow'rs;
3. yet spare us who con - fess our guilt;
4. to learn and prac - tice self - con - trol,
5. O Un - div - id - ed U - ni - ty,



1. as we ob - serve these for - ty days
2. show mer - cy, Lord, for - give the sins
3. re - store and heal our ail - ing souls
4. that in - ward ly with so - ber mind
5. to see this ser - vice of our fast



1. with ho - ly fast_ and ab - sti - nence.
2. of those who turn_ to seek_ your grace.
3. for praise and hon - or of_ your name.
4. we fast from ev - 'ry stain_ of sin.
5. bring forth your fruit_ with - in_ our hearts.



5. A - men.

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