Liturgy of the Hours

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Morning Prayer

March 18, 2023

{ Saturday of the Third 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

Praise to the holiest in the height,
And in the depth be praise,
In all his words most wonderful,
Most sure in all his ways.

O loving wisdom of our God!
When all was sin and shame,
A second Adam to the fight
And to the rescue came.

O wisest love! that flesh and blood

Which did in Adam fail,
Should strive afresh against their foe,
Should strive and should prevail;

And that a higher gift than grace
Should flesh and blood refine,
God's presence and his very self
And essence all divine.

O generous love! that he who smote
In man for man the foe,
The double agony in man
For man should undergo;

And in the garden secretly,
And on the cross on high,
Should teach his brethren, and inspire
To suffer and to die.

Praise to the holiest in the height,
And in the depth be praise,
In all his words most wonderful,
Most sure in all his ways.

Melody: Billing C.M.; Music: Richard R. Terry, 1865-1938; Text: J. H. Newman, 1801-1890

Sit or stand

Psalmody

Antiphon 1

Lord, you are near to us, and all your ways are true.

Psalm 119:145-152

XIX (Koph)

I cáll with all my héart; Lord, héar me, *
I will kéep your commánds;
I cáll upón you, sáve me *
and Í will do your wíll.

I ríse before dáwn and cry for hélp, *
I hópe in your wórd.

My éyes wátch through the níght *
to pónder your prómise.

In your lóve hear my vóice, O Lórd; *
give me lífe by your decrées.
Those who hárm me unjústly draw néar: *
they are fár from your láw.

But yóu, O Lórd, are clóse: *
your commánds are trúth.
Lóng have I knówn that your wíll *
is estáblished for éver.

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 near to us, and all your ways are true.

Antiphon 2

Wisdom of God, be with me, always at work in me.

Canticle – Wisdom 9:1-6, 9-11

Lord, give me wisdom

I will inspire you with wisdom which your adversaries will be unable to resist (Luke 21:15).

God of my fathers, Lord of mercy, *
you who have made all things by your word
and in your wisdom have established man *
to rule the creatures produced by you,
to govern the world in holiness and justice, *
and to render judgment in integrity of heart:

Give me Wisdom, the attendant at your throne, *
and reject me not from among your children:
for I am your servant, the son of your handmaid, †
a man weak and short-lived *
and lacking in comprehension of judgment and of laws.

Indeed, though one be perfect among the sons of men, †
if Wisdom, who comes from you, be not with him, *
he shall be held in no esteem.

Now with you is Wisdom who knows your works *
and was present when you made the world;
who understands what is pleasing in your eyes *
and what is conformable with your commands.

Send her forth from your holy heavens *
and from your glorious throne dispatch her
that she may be with me and work with me, *
that I may know what is your pleasure.

For she knows and understands all things, †
and will guide me discreetly in my affairs *
and safeguard me by her glory.

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

Wisdom of God, be with me, always at work in me.

Antiphon 3

The Lord remains faithful to his promise for ever.

Psalm 117

Praise for God's loving compassion

I affirm that . . . the Gentile peoples are to praise God because of his mercy (Romans 15:8–9).

O práise the Lórd, all you nátions, *
accláim him, all you péoples!

Stróng is his lóve for ús; *
he is fáithful for éver.

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

The Lord remains faithful to his promise for ever.

Sit

Reading

Isaiah 1:16-18

Wash yourselves clean!
Put away your misdeeds from before my eyes;
cease doing evil; learn to do good.
Make justice your aim; redress the wronged,
hear the orphan's plea, defend the widow.
Come now, let us set things right,
says the Lord:
Though your sins be like scarlet,
they may become white as snow;
Though they be crimson red,
they may become white as wool.

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

The tax collector stood far away and would not even raise his eyes to heaven. He struck his breast and prayed: God, have mercy on me, a sinner.

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

The tax collector stood far away and would not even raise his eyes to heaven. He struck his breast and prayed: God, have mercy on me, a sinner.

Intercessions

To make us his new creation, Christ the Lord gave us the waters of rebirth and spread the table of his body and his word. Let us call upon him and say:

— Lord, renew us in your grace.

Jesus, meek and humble of heart, clothe us with compassion, kindness and humility,
make us want to be patient with everyone.

— Lord, renew us in your grace.

Teach us to be true neighbors to all in trouble and distress,
and so imitate you, the Good Samaritan.

— Lord, renew us in your grace.

May the Blessed Virgin, your Mother, pray for all those vowed to a life of virginity,
that they may deepen their dedication to you and to the Church.

— Lord, renew us in your grace.

Grant us the gift of your mercy,
forgive our sins and remit their punishment.

— Lord, renew us in your grace.

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

Lord,
make this lenten observance

of the suffering, death and resurrection of Christ
bring us to the full joy of Easter.

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.

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