

*Liturgy of the Hours*  
LITURGY OF THE HOURS

DAYTIME PRAYER

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April 7, 2022

{ Thursday of the Fifth Week 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

Take up your cross, the Savior said,  
If you would my disciple be;  
Deny yourself, the world forsake,  
And humbly follow after me.

Take up your cross, let not its weight  
Fill your weak spirit with alarm;  
His strength shall bear your spirit up,  
Shall brace your heart and nerve your arm.

Take up your cross then in his strength,  
And ev'ry danger calmly brave,  
To guide you to a better home,  
And vict'ry over death and grave.

Take up your cross and follow Christ,  
Nor think till death to lay it down;  
For only he who bears the cross  
May hope to wear the glorious crown.

To you, great Lord, the One in three,  
All praise for evermore ascend;  
O grant us here below to see  
The heav'nly life that knows no end.

*Melody: Breslau or Winchester New L.M.; Music: (Breslau) As hymnodus sacer, 1625, or (Winchester New) Musikalisches Handbuch, Hamburg, 1690; Text: Charles William Everest, 1814-1877, adapted by Anthony G. Petti; © 1971 by Faber Music Ltd, London. Reproduced by kind permission of the publishers. All Rights Reserved.*

*Sit or stand*

PSALMODY

*Antiphon*

As I live, says the Lord, I do not wish the sinner to die but to turn back to me and live.

*Psalm 119: 17-24*

*III (Ghímel)*

Bless your sérvant and Í shall líve \*  
and obéy your wórd.

Ópen my éyes that I may sée \*  
the wónders of your láw.

Í am a pílgrim on the éarth; \*  
shów me your commánds.  
My sóul is éver consúmed \*  
as I lóng for your decrées.

You threáten the próud, the accúrsed, \*  
who túrn from your commánds.  
Relíeve me from scórn and contémpť \*  
for I dó your wíll.

Though prínces sit plóttíng agáinst me \*  
I pónder on your rúlings.  
Your wíll is mý delíght; \*  
your státutes are my cóunsellors.

Glory to the Fátter, and to the Son, \*  
and to the Holy Spírít:  
as it was in the begínning, is now, \*  
and will be for éver. Amen.

*Psalm 25*

*Prayer for God's favor and protection*

*Our hope will never be disappointed (Romans 5:5).*

*I*

To you, O Lórd, I líft up my sóul. †

I trúst in you, let me nót be disappointed; \*  
do not lét my énemies tríumph.  
Those who hópe in you shall nót be disappointed, \*  
but only thóse who wántonly break fáith.

Lórd, make me knów your wáys. \*  
Lórd, téach me your páths.  
Make me wálk in your trúth, and téach me: \*  
for yóu are Gód my sáviour.

In yóu I hópe all day lóng \*  
becáuse of your góodness, O Lórd.  
Remémber your mércy, Lórd, \*  
and the lóve you have shówn from of óld.  
Do not remémber the síns of my yóuth. \*  
In your lóve remémber mé.

The Lórd is góod and úpright. \*  
He shows the páth to thóse who stráy,  
he guides the húmble in the ríght páth; \*  
he téaches his wáy to the póor.

His wáys are fáithfulness and lóve \*  
for thóse who kéepe his cóvenant and lów.  
Lórd, for the sáke of your náme \*  
forgíve my guílt; for it is gréat.

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.

## II

If ányone féars the Lórd \*  
he will shów him the páth he should chóose.  
His sóul shall líve in háppiness \*  
and his chýldren shall posséss the lánd.  
The Lord's fríendship is for thóse who révère him; \*  
to thém he revéals his cóvenant.

My éyes are álways on the Lórd; \*

for he rescues my feet from the snare.  
Turn to me and have mercy \*  
for I am lonely and poor.

Relieve the anguish of my heart \*  
and set me free from my distress.  
See my affliction and my toil \*  
and take all my sins away.

See how many are my foes; \*  
how violent their hatred for me.  
Preserve my life and rescue me. \*  
Do not disappoint me, you are my refuge.  
May innocence and uprightness protect me: \*  
for my hope is in you, O Lord.

Redeem Israel, O God, \*  
from all its distress.

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*

As I live, says the Lord, I do not wish the sinner to die but to turn back to me and live.

### *Sit*

## READING

*Hebrews 7:26-27*

It was fitting that we should have such a high priest: holy, innocent, undefiled, separated from sinners, higher than the heavens. Unlike the other high priests, he has no need to offer sacrifice day after day, first for his own sins and then for those of the people; our Lord Jesus Christ did that once for all when he offered himself.

### *Verse*

Turn your face away from my sins.

— Blot out all my guilt.

*Stand*

### CONCLUDING PRAYER

Let us pray.

Lord,

come to us:

free us from the stain of our sins.

Help us to remain faithful to a holy way of life,

and guide us to the inheritance you have promised.

Grant this through our Lord Jesus Christ, your Son,

who lives and reigns with you and the Holy Spirit,

God, for ever and ever.

— Amen.

*Acclamation*

Let us praise the Lord.

— And give him thanks.

# ACKNOWLEDGEMENTS

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