

# Daytime Prayer

Wednesday, March 11, 2026

Lent, Week 3 — Wednesday

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## OPENING

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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

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### **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

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### **Psalm 136** *By the Waters of Babylon (Part II)*

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

If I forget you, O Jerusalem, let my right hand be forgotten.

Let my tongue cling to my jaws if I do not remember you,

if I do not set Jerusalem forth as the beginning of my joy.

Remember, O Lord, the sons of Edom, on the day of Jerusalem,  
who said: "Tear it down, tear it down, even to its foundation!"

O daughter of Babylon, you are wretched; blessed is he who repays you your payment,  
which you have paid to us.

Blessed is he who will hold and dash your little ones against the rock.

*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 137** *I Give Thanks With My Whole Heart*

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

I will confess to you, O Lord, with my whole heart, for you have heard the words of my mouth.

In the sight of the angels, I will sing to you; I will adore toward your holy temple, and I will confess to your name.

Your mercy and your truth, for you have magnified your holy oracle above all things.

In whatever day I will call upon you, hear me; you will increase virtue in my soul.

Let all the kings of the earth confess to you, O Lord; for they have heard all the words of your mouth.

And let them sing in the ways of the Lord; for the glory of the Lord is great.

For the Lord is exalted, yet he looks toward the humble; and he knows the lofty one from a distance.

If I walk in the midst of tribulation, you will enliven me; and you stretched forth your hand against the wrath of my enemies, and your right hand has saved me.

The Lord will repay on my behalf; O Lord, your mercy is forever; do not despise the works of your hands.

*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.*