

*Liturgy of the Hours*  
LITURGY OF THE HOURS

MORNING PRAYER

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March 18, 2024

{ Monday of the Fifth Week of 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

Grant to us, O Lord, a heart renewed;  
Recreate in us your own Spirit, Lord!

Behold, the days are coming, says the Lord our God,  
When I will make a new covenant with the house of Israel.

Grant to us, O Lord, a heart renewed;  
Recreate in us your own Spirit, Lord!

Deep within their being I will implant my law,  
I will write it in their hearts.

Grant to us, O Lord, a heart renewed;

Recreate in us your own Spirit, Lord!  
I will be their God, and they shall be my people.  
Grant to us, O Lord, a heart renewed;  
Recreate in us your own Spirit, Lord!  
And for all their faults I will grant forgiveness;  
Never more will I remember their sins.  
Grant to us, O Lord, a heart renewed;  
Recreate in us your own Spirit, Lord!

*Melody: Grant To Us; Music: Lucien Deiss, C.S.Sp., 1965; Text: Lucien Deiss, C.S.Sp., 1965*

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*Sit or stand*

## PSALMODY

### *Antiphon 1*

I lift up my heart to you, O Lord, and you will hear my morning prayer.

*Psalm 5:2-10, 12-13*

*A morning prayer asking for help*

*Those who welcome the Word as the guest of their hearts will have abiding joy.*

To my wórds give éar, O Lórd, \*  
give héed to my gróaning.  
Atténd to the sóund of my críes, \*  
my Kíng and my Gód.

It is yóu whom I invóke, O Lórd. \*  
In the mórning you héar me;  
in the mórning I óffer you my práyer, \*  
wáatching and wáiting.

Yóu are no Gód who loves évil; \*  
no sínner is your guést.  
The bóastful shall not stánd their gróund \*

before your face.

You hate all who do evil: \*  
you destroy all who lie.  
The deceitful and bloodthirsty man \*  
the Lord detests.

But I through the greatness of your love \*  
have access to your house.  
I bow down before your holy temple, \*  
filled with awe.

Lead me, Lord, in your justice, †  
because of those who lie in wait; \*  
make clear your way before me.

No truth can be found in their mouths, \*  
their heart is all mischief,  
their throat a wide-open grave, \*  
all honey their speech.

All those you protect shall be glad \*  
and ring out their joy.  
You shelter them; in you they rejoice, \*  
those who love your name.

It is you who bless the just man, Lord: \*  
you surround him with favor as with a shield.

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*

I lift up my heart to you, O Lord, and you will hear my morning prayer.

### *Antiphon 2*

We praise your glorious name, O Lord, our God.

*Canticle – 1 Chronicles 29:10-13*

*Glory and honor are due to God alone*

*Blessed be the God and Father of our Lord Jesus Christ (Ephesians 1:3).*

Blessed may you be, O Lord, †  
God of Israel our father, \*  
from eternity to eternity.

Yours, O Lord, are grandeur and power, †  
majesty, splendor, and glory. \*

For all in heaven and on earth is yours;  
yours, O Lord, is the sovereignty: \*  
you are exalted as head over all.

Riches and honor are from you, \*  
and you have dominion over all.  
In your hand are power and might; \*  
it is yours to give grandeur and strength to all.

Therefore, our God, we give you thanks \*  
and we praise the majesty of your name.

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 praise your glorious name, O Lord, our God.

*Antiphon 3*

Adore the Lord in his holy court.

*Psalm 29*

*A tribute of praise to the Word of God*

*The Father's voice proclaimed: "This is my beloved Son" (Matthew 3:17).*

O give the Lórd, you sóns of Gód, \*  
give the Lórd glóry and pówer;  
give the Lórd the glóry of his náme. \*  
Adore the Lórd in his hólý court.

The Lord's voice resounding on the waters,\*  
the Lórd on the immensity of wáters;  
the voice of the Lórd, full of pówer,\*  
the voice of the Lórd, full of spléndor.

The Lord's voice shattering the céders,\*  
the Lord shatters the céders of Lébanon;  
he makes Lébanon léap like a cálf\*  
and Síron like a yóung wild-óx.

The Lord's voice fláshes flames of fire. †  
The Lord's voice sháking the wilderness,\*  
the Lord shákes the wilderness of Kádesh;  
the Lord's voice rénding the óak tree\*  
and strípping the fórest báre.

The Gód of glóry thúnders.\*  
In his témples they áll cry: "Glóry!"  
The Lórd sat enthronéd over the flóod;\*  
the Lórd sits as kíng for éver.

The Lórd will give stréngth to his péople,\*  
the Lórd will bless his péople with péace.

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*

Adore the Lord in his holy court.

*Sit*

## READING

*Jeremiah 11:19-20*

Yet I, like a trusting lamb led to slaughter, had not realized that they were hatching plots against me: "Let us destroy the tree in its vigor; let us cut him off from the land of the living, so that his name will be spoken no more."

But, you, O Lord of hosts, O just Judge,

searcher of mind and heart,  
Let me witness the vengeance you take on them,  
for to you I have entrusted my cause!

### RESPONSORY

God himself will set me free, from the hunter's snare.

— God himself will set me free, from the hunter's snare.

From those who would trap me with lying words

— and from the hunter's snare.

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

— God himself will set me free, from the hunter's snare.

*Stand*

### GOSPEL CANTICLE

*Antiphon*

Whoever follows me does not walk in the dark; he will have the light of life.

*Luke 1:68-79*

*The Messiah and his forerunner*

*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*

Whoever follows me does not walk in the dark; he will have the  
light of life.

### INTERCESSIONS

Praise to Jesus, our Savior; by his death he has opened for us the way  
of salvation. Let us ask him:

— Lord, guide your people to walk in your ways.

God of mercy, you gave us new life through baptism,  
make us grow day by day in your likeness.

— Lord, guide your people to walk in your ways.

May our generosity today bring joy to those in need,  
in helping them may we find you.

— Lord, guide your people to walk in your ways.

Help us to do what is good, right and true in your sight,  
and to seek you always with undivided hearts.

— Lord, guide your people to walk in your ways.

Forgive our sins against the unity of your family,  
make us one in heart and spirit.

— Lord, guide your people to walk in your ways.

### *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 of love, source of all blessings,  
help us to pass from our old life of sin  
to the new life of grace.  
Prepare us for the glory of your kingdom.  
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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