

Liturgy of the Hours
LITURGY OF THE HOURS

OFFICE OF READINGS
CANTICLES AND GOSPEL READING

April 6, 2019
{ Fifth 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

See how the cross of the Lord stands revealed as the tree of life.

Psalm 1

There are two ways a man may take

They are happy who, putting all their trust in the cross, have plunged into the water of life (from an author of the second century).

Háppy indéed is the mán *
who fóllovs not the cóunsel of the wícked;
nor língers in the wáy of sínners *
nor síts in the cómpany of scórners,
but whose delíght is the láw of the Lórd *
and who pónders his láw day and níght.

Hé is like a trée that is plánted *
besíde the flówing wátters,
that yíelds its frúit in due séason †
and whose léaves shall néver fáde; *
and áll that he dóes shall prósper.

Not só are the wícked, not só! †
For théy like wínnowed cháff *
shall be dríven awáy by the wínd.
When the wícked are júdged they shall not stánd, *
nor find róom among thóse who are júst;
for the Lórd guards the wáy of the júst *
but the wáy of the wícked leads to dóom.

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

See how the cross of the Lord stands revealed as the tree of life.

Antiphon 2

Here is a king of my own choosing who will rule on Mt. Zion.

Psalm 2

The Messiah, king and conqueror

The rulers of the earth joined forces to overthrow Jesus, your anointed Son (Acts 4:27).

Why this tumult among nátions,*
among péoples this úseless múrmuring?
They arise, the kíngs of the éarth,*
princes plót against the Lórd and his Anóinted.
“Cóme let us bréak their fétters,*
cóme, let us cást off their yóke.”

He who síts in the héavens láughs; *
the Lórd is láughing them to scórn.
Thén he will spéak in his ánger,*
his ráge will stríke them with térror.
“It is Í who have sét up my kíng *
on Zíon, my hólý móuntain.”

I will annóunce the decreée of the Lórd: †
The Lórd said to me: “Yóu are my Són.*
It is Í who have begóttén you this dáy.
Ásk and I shall bequéath you the nátions,*
put the énds of the éarth in your posséssion.
With a ród of íron you will bréak them,*
shátter them like a pótter’s jár.”

Nów, O kíngs, understánd,*
take wárning, rúlers of the éarth;
sérve the Lórd with áwe *
and trémbling, páy him your hómage
lést he be ángry and you pérish; *
for súddenly his ánger will bláze.

Blessed are théy *
who put their trúst in Gód.

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

Here is a king of my own choosing who will rule on Mt. Zion.

Antiphon 3

Lord, you are my protector; you have raised me up in glory.

Psalm 3

I am safe in the Lord's keeping

Christ fell asleep in death, but he rose from the dead, for God was his deliverer (Saint Irenaeus).

How mány are my fóes, O Lórd! *

How mány are rísing up agáinst me!

How mány are sáying abóut me: *

“There is no hélp for hím in Gód.”

But yóu, Lord, are a shíeld abóut me, *

my glóry, who líft up my héad.

I crý alóud to the Lórd. *

He áswers from his hólý móuntain.

I líe down to rést and I sléep. *

I wáke, for the Lórd uphólds me.

I will not féar even thóusands of péople *

who are ránged on every síde agáinst me.

Aríse, Lord; sáve me, my Gód, *

you who stríke all my fóes on the móuth,

you who bréak the téeth of the wícked! *

O Lórd of salvátion, bless your péople!

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, you are my protector; you have raised me up in glory.

VERSE

If anyone obeys my teaching.

— He will never die.

READINGS

First reading

From the beginning of the letter to the Hebrews

(1:1—2:4)

The Son and heir of all things is exalted above the angels

In times past, God spoke in fragmentary and varied ways to our fathers through the prophets; in this, the final age, he has spoken to us through his Son, whom he has made heir of all things and through whom he first created the universe. This Son is the reflection of the Father's glory, the exact representation of the Father's being, and he sustains all things by his powerful word. When he had cleansed us from our sins, he took his seat at the right hand of the Majesty in heaven, as far superior to the angels as the name he has inherited is superior to theirs.

To which of the angels did God ever say,

“You are my son; today I have begotten you”?

Or again,

“I will be his father, and he shall be my son”?

And again, when he leads his first-born into the world, he says,

“Let all the angels of God worship him.”

Of the angels he says,

“He makes his angels winds, and his ministers flaming fire”;

but of the Son,

“Your throne, O God, stands forever and ever;
a righteous scepter in the scepter of your kingdom.

You have loved justice and hated wickedness,
therefore God, your God, has anointed you
with the oil of gladness above your fellow kings.”

And,

“Lord, of old you established the earth,
and the heavens are the work of your hands.
They will perish, but you remain;
all of them will grow old like a garment.
You will roll them up like a cloak,
like a garment they will be changed.
But you are the same, and your years will have no end.”

To which of the angels has God ever said,

“Sit at my right hand till I make your enemies your footstool”?

Are they not all ministering spirits, sent to serve those who are to inherit salvation?

In view of this, we must attend all the more to what we have heard, lest we drift away. For if the word spoken through angels stood unchanged, and all transgression and disobedience received its due punishment, how shall we escape if we ignore a salvation as great as ours? Announced first by the Lord, it was confirmed to us by those who had heard him. God then gave witness to it by signs, miracles, varied acts of power, and distribution of the gifts of the Holy Spirit as he willed.

Responsory

Hebrews 1:3; 12:2

Christ Jesus, the radiance of the Father’s glory and the full expression of his being, upholds all things by the power of his word. He cleansed us from our sins,

— and now he has taken his place in heaven, at the right hand of God in his majesty.

Our faith rests on Jesus, who endured the cross for the sake of the joy that lay before him.

— And now he has taken his place in heaven, at the right hand of God in his majesty.

Second reading

From an Easter letter by Saint Athanasius, bishop

We keep the coming feast of the Lord through deeds, not words

The Word who became all things for us is close to us, our Lord Jesus Christ who promises to remain with us always. He cries out, saying: *See, I am with you all the days of this age*. He is himself the shepherd, the high priest, the way and the door, and has become all things at once for us. In the same way, he has come among us as our feast and holy day as well. The blessed Apostle says of him who was awaited: *Christ has been sacrificed as our Passover*. It was Christ who shed his light on the psalmist as he prayed: *You are my joy, deliver me from those surrounding me*. True joy, genuine festival, means the casting out of wickedness. To achieve this one must love a life of perfect goodness and, in the serenity of the fear of God, practice contemplation in one's heart.

This was the way of the saints, who in their lifetime and at every age of life rejoiced as at a feast. Blessed David, for example, not once but seven times rose at night to win God's favor through prayer. The great Moses was full of joy as he sang God's praises in hymns of victory for the defeat of Pharaoh and the oppressors of the Hebrew people. Others had hearts filled always with gladness as they performed their sacred duty of worship, like the great Samuel and the blessed Elijah. Because of their holy lives they gained freedom, and now keep festival in heaven. They rejoice after their pilgrimage in shadows, and now distinguish the reality from the promise.

When we celebrate the feast in our own day, what path are we to take? As we draw near to this feast, who is to be our guide? Beloved, it must be none other than the one whom you will address with me as our Lord Jesus Christ. He says, *I am the way*. As blessed John tells us: it is Christ *who takes away the sin of the world*. It is he who purifies our souls, as the prophet Jeremiah says: *Stand upon the ways; look and see which is the good path, and you will find in it the way of amendment for your souls*.

In former times the blood of goats and the ashes of a calf were sprinkled on those who were unclean, but they were able to purify only the body. Now through the grace of God's Word everyone is made abundantly clean. If we follow Christ closely we shall be

allowed, even on this earth, to stand as it were on the threshold of the heavenly Jerusalem, and enjoy the contemplation of that everlasting feast, like the blessed apostles, who in following the Savior as their leader, showed, and still show, the way to obtain the same gift from God. They said: *See, we have left all things and followed you.* We too follow the Lord, and we keep his feast by deeds rather than by words.

Responsory

Hebrews 6:20; John 1:29

For our sake, Jesus went before us into heaven,

— and he has become like Melchizedek, a high priest for ever.

This is the Lamb of God who takes away the sins of the world.

— And he has become like Melchizedek, a high priest for ever.

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 Matthew

21:33-46

Let us kill him and we will have his inheritance

Jesus said to the chief priests and elders of the people: "Listen to another parable. There was a property owner who planted a vineyard, put a hedge around it, dug out a vat, and erected a tower. Then he leased it out to tenant farmers and went on a journey.

"When vintage time arrived he dispatched his slaves to the tenants to obtain his share of the grapes. The tenants responded by seizing the slaves. They beat one, killed another, and stoned a third. A second time he dispatched even more slaves than before, but they treated them the same way. Finally he sent his son to them, thinking, 'They will respect my son.'

"When they saw the son, the tenants said to one another, 'Here is the one who will inherit everything. Let us kill him and then we shall have his inheritance!' With that they seized him, dragged him

outside the vineyard, and killed him. What do you suppose the owner of the vineyard will do to those tenants when he comes?” They replied, “He will bring that wicked crowd to a bad end and lease his vineyard out to others who will see to it that he has grapes at vintage time.”

Jesus said to them, “Did you never read in the Scriptures,

“The stone which the builders rejected
has become the keystone of the structure.
It was the Lord who did this
and we find it marvelous to behold”?

“For this reason, I tell you, the kingdom of God will be taken away from you and given to a nation that will yield a rich harvest. [The man who falls upon that stone will be smashed to bits; and he on whom it falls will be crushed.]”

When the chief priests and the Pharisees heard these parables, they realized he was speaking about them. Although they sought to arrest him, they had reason to fear the crowds who regarded him as a prophet.

CONCLUDING PRAYER

Let us pray.

Father in heaven,
the love of your Son led him to accept the suffering of the cross
that his brothers might glory in new life.

Change our selfishness into self-giving.
Help us to embrace the world you have given us,
that we may transform the darkness of its pain
into the life and joy of Easter.

Grant 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.

Psalms 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