

*Liturgy of the Hours*  
LITURGY OF THE HOURS

OFFICE OF READINGS  
CANTICLES AND GOSPEL READING

---

March 30, 2019  
{ Fourth 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

Creator of the earth and skies,  
To whom all truth and power belong,  
Grant us your truth to make us wise;  
Grant us your power to make us strong.

We have not known you: to the skies  
Our monuments of folly soar,  
And all our self-wrought miseries  
Have made us trust ourselves the more.

We have not loved you: far and wide  
The wreckage of our hatred spreads,  
And evils wrought by human pride  
Recoil on unrepentant heads.

We long to end this worldwide strife:  
How shall we follow in your way?  
Speak to mankind your words of life,  
Until our darkness turns to day.

*Melody: Uffingham or Create Alme Siderum L.M.; Music: (Uffingham) J. Clarke, c 1659-1707, or (Creator Alme Siderum) Gregorian; Text: Donald Hughes, 1911-1967, alt.*

*Sit or stand*

PSALMODY

*Antiphon 1*

Who can climb the Lord's mountain, or stand in his holy place?

*Psalm 24*

*The Lord's entry into his temple*

*Christ opened heaven for us in the manhood he assumed (St. Irenaeus).*

The Lórd's is the éarth and its fúllness, \*  
the wórld and áll its péoples.  
It is hé who sét it on the séas; \*  
on the wátters he máde it firm.

Who shall clímb the móuntain of the Lórd? \*  
Who shall stánd in his hóly pláce?  
The mán with clean hánds and pure héart, †  
who desíres not wóρθless thínghs, \*  
who has not swórn so as to decéive his néíghbor.

He shall recéive bléssings from the Lórd \*  
and rewárd from the Gód who sáves him.  
Súch are the mén who séek him, \*  
seek the fáce of the Gód of Jácob.

O gátes, lift hígh your héads; †  
grow hígher, áncient dóors. \*  
Let him énter, the kíng of glóry!

Whó is the kíng of glóry? †  
The Lórd, the míghty, the váliant, \*  
the Lórd, the váliant in wár.

O gátes, lift hígh your héads; †  
grow hígher, áncient dóors. \*  
Let him énter, the kíng of glóry!

Who is hé, the kíng of glóry? †  
Hé, the Lórd of ármies, \*  
hé is the kíng of glóry.

Glory to the Fátter, and to the Son, \*  
and to the Hóly Spírit:  
as it was in the béginning, is now, \*  
and will be for éver. Amen.

*Antiphon*

Who can climb the Lord's mountain, or stand in his holy place?

*Antiphon 2*

Bless our God, you nations of the world; he has given us life.

*Psalm 66*

*Eucharistic Hymn*

*The Lord is risen and all people have been brought by him to the Father (Hesychius).*

*I*

Cry out with jÓy to GÓd, all the éarth,\*  
O síng to the glÓry of his náme.  
O rénder him glÓrious práise.\*  
Say to GÓd: "How treméndous your déeds!

Beçause of the gréatness of your stréngth\*  
your énemies críngé befóre you.  
Befóre you all the éarth shall bÓw;\*  
shall síng to you, síng to your náme!"

Come and sée the wórks of GÓd,\*  
treméndous his déeds among mén.  
He túrned the séa into dry lánd,\*  
they pássed through the ríver dry-shód.

Let our jÓy then bé in hím;\*  
he rúles for éver by his míght.  
His éyes keep wátch over the nátions;\*  
let rébels not ríse agáinst him.

O péoples, bléss our GÓd,\*  
let the vÓice of his práise resóund,  
of the GÓd who gave lífe to our sóuls\*  
and képt our féet from stúmbling.

For yÓu, O GÓd, have tésted us,\*  
you have tríed us as sílver is tríed:  
you léd us, GÓd, into the snáre;\*  
you láid a heavy búrden on our bácks.

You lét men ride over our héads; †  
we wént through fire and through wáter \*  
but thén you bróught us relief.

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*

Bless our God, you nations of the world; he has given us life.

*Antiphon 3*

Listen to me, all you who revere God, let me tell you what great things he has done for me.

*II*

Burnt óffering I bring to your hóuse; \*  
to yóu I will páy my vóws,  
the vóws which my líps have úttered, \*  
which my móuth spóke in my distréss.

I will óffer burnt ófferings of fátlings †  
with the smóke of búrning ráms. \*  
I will óffer búllocks and góats.

Come and héar, ál who fear Gód. \*  
I will téll what he díd for my sóul:  
to hím I cried alóud, \*  
with high práise réady on my tóngue.

If there had béen évil in my héart, \*  
the Lórd would nótt have listened.  
But trúly Gód has lístened; \*  
he has héeded the vóice of my práyer.

Blessed be Gód who did nótt reject my práyer \*  
nor withhóld his lóve from mé.

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*

Listen to me, all you who revere God, let me tell you what great things he has done for me.

VERSE

Lord, your words are spirit and life.

— You have the words of eternal life.

READINGS

*First reading*

From the Book of Leviticus

*(8:1-17; 9:22-24)*

*The ordination of the priests*

The Lord said to Moses, “Take Aaron and his sons, together with the vestments, the anointing oil, the bullock for a sin offering, the two rams, and the basket of unleavened food. Then assemble the whole community at the entrance of the meeting tent.”

And Moses did as the Lord had commanded. When the community had assembled at the entrance of the meeting tent, Moses told them what the Lord had ordered to be done.

Bringing forward Aaron and his sons, he first washed them with water. Then he put the tunic on Aaron, girded him with the sash, clothed him with the robe, placed the ephod on him, and girded him with the embroidered belt of the ephod, fastening it around him. He then set the breastpiece on him, with the Urim and Thummim in it, and put the miter on his head, attaching the gold plate, the sacred diadem, over the front of the miter, at his forehead, as the Lord had commanded him to do.

Taking the anointing oil, Moses anointed and consecrated the Dwelling, with all that was in it. Then he sprinkled some of this oil seven times on the altar, and anointed the altar, with all its appurtenances, and the laver, with its base, thus consecrating them. He also poured some of the anointing oil on Aaron’s head, thus

consecrating him. Moses likewise brought forward Aaron's sons, clothed them with tunics, girded them with sashes, and put turbans on them, as the Lord had commanded him to do.

When he had brought forward the bullock for a sin offering, Aaron and his sons laid their hands on its head. Then Moses slaughtered it, and taking some of its blood, with his finger he put it on the horns around the altar, thus purifying the altar. He also made atonement for the altar by pouring out the blood at its base when he consecrated it. Taking all the fat that was over the inner organs, as well as the lobe of the liver and the two kidneys with their fat, Moses burned them on the altar. The bullock, however, with its hide and flesh and offal he burned in the fire outside the camp, as the Lord had commanded him to do.

Aaron then raised his hands over the people and blessed them. When he came down from offering the sin offering and holocaust and peace offering, Moses and Aaron went into the meeting tent. On coming out they again blessed the people. Then the glory of the Lord was revealed to all the people. Fire came forth from the Lord's presence and consumed the holocaust and the remnants of the fat on the altar. Seeing this, all the people cried out and fell prostrate.

*Responsory*

*Hebrews 7:23, 24; Sirach 45:7, 8*

Under the old covenant, there were many priests, because death prevented them from continuing in office.

- But Christ has an eternal priesthood because he remains for ever.

The Lord raised up Aaron, conferred on him the priesthood of the people, and blessed him with great honor.

- But Christ has an eternal priesthood because he remains for ever.

*Second reading*

From a treatise on John by Saint Augustine, bishop

(Tract. 34, 8-9: CCL 36, 315-316)

*Christ is the way to the light, the truth, and the life*

The Lord tells us: *I am the light of the world; he who follows me will not walk in darkness, but will have the light of life.* In these few words he gives a command and makes a promise. Let us do what he commands so that we may not blush to covet what he promises and to hear him say on the day of judgment: "I laid down certain conditions for obtaining my promises. Have you fulfilled them?" If you say: "What did you command, Lord our God?" he will tell you: "I commanded you to follow me. You asked for advice on how to enter into life. What life, if not the life about which it is written: *With you is the fountain of life?*"

Let us do now what he commands. Let us follow in the footsteps of the Lord. Let us throw off the chains that prevent us from following him. Who can throw off these shackles without the aid of the one addressed in these words: *You have broken my chains?* Another psalm says of him: *The Lord frees those in chains, the Lord raises up the downcast.*

Those who have been freed and raised up follow the light. The light they follow speaks to them: *I am the light of the world; he who follows me will not walk in darkness.* The Lord gives light to the blind. Brethren, that light shines on us now, for we have had our eyes anointed with the eye-salve of faith. His saliva was mixed with earth to anoint the man born blind. We are of Adam's stock, blind from our birth; we need him to give us light. He mixed saliva with earth, and so it was prophesied: *Truth has sprung up from the earth.* He himself has said: *I am the way, the truth, and the life.*

We shall be in possession of the truth when we see face to face. This is his promise to us. Who would dare to hope for something that God in his goodness did not choose to promise or bestow?

We shall see face to face. The Apostle says: Now I know in part, now obscurely through a mirror, but then face to face. John the apostle says in one of his letters: Dearly beloved, we are now children of God, and it has not yet been revealed what we shall be. We know that when he is revealed we shall be like him, for we shall see him as



he is. This is a great promise.

If you love me, follow me. “I do love you,” you protest, “but how do I follow you?” If the Lord your God said to you: “I am the truth and the life,” in your desire for truth, in your love for life, you would certainly ask him to show you the way to reach them. You would say to yourself: “Truth is a great reality, life is a great reality; if only it were possible for my soul to find them!”

*Responsory*

*Psalm 119:104-105; John 6:69*

I hate the ways of falsehood.

- Your word is a lantern which guides my steps, a light for the pathway before me.

Lord, to whom shall we go? You have the words of eternal life.

- Your word is a lantern which guides my steps, a light for the pathway before me.

## *Canticles and Gospel Reading*

### CANTICLES

*Antiphon*

Turn us back to you, O Lord, and we will come back; renew our lives, that we may live as in times past.

*Jeremiah 14:17-21*

*The lament of the people in war and famine*

*The kingdom of God is at hand. Repent and believe the Good News (Mark 1:15).*

Let my eyes stream with tears \*  
day and night, without rest,  
over the great destruction which overwhelms †  
the virgin daughter of my people, \*  
over her incurable wound.

If I walk out into the field, \*  
look! those slain by the sword;  
If I enter the city, \*

look! those consumed by hunger.  
Even the prophet and the priest \*  
forage in a land they know not.

Have you cast Judah off completely? \*  
Is Zion loathsome to you?  
Why have you struck us a blow \*  
that cannot be healed?

We wait for peace, to no avail; \*  
for a time of healing, but terror comes instead.  
We recognize, O Lord, our wickedness, †  
the guilt of our fathers; \*  
that we have sinned against you.

For your name's sake spurn us not, †  
disgrace not the throne of your glory; \*  
remember your covenant with us, and break it not.

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.

*Ezekiel 36:24-28*

*The Lord will renew his people*

*They will be his own people and God himself will be with them, their own God  
(Revelation 21:3).*

I will take you away from among the nations, †  
gather you from all the foreign lands, \*  
and bring you back to your own land.

I will sprinkle clean water upon you †  
to cleanse you from all your impurities, \*  
and from all your idols I will cleanse you.

I will give you a new heart \*  
and place a new spirit within you,  
taking from your bodies your stony hearts \*  
and giving you natural hearts.

I will put my spirit within you †  
and make you live by my statutes, \*  
careful to observe my decrees.

You shall live in the land I gave your fathers; †  
you shall be my people, \*  
and I will be your God.

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.

*Lamentations 5:1-7, 15-17, 19-21*

*A prayer in time of distress*

*At every moment we carry in our bodies the death of Jesus so that in our bodies the life of Jesus may also be manifested (2 Corinthians 4:10).*

Remember, O Lord, what has befallen us, \*  
look, and see our disgrace:

Our inherited lands have been turned over to strangers, \*  
our homes to foreigners.

We have become orphans, fatherless; \*  
widowed are our mothers.

The water we drink we must buy, \*  
for our own wood we must pay.

On our necks is the yoke of those who drive us; \*  
we are worn out, but allowed no rest.

To Egypt we submitted, \*  
and to Assyria, to fill our need of bread.

Our fathers, who sinned, are no more; \*  
but we bear their guilt.

The joy of our hearts has ceased, \*  
our dance has turned into mourning;

The garlands have fallen from our heads: \*  
woe to us, for we have sinned!

Over this our hearts are sick, \*  
at this our eyes grow dim:

You, O Lord, are enthroned forever; \*  
your throne stands from age to age.

Why, then, should you forget us, \*  
abandon us so long a time?

Lead us back to you, O Lord, †  
that we may be restored: \*  
give us anew such days as we had of old.

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*

Turn us back to you, O Lord, and we will come back; renew our  
lives, that we may live as in times past.

*Stand*

GOSPEL

A reading from the holy gospel according to Mark

*10:32-45*

*See, we are going up to Jerusalem where the Son of Man will be handed over to be  
crucified*

The disciples were on the road going up to Jerusalem, with Jesus walking in the lead. Their mood was one of wonderment, while that of those who followed was fear. Taking the Twelve aside once more, he began to tell them what was going to happen to him. "We are on our way up to Jerusalem, where the Son of Man will be handed over to the chief priests and the scribes. They will condemn him to death and hand him over to the Gentiles, who will mock him and spit at him, flog him, and finally kill him. But three days later he will rise."

Zebedee's sons, James and John, approached him. "Teacher," they said, "we want you to grant our request." "What is it?" he asked. They replied, "See to it that we sit, one at your right and the other at your

left, when you come into your glory.”

Jesus told them, “You do not know what you are asking. Can you drink the cup I shall drink or be baptized in the same bath of pain as I?” “We can,” they told him. Jesus said in response, “From the cup I drink of you shall drink; the bath I am immersed in you shall share. But as for sitting at my right or my left, that is not mine to give; it is for those to whom it has been reserved.”

The other ten, on hearing this, became indignant at James and John. Jesus called them together and said, “You know how among the Gentiles those who seem to exercise authority lord it over them; their great ones make their importance felt. It cannot be like that with you. Anyone among you who aspires to greatness must serve the rest; whoever wants to rank first among you must serve the needs of all. The Son of Man has not come to be served but to serve—to give his life in ransom for the many.”

#### CONCLUDING PRAYER

Let us pray.

God our Father,  
your Word, Jesus Christ, spoke peace to a sinful world  
and brought mankind the gift of reconciliation  
by the suffering and death he endured.  
Teach us, the people who bear his name,  
to follow the example he gave us:  
may our faith, hope, and charity  
turn hatred to love, conflict to peace, death to eternal life.  
We ask this through Christ our Lord.

— Amen.

#### *Acclamation*

Let us praise the Lord.

— And give him thanks.

# ACKNOWLEDGEMENTS

The English Translation of the Introductory Verses and Responses, the Invitatories, the Antiphons, Captions and Patristic Commentaries for the Psalms, Psalm-prayers, Responsories, Intercessions, Greeting, Blessings, and Dismissal, Non-Biblical Readings, and Hagiographical Introductions from *The Liturgy of the Hours* © 1974, 1975, 1976, International Committee on English in the Liturgy, Inc. (ICEL); the Alternative Opening Prayers and the English translation of the Opening Prayers (Prayers of the Day) from *The Roman Missal* © 1973, ICEL. All rights reserved.

English translation of *Gloria Patri, Te Deum Laudamus, Benedictus, Magnificat*, and *Nunc Dimittis* by the International Consultation on English Texts.

Readings and New Testament Canticles (except the Magnificat) from the *New American Bible* Copyright © 1970 by the Confraternity of Christian Doctrine, Washington, D.C. Used with permission. All Rights Reserved. No part of the *New American Bible* may be reproduced in any form without permission in writing from the copyright owner.

Psalm texts except Psalm 95 Copyright © 1963, The Grail (England). Used with permission of A.P. Watt Ltd. All rights reserved.

Arrangement Copyright © 2006 by eBreviary, New York.





mobile prayers



---

UNITED STATES, CANADA, INDIA, PHILIPPINES

*[www.ebreviary.com](http://www.ebreviary.com)*