

Liturgy of the Hours
LITURGY OF THE HOURS

MORNING PRAYER

March 20, 2024

{ Wednesday 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*

*Grant to Us, O Lord by Lucien Deiss, C.S.Sp; Text and music © 1965, World Library
Publications, 3708 River Road, Suite 400, Franklin Park, Illinois 60131-2158. 800-
566-6150 www.wlpmusic.com All rights reserved. Used by permission.*

Sit or stand

PSALMODY

Antiphon 1

O Lord, in your light we see light itself.

Psalms 36

The malice of sinners and God's goodness

No follower of mine wanders in the dark; he shall have the light of life (John 8:12).

Sín spéaks to the sinner *
in the dépths of his héart.
There is no féar of Gód *
befóre his éyes.

He so flátters himsél in his mínd *
that he knóws not his guílt.
In his móuth are míschief and decéit. *
All wísdom is góne.

He plóts the deféat of góodness *
as he líes on his béd.
He has sét his fóot on evil wáys, *
he clíngs to what is évil.

Your love, Lord, reaches to heaven; *
your truth to the skies.
Your justice is like God's mountain, *
your judgments like the deep.

To both man and beast you give protection. *
O Lord, how precious is your love.
My God, the sons of men *
find refuge in the shelter of your wings.

They feast on the riches of your house; *
they drink from the stream of your delight.
In you is the source of life *
and in your light we see light.

Keep on loving those who know you, *
doing justice for upright hearts.
Let the foot of the proud not crush me *
nor the hand of the wicked cast me out.

See how the evil-doers fall! *
Flung down, they shall never arise.

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

O Lord, in your light we see light itself.

Antiphon 2

O God, you are great and glorious; we marvel at your power.

Canticle – Judith 16:2–3a, 13–15

God who created the world takes care of his people

They were singing a new song (Revelation 5:9).

Strike up the instruments, *
a song to my God with timbrels,
chant to the Lord with cymbals. †
Sing to him a new song, *

exalt and acclaim his name.

A new hymn I will sing to my God. †
O Lord, great are you and glorious, *
wonderful in power and unsurpassable.

Let your every creature serve you; *
for you spoke, and they were made,
you sent forth your spirit, and they were created; *
no one can resist your word.

The mountains to their bases, and the seas are shaken; *
the rocks, like wax, melt before your glance.
But to those who fear you, *
you are very merciful.

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

O God, you are great and glorious; we marvel at your power.

Antiphon 3

Exult in God's presence with hymns of praise.

Psalm 47

The Lord Jesus is King of all

He is seated at the right hand of the Father, and his kingdom will have no end.

All péoples, cláp your hánds, *
cry to Gód with shóuts of jóy!
For the Lórd, the Most High, we must féar, *
great kíng over áll the éarth.

He subdúes péoples únder us *
and nátions únder our féet.
Our inhéritance, our glóry, is from hím, *
gíven to Jácob out of lóve.

God goes úp with shóuts of jóy; *

the Lord goes up with trumpet blast.
Sing praise for Gód, sing praise, *
sing praise to our kíg, sing praise.

God is kíg of áll the éarth. *
Sing praise with áll your skíll.
God is kíg óver the nátions; *
God réigns on his hólý thróne.

The prínces of the péoples are assémbled *
with the péople of Ábraham's Gód.
The rúlers of the éarth belong to Gód, *
to Gód who réigns over áll.

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

Exult in God's presence with hymns of praise.

Sit

READING

Isaiah 50:4b-7

The Lord God opens my ear that I may hear;
And I have not rebelled,
have not turned back.
I gave my back to those who beat me,
my cheeks to those who plucked my beard:
My face I did not shield
from buffets and spitting.
The Lord God is my help,
therefore I am not disgraced;
I have set my face like flint,
knowing that I shall not be put to shame.

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

If you are faithful to my teaching, says the Lord, you will indeed be my disciples. You will know the truth and the truth will make you free.

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

If you are faithful to my teaching, says the Lord, you will indeed be my disciples. You will know the truth and the truth will make you free.

INTERCESSIONS

Blessed be God, the giver of salvation, who decreed that mankind should become a new creation in himself, when all would be made new. With great confidence let us ask him:

— Lord, renew us in your Spirit.

Lord, you promised a new heaven and a new earth; renew us daily through your Spirit,
that we may enjoy your presence for ever in the heavenly Jerusalem.

— Lord, renew us in your Spirit.

Help us to work with you to make this world alive with your Spirit,
and to build on earth a city of justice, love and peace.

— Lord, renew us in your Spirit.

Free us from all negligence and sloth,
and give us joy in your gifts of grace.

— Lord, renew us in your Spirit.

Deliver us from evil,
and from slavery to the senses, which blinds us to goodness.

— Lord, renew us in your Spirit.

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 mercy,
hear the prayers of your repentant children
who call on you in love.
Enlighten our minds and sanctify our hearts.
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.

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