

Liturgy of the Hours
LITURGY OF THE HOURS

MORNING PRAYER

March 8, 2026
{ Third Sunday in Lent }



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).

Come, let us worship Christ the Lord, who for our sake endured temptation and suffering.

— Come, let us worship Christ the Lord, who for our sake endured temptation and suffering.

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.

— Come, let us worship Christ the Lord, who for our sake endured temptation and suffering.

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.

— Come, let us worship Christ the Lord, who for our sake endured temptation and suffering.

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.

— Come, let us worship Christ the Lord, who for our sake endured temptation and suffering.

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.

- Come, let us worship Christ the Lord, who for our sake endured temptation and suffering.

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.”

- Come, let us worship Christ the Lord, who for our sake endured temptation and suffering.

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.

- Come, let us worship Christ the Lord, who for our sake endured temptation and suffering.

Morning Prayer

HYMN

Let all of us bow down in prayer,
let each with sorrow raise a cry,
and let us weep before the Judge,
forestalling his avenging wrath.

O God, our faults and evil deeds
offend your loving clemency;
pour forth upon us from above
forgiveness and remission, Lord.

Remember, we belong to you,

formed by your hand, yet prone to fall;
do not bestow, O Lord, we pray,
on others honor due your name.

Forgive the evil we have done,
increase the good for which we pray,
by which we may be fit at last
to please you here and evermore.

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 39; Liber Hymnarius, Solesmes, 1983, Text: Precemur omnes cernui, attributed to St. Gregory the Great, ca. 540-604*

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Sit or stand

PSALMODY

Antiphon 1

Your decrees, O Lord, are to be trusted; your truth is more powerful than the roaring of the seas.

Psalm 93

Splendor of God the Creator

The Lord our mighty God now reigns supreme; let us rejoice and be glad and give him praise (Revelation 19:6-7).

The Lord is kíng, with májesty enróbed; †
the Lórd has róbed himself with míght,*
he has gírded himsélF with pówer.

The world you made firm, not to be moved; †
your throne has stood firm from of old. *
From all eternity, O Lord, you are.

The waters have lifted up, O Lord, †
the waters have lifted up their voice, *
the waters have lifted up their thunder.

Greater than the roar of mighty waters, †
more glorious than the surgings of the sea, *
the Lord is glorious on high.

Truly your decrees are to be trusted. †
Holiness is fitting to your house, *
O Lord, until the end of time.

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

Your decrees, O Lord, are to be trusted; your truth is more powerful than the roaring of the seas.

Antiphon 2

Springs of water, bless the Lord; praise and exalt him above all for ever.

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 for ever.

Blessed are you, Lord, in the firmament of heaven. *

Praiseworthy and glorious and exalted above all for ever.

Antiphon

Springs of water, bless the Lord; praise and exalt him above all for ever.

Antiphon 3

All kings and peoples of the earth give praise to God.

Psalm 148

Praise to the Lord, the Creator

Praise and honor, glory and power for ever to him who sits upon the throne and to the Lamb (Revelation 5:13).

Práise the Lórd from the héavens, *
práise him in the héights.
Práise him, all his ángels, *
práise him, áll his hóst.

Práise him, sún and móon, *
práise him, shining stárs.
Práise him, highest héavens *
and the wátters abóve the héavens.

Let them práise the náme of the Lórd. *
He commáded: they were máde.
He fixed them for éver, *
gave a lágw which shall nótt pass awáy.

Práise the Lórd from the éarth, *
séa creatures and all óceans,
fire and háil, snow and míst, *
stormy wínds that obéy his wórd;

áll móuntains and hílls, *
all frúit trees and céders,
béasts, wild and táme, *
réptiles and bírds on the wíng;

áll éarth's kíngs and péoples, *
éarth's prínces and rúlers;
yóung men and máidens, *
old men togéther with chíldren.

Let them práise the náme of the Lórd *
for he alóne is exálted.
The spléndor of his náme *
réaches beyond héaven and éarth.

He exalts the strength of his people.*
He is the praise of all his saints,
of the sons of Ísrael,*
of the people to whom he comes close.

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

All kings and peoples of the earth give praise to God.

Sit

READING

See Nehemiah 8:9, 10

Today is holy to the Lord your God. Do not be sad, and do not weep; for today is holy to our Lord. Do not be saddened this day, for rejoicing in the Lord must be your strength!

Responsory

Christ, Son of the living God, have mercy on us.

— Christ, Son of the living God, have mercy on us.

You were wounded for our offenses,

— have mercy on us.

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

— Christ, Son of the living God, have mercy on us.

Stand

GOSPEL CANTICLE

Antiphon

Destroy this temple, says the Lord, and in three days I will rebuild it. He was speaking of the temple of his body.

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

Destroy this temple, says the Lord, and in three days I will rebuild it. He was speaking of the temple of his body.

INTERCESSIONS

Let us praise our loving Redeemer, who gained for us this season of

grace, and pray to him, saying:

— Lord, create a new spirit in us.

Christ, our life, through baptism we were buried with you and rose to life with you,
may we walk today in newness of life.

— Lord, create a new spirit in us.

Lord, you have brought blessings to all mankind,
bring us to share your concern for the good of all.

— Lord, create a new spirit in us.

May we work together to build up the earthly city,
with our eyes fixed on the city that lasts for ever.

— Lord, create a new spirit in us.

Healer of body and soul, cure the sickness of our spirit,
so that we may grow in holiness through your constant care.

— Lord, create a new spirit in 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

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.

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