

*Liturgy of the Hours*  
LITURGY OF THE HOURS

DAYTIME PRAYER

---

March 31, 2020

{ Tuesday 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 119:1-8*

*I (Aleph)*

*Meditation on God's law*

*Loving God means keeping his commandments (1 John 5:3).*

They are háppy whose lífe is blámeless, \*  
who fóllow God's lów!

They are háppy who dó his wíll, \*  
seeking hím with all their héarts,  
who néver do ánything évil \*  
but wálk in his wáys.

Yóu have laid dówn your précepts \*  
to be obéyed with cáre.

Máy my fóotsteps be firm \*  
to obéy your státutes.

Thén I shall nótt be put to sháme \*  
as I héed your commánds.

I will thánk you with an úpright héart \*  
as I léarn your decrées.

Í will obéy your státutes: \*  
dó not forsáke 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.

*Psalm 13*

*The lament of the just man who does not lose hope in God*

*May the God of hope fill you with every joy (Romans 15:13).*

How lóng, O Lórd, will yóu forgét me? \*  
How lóng will you híde your fáce?  
How lóng must Í bear gríef in my sóul, †  
this sórrow in my héart dáy and níght? \*  
How lóng sháall my ényemy preváil?

Lóok at me, ánsWER me, Lórd my Gód! \*  
Give líght to my éyes lest I fáll asleep in déath,  
lest my ényemy sáy: “Í have overcóme him”; \*  
lest my fóes rejóice to sée my fáll.

As for mé, I trúst in your mérciful lóve. \*  
Let my héart rejóice in your sáving hélp:  
Let me síng to the Lórd for his góodness to mé, \*  
sínging psálms to the náme of the Lórd, the Most Hígh.

Glory to the FátHER, and to the Son, \*  
and to the Holy SpíRit:  
as it was in the bEgínníng, is now, \*  
and will be for ever. Amen.

*Psalm 14*

*The foolishness of sinners*

*Sin has increased but grace has far surpassed it (Romans 5:20).*

The fóol has sáid in his héart: \*  
“There is no Gód abóve.”  
Their déeds are corrúpt, depráved; \*  
not a góod man is léft.

From héaven the Lórd looks dówn \*  
on the sóns of mén  
to sée if ány are wíse, \*  
if ány seek Gód.

Áll have léft the ríght páth, \*  
depráved, every óne:

there is nót a góod man léft, \*  
nó, not even óne.

Will the évil-doers nót understand? \*  
They éat up my péople  
as thóugh they were éating bréad: \*  
they never práy to the Lórd.

Sée how they trémbles with féar †  
without cáuse for féar: \*  
for Gód is with the júst.  
You may móck the póor man's hópe, \*  
but his refúge is the Lórd.

O that Ísrael's salvátion might cóme from Zíon! †  
When the Lórd delívers his péople from bóndage, \*  
then Jácob will be glád and Ísrael rejóice.

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

*1 Corinthians 1:22-24*

Yes, Jews demand “signs” and Greeks look for “wisdom,” but we preach Christ crucified—a stumbling block to Jews, and an absurdity to Gentiles; but to those who are called, Jews and Greeks alike, Christ the power of God and the wisdom of God.

*Verse*

Turn your face away from my sins.

— Blot out all my guilt.

*Stand*

CONCLUDING PRAYER

Let us pray.

Lord,  
help us to do your will  
that your Church may grow  
and become more faithful in your service.

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.

*Acclamation*

Let us praise the Lord.

— And give him thanks.

# 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.

Psalm 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](http://www.ebreviary.com)*