Daytime Prayer

Wednesday, March 22, 2023

Lent, Week 4 — Wednesday

OPENING

O 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 forever. Amen.

HYMN

> **Lord, Who Throughout These Forty Days**
>
> Lord, who throughout these forty days
> for us did fast and pray,
> teach us with you to mourn our sins
> and close by you to stay.

PSALMODY

Psalm 119 *Your Hands Have Made Me (Teth)*

> *Ant. Wash me thoroughly from my iniquity and cleanse me from my sin.*

Your hands have made me and formed me; give me understanding, and I will learn your commandments.

Those who fear you will see me and rejoice, because I have hoped in your words.

I know, O Lord, that your judgments are equity, and in your truth you have humbled me.

Let your mercy be to console me, according to your word to your servant.

Let your mercies come to me, and I will live; for your law is my meditation.

Let the proud be ashamed, because they have acted unjustly against me; but I will meditate on your commandments.

Let those who fear you turn to me, and those who know your testimonies.

Let my heart be without stain in your justifications, so that I may not be confounded.

Glory to the Father, and to the Son, and to the Holy Spirit: as it was in the beginning, is now, and will be forever. Amen.

> *Ant. Wash me thoroughly from my iniquity and cleanse me from my sin.*

Psalm 119 *My Soul Has Fainted (Jod)*

> *Ant. Wash me thoroughly from my iniquity and cleanse me from my sin.*

My soul has fainted for your salvation, and I hoped in your word.

My eyes have grown dim for your eloquence; saying: "When will you console me?"

For I have become like a wineskin in the frost; I have not forgotten your justifications.

How many are the days of your servant? When will you execute judgment on those who persecute me?

The iniquitous have spoken dishonestly to me, but not as much as your law.

All your commandments are truth; the wicked have persecuted me; help me.

They almost came to an end with me on earth; but I have not forsaken your commandments.

Enliven me according to your mercy, and I will keep the testimonies of your mouth.

Glory to the Father, and to the Son, and to the Holy Spirit: as it was in the beginning, is now, and will be forever. Amen.

> *Ant. Wash me thoroughly from my iniquity and cleanse me from my sin.*

SHORT READING

HOSEA 2:16

I will lead her into the desert and speak to her heart.

RESPONSORY

V. We adore your cross, O Lord.

R. We praise your holy resurrection.

CONCLUDING PRAYER

Lord, in Lent you call us to prayer, fasting, and almsgiving. Grant us faithfulness in all three, not as burdens but as ways of drawing closer to you; through Christ our Lord. Amen.

DISMISSAL

Let us praise the Lord.

And give him thanks.