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# **Liturgy of the Hours**

## **Lent**

**Benedictine Women of Madison  
Holy Wisdom Monastery  
Middleton, Wisconsin**

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*Welcome to the Liturgy of the Hours*

Welcome to the liturgy of the hours as practiced by the  
Benedictine Women of Madison.

We pray each day at morning, midday, and evening  
according to the monastic pattern of worship  
using hymns, psalms,  
scripture and prayer.

We invite you to join us in prayer  
and to share with us  
in this ancient pattern of worship.

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**Tuesday Midday**  
**Week II**

**Call to prayer**

*Leader* O God, come to our assistance.

*All* O God, make haste to help us.

Glory be to our Creator,  
to our Redeemer, Jesus Christ,  
and to the Spirit of Life,  
who dwells in our midst now and forever. Amen.

**Hymn**

**29 / 48 Holy Week**

**Reading**

**Psalm 119:161-176**

*Solo* Though the powerful oppress me unjustly,  
I stand in awe of your word, O God.  
I take delight in your promise  
like one who finds a treasure.  
Lies I hate and detest  
but your law is my love.  
Seven times a day I praise you  
for your just decrees.

*Side 1* The lovers of your law have great peace;  
they never stumble.  
I await your saving help, O God,  
I fulfill your commands.  
My soul obeys your will  
and loves it dearly.  
I obey your precepts and your will;  
all that I do is before you.

*Side 2* O God, let my cry come before you:  
teach me by your word.  
Let my pleading come before you:  
save me by your promise.  
Let my lips proclaim your praise  
because you teach me your statutes.  
Let my tongue sing your promise  
for your commands are just.

*All* Let your hand be ready to help me,  
since I have chosen your precepts.  
O God, I long for your saving help  
and your law is my delight.  
Give life to my soul that I may praise you.  
Let your decrees give me help.  
I am lost like a sheep; seek your servant  
for I remember your commands.

*Stand*

Glory be to our Creator,  
to our Redeemer, Jesus Christ,  
and to the Spirit of Life,  
who dwells in our midst now and forever. Amen.

**Gospel**

**Oration**

**Dismissal**

*Leader* Let us go in peace.

*All* And give God thanks.

## Let All Who Pray the Prayer Christ Taught



1. Let all who pray the prayer Christ taught  
 2. Dis - card each venge - ful hope that's fed  
 3. Ex - am - ine how temp - ta - tion breeds  
 4. By faith - ful dis - ci - pline pre - pare



first clear the clut - tered heart.  
 the dreams of wars you'll win,  
 in - side the mind's dark maze,  
 an in - ward ho - ly space



Make room to breathe the liv - ing thought  
 Then free - ly ask for dai - ly bread  
 Ac - knowl - edg - ing that your life needs  
 That when you of - fer Jes - us' prayer



those well - worn words im - part  
 and par - don from your sin.  
 de - liv - 'rance from its ways.  
 your heart may fill with grace.

## ACKNOWLEDGMENTS FOR LENT, VOLUME V

*See acknowledgments for Ordinary Time with the following additions:*

**Text for Canticles:** Is 38:10-14, 17-20, Is 42:1-4, Is 49:1-6, Is 50:4-9, Is 52:13-14; 53:4-6, 11-12, Is 61:6-9, Jer 14:17-21, Sir 31:8-11, Wi 3:1-9 are from The English translation of the psalms and canticles from *The Liturgical Psalter: Text for Study and Comment*, copyright 1994, International Committee on English in the Liturgy, Inc. All rights reserved; Mechtild of Magdeburg, text from *Silent Voices, Sacred Lives: Women's Readings for the Liturgical Year*, "Mechtild of Magdeburg," Paulist Press, 997 Macarthur Blvd., Mahwah, NJ 07430, p. 76. Used with permission; Julian of Norwich, text from *Meditations with Julian of Norwich*, by Brendan Doyle, © 1983, Bear & Company, Inc., Drawer 2860, Santa Fe, NM 57501, pp. 66, 71, 73. Used with permission.