

Liturgy of the Hours
LITURGY OF THE HOURS

MORNING PRAYER

March 20, 2021

{ Saturday of the Fourth 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

We do well to sing to your name, Most High, and proclaim your
mercy at daybreak.

Psalm 92

Praise of God the Creator

Sing in praise of Christ's redeeming work (Saint Athanasius).

It is good to give thanks to the Lórd,*
to make music to your náme, O Most Hígh,
to procláim your lóve in the mórníng*
and your trúth in the wátches of the níght,

on the tén-stringed lýre and the lúte,*
with the múrmuring sóund of the hárp.

Your déeds, O Lórd, have made me glád;*
for the wórk of your hánds I shout with jóy.
O Lórd, how gréat are your wórks! *
How déep are yóur desígns!
The fóolish man cáannot knów this *
and the fóol cáannot understánd.

Though the wícked spring úp like gráss *
and áll who do évil thrive:
they are dóomed to be etérnally destróyed. *
But yóu, Lord, are etérnally on hígh.
Sée how your énemies pérish; *
all dóers of évil are scáttered.

To mé you give the wíld-ox's stréngth; *
you anóint me with the púrest óil.
My éyes looked in tríumph on my fóes; *
my éars heard gládly of their fáll.
The júst will flóurish like the pálm-tree *
and grów like a Lébanon cédar.

Plánted in the hóuse of the Lórd *
they will flóurish in the cóurts of our Gód,
stíll bearing frúit when they are óld, *
stíll full of sáp, stíll gréen,
to procláim that the Lórd is júst; *
in hím, my róck, there is no wróng.

Glory to the Fátter, and to the Son, *
and to the Holy Spírit:
as it was in the bégíning, is now, *
and will be for ever. Amen.

Antiphon

We do well to sing to your name, Most High, and proclaim your mercy at daybreak.

Antiphon 2

I will create a new heart in you, and breathe into you a new spirit.

Canticle – 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.

Antiphon

I will create a new heart in you, and breathe into you a new spirit.

Antiphon 3

On the lips of children and infants you have found perfect praise.

Psalm 8

The majesty of the Lord and man's dignity

*The Father gave Christ lordship of creation and made him head of the Church
(Ephesians 1:22).*

How gréat is your náme, O Lórd our Gód, *
through áll the éarth!

Your májesty is práised above the héavens; *
on the líps of children and of bábes
you have found práise to fóil your énemy, *
to sílence the fóe and the rébel.

When I see the héavens, the wórks of your hánds, *
the móon and the stárs which you arráinged,
what is mán that you should kéeep him in mínd, *
mortal mán that you cáre for hím?

Yet you have máde him little léss than a gód; *
with glóry and hónor you crówned him,
gave him pówer over the wórks of your hánd, *
put áll things únder his féet.

Áll of them, shéep and cáttle, *
yes, éven the sávage béasts,
bírds of the aír, and fish *
that máke their wáy through the wáters.

How gréat is your náme, O Lórd our Gód, *
through áll the éarth!

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

On the lips of children and infants you have found perfect praise.

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

Never before has anyone spoken like this man.

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

Never before has anyone spoken like this man.

INTERCESSIONS

Let us always and everywhere give thanks to Christ our Savior, and
ask him with confidence:

— Lord, help us with your grace.

May we keep our bodies pure,
as temples of the Holy Spirit.

— Lord, help us with your grace.

May we offer ourselves this morning to the service of others,
and do your will in all things throughout the day.

— Lord, help us with your grace.

Teach us to seek the bread of everlasting life,
the bread that is your gift.

— Lord, help us with your grace.

May your Mother, the refuge of sinners, pray for us,
and gain for us your loving forgiveness.

— Lord, help us with 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,
guide us in your gentle mercy,
for left to ourselves
we cannot do your will.

Grant this through our Lord Jesus Christ, your Son,
who lives and reigns with you and the Holy Spirit,
one 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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