

Daytime Prayer

Friday, March 20, 2026

Lent, Week 4 — Friday

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 Word Is a Lamp (Mem)*

Ant. My sacrifice is a broken spirit; a broken and contrite heart you will not despise.

Your word is a lamp to my feet, and a light to my paths.

I have sworn and have determined to keep the judgments of your justice.

I have been humbled greatly; O Lord, enliven me according to your word.

The voluntary offerings of my mouth, make them acceptable, O Lord, and teach me your judgments.

My soul is always in my hands, and I have not forgotten your law.

Sinners have set a snare for me, and I have not strayed from your commandments.

I have inherited your testimonies forever, because they are the joy of my heart.

I have inclined my heart to do your justifications forever, for the reward.

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. My sacrifice is a broken spirit; a broken and contrite heart you will not despise.

Psalm 119 *I Have Hated the Double-minded (Nun)*

Ant. My sacrifice is a broken spirit; a broken and contrite heart you will not despise.

I have hated the iniquitous; and I have loved your law.

You are my helper and my supporter; and I have hoped in your word.

Depart from me, you malicious; and I will search the commandments of my God.

Uphold me according to your word and I will live; and do not confound me in my expectation.

Help me and I will be saved; and I will always meditate on your justifications.

You have despised all those who fall away from your justifications; for their thought is unjust.

I have considered all the sinners of the earth to be prevaricators; therefore I have loved your testimonies.

Pierce my flesh with your fear; for I am afraid of your judgments.

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. My sacrifice is a broken spirit; a broken and contrite heart you will not despise.

SHORT READING

JEREMIAH 29:13

You will seek me and find me, when you seek me with all your heart.

RESPONSORY

V. We adore your cross, O Lord.

R. We praise your holy resurrection.

CONCLUDING PRAYER

Lord of the cross, help us to carry our own crosses with patience and trust, knowing that you walk beside us; through Jesus Christ our Lord. Amen.

DISMISSAL

Let us praise the Lord.

And give him thanks.