

Mayfield Girls' School

Prayer Book



Table of Contents

Basic Prayers: Our Father	5
Basic Prayers: Hail Mary.....	6
Basic Prayers: Glory Be.....	7
Basic Prayers.....	8
Cornelia Connelly Prayers	11
The Rosary	12
Bible Verses by Topic	15
Psalter - Week 1	
MONDAY Psalter Week 1.....	26
TUESDAY Psalter Week 1.....	29
WEDNESDAY Psalter Week 1	32
THURSDAY Psalter Week 1	35
FRIDAY Psalter Week 1	38
SATURDAY Psalter Week 1.....	41
SUNDAY Psalter Week 1	43
Psalter - Week 2	
MONDAY Psalter Week 2.....	44
TUESDAY Psalter Week 2.....	47
WEDNESDAY Psalter Week 2	50
THURSDAY Psalter Week 2.....	53
FRIDAY Psalter Week 2.....	56
SATURDAY Psalter Week 2.....	59
SUNDAY Psalter Week 2	61
Psalter - Week 3	
MONDAY Psalter Week 3.....	62
TUESDAY Psalter Week 3.....	65
WEDNESDAY Psalter Week 3	68
THURSDAY Psalter Week 3.....	71
FRIDAY Psalter Week 3	74
SATURDAY Psalter Week 3.....	77
SUNDAY Psalter Week 3	79
Psalter - Week 4	
MONDAY Psalter Week 4.....	80
TUESDAY Psalter Week 4.....	83

WEDNESDAY Psalter Week 4	86
THURSDAY Psalter Week 4	89
FRIDAY Psalter Week 4	92
SATURDAY Psalter Week 4	95
SUNDAY Psalter Week 4	97
Advent	
MONDAY in Advent	98
TUESDAY in Advent	100
WEDNESDAY in Advent	102
THURSDAY in Advent	105
FRIDAY in Advent	107
SATURDAY in Advent	109
SUNDAY in Advent	111
Lent	
MONDAY in Lent	113
TUESDAY in Lent	115
WEDNESDAY in Lent.....	117
THURSDAY in Lent.....	120
FRIDAY in Lent.....	122
SATURDAY in Lent	125
SUNDAY in Lent.....	126

Easter

MONDAY in Easter	128
TUESDAY in Easter	131
WEDNESDAY in Easter	133
THURSDAY in Easter	136
FRIDAY in Easter	139
SATURDAY in Easter	142
SUNDAY in Easter	143
Eucharistic Exposition and Benediction	145
Order of Mass	147
The Liturgy of the Word	150
The Liturgy of the Eucharist	152
The Eucharistic Prayer	154
THE EUCHARISTIC PRAYERS	155
The Canticle of Zechariah (Benedictus)	180
The Canticle of Mary (Magnificat)	181
The Canticle of Simeon (Nunc Dimittis)	182

Basic Prayers: Our Father

Our Father, Who art in heaven,
Hallowed be Thy Name.
Thy Kingdom come.
Thy Will be done, on earth as it is in Heaven.
Give us this day our daily bread.
And forgive us our trespasses,
as we forgive those who trespass against
us.
And lead us not into temptation,
but deliver us from evil. Amen.

Pater noster, qui es in cœlis;
Sanctificetur nomen tuum;
Adveniat regnum tuum;
Fiat voluntas tua, sicut in cœlo, et in terra.
Panem nostrum cotidianum da nobis hodie:
Et dimitte nobis debita nostra,
sicut et nos dimittimus debitoribus nostris:
Et ne nos inducas in tentationem;
Sed libera nos a malo. Amen

我們的天父，
願你的名受顯揚，
願你的國來臨，
願你的旨意奉行在人間，
如同在天上，
求你今天賞給我們日用的食糧，
求你寬恕我們的罪過，
如同我們寬恕別人一樣，
不要讓我們陷於誘惑，
但救我們免於兇惡，
阿門。

Padre nuestro que estás en los cielos
Santificado sea tu Nombre
Venga tu reino Hágase tu voluntad
En la tierra como en el cielo
Danos hoy el pan de este día
y perdona nuestras deudas
como nosotros perdonamos nuestros
deudores
y no nos dejes caer en la tentación
sino que líbranos del malo. Amen.

Notre Père, qui es aux cieux,
Que ton nom soit sanctifié,
Que ton règne vienne,
Que ta volonté soit faite sur la terre comme
au ciel.
Donne-nous aujourd'hui notre pain de ce
jour. Pardonne-nous nos offenses
Comme nous pardonnons aussi à ceux qui
nous ont offensés.
Et ne nous soumetts pas à la tentation,
mais délivre-nous du mal. Amen.

Отче наш, Иже еси на небесех!
Да святится имя Твое,
да приидет Царствие Твое,
да будет воля Твоя,
яко на небеси и на земли.
Хлеб наш насущный даждь нам днесь;
и остави нам долги наша,
якоже и мы оставляем должником
нашим; и не введи нас во искушение,
но избави нас от лукаваго. Аминь.

Basic Prayers: Hail Mary

Hail Mary, full of Grace,
the Lord is with thee.
Blessed art thou amongst women,
and blessed is the Fruit of thy womb, Jesus.
Holy Mary, mother of God,
pray for us sinners,
now and at the hour of our death. Amen.

Ave Maria, gratia plena,
Dominus tecum.
Benedicta tu in mulieribus,
et benedictus fructus ventris tui, Iesus.
Sancta Maria, Mater Dei,
ora pro nobis peccatoribus,
nunc, et in hora mortis nostrae. Amen

聖母經
萬福瑪麗亞
你充滿聖寵！
主與你同在。
你在婦女中受贊頌
你的親子 耶穌同受贊頌
天主聖母瑪麗亞，
求你現在和我們臨終時，
為我們罪人祈求天主。
阿門。

Dios te salve, María,
Llena eres de gracia,
El Señor es contigo,
Bendita tú eres entre todas las mujeres,
Y bendito es el fruto de tu vientre, Jesús.
Santa María, Madre de Dios,
Ruega por nosotros, pecadores,

Ahora y en la hora de nuestra muerte.
Amén.

Je vous salue, Marie pleine de grâces;
le Seigneur est avec vous.
Vous êtes bénie entre toutes les femmes
Et Jésus, le fruit de vos entrailles, est béni.
Sainte Marie, Mère de Dieu,
priez pour nous pauvres pécheurs,
maintenant et à l'heure de notre mort.
Amen.

Богородице Дѣво, радуй ся,
благодатна Марие, Господь з тобов.
Благословенна ты в женах,
и благословенный плод чрева твоего,
яко Спаса родила еси душ наших.
Свята Марие, Матерь Божя,
моли ся за нас, грѣшных, нынѣ
и в смертну годину нашу. Аминь.

Ekele Maria, Ijuputa na gracia.
Oseburu uwa nonyere gi
idi ngozi na etiti ikporo nile.
Odiazi ngozi bun w afo gi bu Jesu.
Maria di aso nne Ake Chukwu
yowara anyi bu ndi njo ayiyo ugbua
na oge onwu anyi. Amen.

Henffych well, Mair, llawn o ras;
yr Arglwydd sydd gyd â thi;
bendigedig wyt ti ym mhlith merched,
a bendigedig yw Ffrwyth dy groth di Iesu.
Sanctaidd Fair, Mam Duw,
gweddïa drosom ni pechaduriaid yr awr hon,
ac yn awr ein hangeu. Amen.

Basic Prayers: Glory Be

Glory be to the Father, and to the Son,
and to the Holy Spirit.
As it was in the beginning,
is now, and ever shall be,
world without end.
Amen.

Chwała Ojcu
i Synowi i Duchowi Świętemu.
Jak była na początku,
teraz i zawsze,
i na wieki wieków.
Amen.

Gloria Patri, et Filio,
et Spiritui Sancto.
Sicut erat in principio,
et nunc, et semper,
et in saecula saeculorum.
Amen.

Eer aan die vader
en aan die Seun
en aan die Heilige Gees,
soos dit in die begin was,
so ook nou
en altyd tot in alle ewigheid.
Amen.

Gloria al Padre,
Y al Hijo,
Y al Espíritu Santa,
Como era en el principio,
Ahora y siempre,
Por los siglos de los siglos.
Amén.

Ehre sei dem Vater
und dem Sohn
und dem heiligen Geist
wie es war im Anfang
so auch jetzt
und alle Zeit in Ewigkeit.
Amen

Gloire au Père
et au Fils et au Saint-Esprit.
Comme il était au commencement,
maintenant et toujours,
dans les siècles des siècles.
Amen.

願光榮歸於父、及子、
及聖神。
起初如何，
今日亦然，
直到永遠。
阿門。

Basic Prayers:

The Sign of the Cross:

In the name of the Father,
And of the Son,
And of the Holy Spirit. Amen

Prayer Before Meals

Bless us, O Lord, and these your gifts
which we are about to receive from your
bounty,
through Christ, Our Lord. Amen

Prayer After Meals

We give you thanks, Almighty God,
for all your benefits, Who lives and reigns
forever and ever. Amen
And may the souls of the faithful departed,
through the mercy of God, rest in peace.
Amen.

Prayer to Guardian Angel

Angel of God, my guardian dear,
to whom His love commits me here,
ever this day be at my side,
to light and guard, to rule and guide. Amen.

Eternal Rest Prayer

Eternal rest grant unto him/her (them), O
Lord; and let perpetual light shine upon
him/her (them). May he/she (they) rest in
peace. Amen.

Prayer to St. Michael the Archangel

St. Michael the Archangel,
defend us in the hour of conflict.
Be our safeguard against the wickedness
and snares of the Devil.
May God rebuke him, we humbly pray,
and do thou,
O Prince of the heavenly hosts,
by the power of God,
Cast Satan into Hell,
And with him all the evil spirits,
who wander through the world
seeking the ruin of souls. Amen

Act of Contrition

My God, I am sorry for my sins with all my
heart.
In choosing to do wrong and failing to do
good,
I have sinned against you whom I should
love above all things.
I firmly intend, with your help,
to do penance, to sin no more,
and to avoid whatever leads me to sin.
Our Savior Jesus Christ suffered and died
for us.
In His name. My God have mercy. Amen

Apostles Creed

I believe in God, the Father Almighty,
Creator of Heaven and earth;
and in Jesus Christ, His only Son Our Lord,
Who was conceived by the Holy Spirit, born
of the Virgin Mary, suffered under Pontius
Pilate, was crucified, died, and was buried.

He descended into Hell; the third day He
rose again from the dead;
He ascended into Heaven, and is seated at
the right hand of God, the Father almighty;
from there He shall come to judge the living
and the dead.

I believe in the Holy Spirit, the holy Catholic
Church, the communion of saints, the
forgiveness of sins, the resurrection of the
body and life everlasting. Amen

Salve Regina (Hail, Holy Queen)

Hail, holy Queen, mother of Mercy.
Hail, our life, our sweetness and our hope.
To thee do we cry,
poor banished children of Eve;
to thee do we send up our sighs,
mourning and weeping, in this vale of tears.
Turn then, most gracious advocate,
thine eyes of mercy toward us;
and after this our exile, show unto us
the blessed fruit of thy womb, Jesus.
O clement, O loving, O sweet virgin Mary.

Salve, Regina, mater misericordiae:
Vita, dulcedo, et spes nostra, salve.
Ad te clamamus, exsules, filii Hevae.
Ad te suspiramus, gementes et flentes
in hac lacrimarum valle.
Eia ergo, Advocata nostra,
illos tuos misericordes oculos ad nos
converte.
Et Iesum, benedictum fructum ventris tui,
nobis, post hoc exilium ostende.
O clemens: O pia: O dulcis Virgo Maria.

Prayer of St. Francis of Assisi

Lord, make me an instrument of your peace.
Where there is hatred, let me sow love.
Where there is injury, pardon.

Where there is doubt, faith.
Where there is despair, hope.
Where there is darkness, light.
Where there is sadness, joy.
O Divine Master, grant that I may not so
much seek to be consoled, as to console;
to be understood, as to understand;
to be loved, as to love.
For it is in giving that we receive.
It is in pardoning that we are pardoned,
and it is in dying that we are born to Eternal
Life. Amen

St Patrick's Breastplate

Christ be with me, Christ within me,
Christ behind me, Christ before me,
Christ beside me, Christ to win me,
Christ to comfort and restore me.
Christ beneath me, Christ above me,
Christ in quiet, Christ in danger,
Christ in hearts of all that love me,
Christ in mouth of friend and stranger.

An Ancient Prayer to Saint Joseph

O Saint Joseph, whose protection is so
great, so strong, so prompt before the
throne of God, I place in you all my interests
and desires. O St. Joseph, do assist me by
your powerful intercession and obtain for
me all spiritual blessings through your Son,
Jesus Christ Our Lord, so that, having
engaged here below thy heavenly power, I
may offer my thanksgiving and homage to
the most loving of fathers.

O St. Joseph, I never weary contemplating
you and Jesus asleep in your arms. I dare
not approach while He reposes near your
heart. Press Him in my name and kiss His

fine Head for me, and ask Him to return the kiss when I draw my dying breath.

St. Joseph, patron of departing souls, pray for me. Amen.

The Angelus

The Angel of the Lord declared to Mary:
And she conceived of the Holy Spirit.

Hail Mary, full of grace, the Lord is with thee; blessed art thou among women and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

Behold the handmaid of the Lord: Be it done unto me according to Thy word.

Hail Mary . . .

And the Word was made Flesh: And dwelt among us.

Hail Mary . . .

Pray for us, O Holy Mother of God, that we may be made worthy of the promises of Christ.

Let us pray:

Pour forth, we beseech Thee, O Lord, Thy grace into our hearts; that we, to whom the incarnation of Christ, Thy Son, was made known by the message of an angel, may by His Passion and Cross be brought to the glory of His Resurrection, through the same Christ Our Lord.

The Memorare

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection, implored thy help, or sought thine intercession was left unaided. Inspired by this confidence, I fly unto thee, O Virgin of virgins, my mother; to thee do I come, before thee I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in thy clemency hear and answer my prayer.
Amen

Canticle of the Sun

Be praised, my Lord,
For all your creatures,
And first for brother sun,
Who makes the day bright and luminous.
He is beautiful and radiant
With great splendor
He is the image of You, Most high.
Be praised, my Lord,
For sister moon and the stars.
You placed them in the sky,
So bright and twinkling.

Come, Holy Spirit

Come, O Holy Spirit, fill the hearts of your faithful and enkindle in them the fire of your love. Send forth your Spirit, and they shall be created. And you shall renew the face of the earth. Amen

Cornelia Connelly Prayers

1: Receive, O my God, the little good I may do this day, and give me the grace to repair the ill done, that I may bless You during this life and praise You through all Eternity. **Amen**

2: Let us love one another and pray;
Let us love one another and be faithful;
Let us love one another and be humble, be filled with the charity of God;
Let us love one another with God, in God, and for God;
And we shall thus be one with Him for all eternity. **Amen**

3: **Prayer to Obtain the Beatification of the Venerable Cornelia Connelly**
O God, who chose Cornelia Connelly to found the Society of the Holy Child Jesus, inspiring her to follow the path marked out by your divine son, obedient from the crib to the cross, let us share her faith, her obedience and her unconditional trust in the power of your love. Grant us the favour we now implore through her intercession... and be please to glorify, even on earth, your faithful servant, through the same Christ our Lord. **Amen**

4: Give me, O Lord, a love full of action, that I may be like the Holy Child Jesus in my thoughts, in my words, in my actions. **Amen**



The Rosary

Time needed: 15 minutes.

How to Pray the Rosary:

Begin with the Sign of the Cross.

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Holding the crucifix, pray the Apostles' Creed.

I believe in God, the Father almighty, Creator of heaven and earth, and in Jesus Christ, His only Son, our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried; He descended into hell; on the third day He rose again from the dead; He ascended into heaven, and is seated at the right hand of God the Father almighty; from there He will come to judge the living and the dead. I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.

On the first bead, pray an Our Father.

Our Father, who art in heaven, hallowed be thy name; thy kingdom come; thy will be done on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.

On each of the next three beads, pray a Hail Mary.

Hail Mary, full of grace, the Lord is with you; blessed are you among women, and blessed is the fruit of your womb, Jesus. Holy Mary, Mother of God, pray for us sinners now and at the hour of our death. Amen.

On the next bead, pray a Glory Be.

Glory be to the Father, the Son, and the Holy Spirit; as it was in the beginning, is now, and ever shall be, world without end. Amen.

Pray the first decade.

On the large bead, announce the mystery and then say an Our Father.

On each of the 10 small beads, say a Hail Mary while continuing to meditate on the mystery.

At the end of the decade, say the Glory Be.

Then say the Fatima Prayer:

O my Jesus, forgive us our sins, save us from the fires of hell; lead all souls to Heaven, especially those who have most need of your mercy. Amen

Repeat this pattern for the remaining decades.

Our Father -> 10 Hail Marys -> Glory Be -> O my Jesus (Fatima Prayer)

After the 5 decades, conclude with the Hail Holy Queen (Salve Regina).

Hail, holy Queen, mother of mercy, our life, our sweetness, and our hope. To you we cry, poor banished children of Eve; to you we send up our sighs, mourning and weeping in this valley of tears.

Turn, then, most gracious advocate, your eyes of mercy toward us; and after this, our exile, show unto us the blessed fruit of your womb, Jesus. O clement, O loving, O sweet Virgin Mary.

Pray for us, O holy Mother of God.

That we may be made worthy of the promises of Christ.

Close with the concluding prayer.

Let us pray:

O God, whose Only Begotten Son, by His Life, Death, and Resurrection, has purchased for us the rewards of eternal life, grant, we beseech thee, that while meditating on these mysteries of the most holy Rosary of the Blessed Virgin Mary, we may imitate what they contain and obtain what they promise, through the same Christ our Lord. Amen.

End with the Sign of the Cross.

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Mysteries of the Rosary:

The Joyful Mysteries (Monday & Saturday):

1: The Annunciation: The Archangel Gabriel "announces" to Mary that she shall conceive the Son of God.

2: The Visitation: Mary visits her cousin Elizabeth, who is pregnant with John the Baptist.

3: The Nativity: Jesus is born.

4: The Presentation: Mary and Joseph "present" Jesus in the Temple where they meet Simeon.

5: The Finding in the Temple: After losing Him, Mary and Joseph find young Jesus teaching the Rabbis in the Temple.

The Luminous Mysteries (Thursday):

1: The Baptism in the Jordan: The voice of the Father declares Jesus the beloved Son.

2: The Wedding at Cana: Christ changes water into wine, his first public miracle.

3: The Proclamation of the Kingdom: Jesus calls to conversion (cf. Mk 1:15) and forgives the sins of all who draw near to him.

4: The Transfiguration: The glory of the Godhead shines forth from the face of Christ.

5: The Institution of the Eucharist: Jesus offers the first Mass at the Last Supper with his apostles, establishing the sacramental foundation for all Christian living.

The Sorrowful Mysteries (Tuesdays and Fridays):

1: The Agony in the Garden: Jesus sweats water and blood while praying the night before his passion.

2: The Scourging at the Pillar: Pilate has Jesus whipped.

3: The Crowning with Thorns: Roman soldiers crown Jesus' head with thorns.

4: The Carrying of the Cross: Jesus meets His mother and falls three times on the way up Calvary.

5: The Crucifixion: Jesus is nailed to the cross and dies before His mother and His apostle John.

The Glorious Mysteries (Wednesdays and Sundays):

1: The Resurrection: Jesus rises from the dead.

2: The Ascension: Jesus leaves the Apostles and bodily "ascends" to heaven.

3: The Descent of the Holy Spirit: The Apostles receive the Holy Spirit in tongues of fire in the upper room with Mary.

4: The Assumption: Mary is taken bodily—assumed—into heaven by God at the end of her life here on earth.

5: The Coronation: Mary is crowned Queen of Heaven and Earth.

Bible Verses by Topic:

Acceptance:

- 1 Peter 3:8, 9
- Romans 2:11
- Romans 8:31
- John 6:35-37
- Matthew 25:34-40
- Psalm 34:18
- Psalm 51:17
- Isaiah 65:14
- Matthew 5:3
- John 16:33
- John 14:27
- Isaiah 41:10

Anxiety:

- Philippians 4:6
- 1 John 4:18
- 1 Peter 3:14
- 2 Timothy 1:7
- Isaiah 41:10
- Matthew 6: 25-34
- Psalm 34

Break Ups:

- Isaiah 9:2
- John 14:27
- Psalm 34:18
- Psalm 41:9
- Romans 8:7
- Proverbs 3:15-16
- Jonah 2:2

Bad Company:

- 1 Corinthians 15:33
- 1 John 4:1
- Proverbs 13:20
- Proverbs 25:26
- Psalm 26:4-5

Bullying:

- 1 John 2:9
- 1 John 3:15
- 2 Timothy 1:7
- Deuteronomy 31:6
- Ephesians 4:29
- Matthew 5:11
- Romans 12: 18-19

Beauty:

- 1 Peter 3:3-4
- Philippians 4:8
- Psalm 139:14
- Song of Songs 4:7
- 1 Samuel 16:7
- Ecclesiastes 3:11
- Proverbs 3:15-18

Cancer:

- 2 Corinthians 4:16-18
- Isaiah 40:31
- Matthew 11:28-29
- Psalm 18:6
- Ecclesiastes 3:1
- John 14: 1-4
- 2 Corinthians 1:3-6

Brokenness:

Change:

- 2 Corinthians 5:17
- Ecclesiastes 3:1
- Hebrews 13:8
- Isaiah 43:19
- Jeremiah 29:11
- Joshua 1:9
- Philippians 4:6-7

Cheating:

- 1 Corinthians 10:13
- Proverbs 12:22
- Exodus 20:17
- Acts 5:1-9
- James 4:17
- Galatians 6:7-8

Choices:

- Proverbs 3:5-6
- 1 Corinthians 10:13
- James 1:5
- Proverbs 12:15
- Matthew 6:33

Comfort:

- Deuteronomy 31:8
- John 16:22
- Matthew 5:4
- Romans 12:15
- Joshua 1:9
- Matthew 11:28-30
- Psalm 23:4
- Psalm 27:1
- John 14:26-27

Community:

- 1 Corinthians 1:10

- Colossians 3:13
- Galatians 6:2
- Proverbs 17:17
- Matthew 18:20
- Romans 12:5
- Romans 12:16

Conflict:

- Proverbs 15:18
- Matthew 18:15
- Matthew 5:23-24
- Hebrews 12:14
- James 5:16
- Romans 12:18
- Proverbs 15:1
- James 1:19
- Matthew 5:9

Courage:

- Ephesians 6:10
- John 14:27
- Psalm 27:1
- 2 Timothy 1:7
- 1 Corinthians 16:13
- Mark 5:36
- Psalm 31:24

Creativity:

- Exodus 35:35
- Proverbs 22:29
- Colossians 3:23
- Ephesians 2:10

Dads:

- Ephesians 6:4
- Proverbs 22:6
- Exodus 20:12
- Colossians 3:21

- Proverbs 1:8
- Psalm 127:3

Debt:

- Romans 13:8
- Matthew 18:21-35
- Luke 7:41-43
- Matthew 6:12
- Psalm 37:21
- Exodus 22:25
- Matthew 6:24

Drink & Drugs:

- Ephesians 5:18
- Proverbs 20:1
- 1 Corinthians 10:23-24
- 1 Peter 5:8
- Proverbs 4:23
- 1 Thessalonians 5:6-8
- 1 Corinthians 10:13

Encouragement:

- 1 Corinthians 15:58
- Ephesians 4:29
- 1 Thessalonians 5:14
- Philippians 2:4
- James 2:14-17
- Matthew 6:14-15
- Hebrews 3:13
- Galatians 6:2
- John 14:27

Envy:

- 1 Corinthians 13:4
- Galatians 5:26
- James 3:16
- Romans 1:29
- 1 Peter 2:1

- Titus 3:3
- Philippians 1:15
- 1 Timothy 6:4-5
- Romans 1:28-32
- Proverbs 14:30
- Job 5:2

Failure:

- Proverbs 24:16
- Romans 3:23
- Jeremiah 29:11
- Job 14:1
- Matthew 11:28
- Psalm 145:14
- Proverbs 29:25
- Proverbs 28:13

Faithfulness:

- 1 Corinthians 4:2
- Galatians 5:22
- Hebrews 3:2
- 2 Timothy 2:13
- Revelation 2:10
- Matthew 25:21
- 2 Thessalonians 3:3

Family & Friends:

- 1 Timothy 5:8
- Proverbs 27:10
- Matthew 12:48-50
- 1 Corinthians 15:33-34
- Proverbs 18:24
- Proverbs 17:17
- Luke 11:13

Fear:

- Isaiah 35:4
- John 14:27

- Joshua 1:9
- Matthew 6:34
- Isaiah 43:1
- Psalm 23:4
- Romans 8:38-39
- 1 Peter 5:6-7
- Deuteronomy 31:6
- Psalm 56:3-4

Finding Love:

- Ecclesiastes 3:1-8
- 1 John 4:8
- 1 Corinthians 13:13
- 2 Timothy 2:22
- 1 John 4:16
- Romans 12:10
- Romans 13:8-10
- Proverbs 18:22
- Matthew 6:33

Forgiveness:

- Ephesians 4:32
- 1 John 1:9
- John 8:32
- Matthew 6:14-15
- Colossians 3:13
- Matthew 26:28
- Psalm 103:12
- Matthew 18:21-35
- 1 Timothy 1:15
- Matthew 11:28
- James 5:16

Free Will:

- 2 Peter 3:9
- Galatians 5:13
- John 7:17
- Joshua 24:15
- Revelation 3:20

- Deuteronomy 30:19-20
- Galatians 5:16-17

Friendship:

- 1 Thessalonians 5:11
- Colossians 3:13
- Ecclesiastes 4:10
- Job 6:14
- Proverbs 16:28
- Proverbs 17:9
- Psalm 133:1
- Romans 12:10
- 1 Peter 4:8-10

God's Love:

- Psalm 36:7
- Romans 5:8
- 1 John 4:9-10
- Zephaniah 3:17
- 1 John 4:7-8
- Romans 5:5
- Jeremiah 31:3
- John 3:16
- Psalm 86:15
- Deuteronomy 7:9
- Ephesians 5:25

God's Will:

- Jeremiah 29:11
- 1 Timothy 2:3-4
- 1 Thessalonians 4:3
- James 1:5
- Proverbs 3:5-6
- 1 Peter 2:15
- Matthew 6:10
- 2 Peter 3:9
- Micah 6:8

Going to Church:

- Hebrews 10:24-25
- Acts 2:42
- Acts 20:7
- Matthew 16:18
- Luke 4:16
- Acts 20:28
- Matthew 18:20
- Romans 10:17

Gossip:

- Ephesians 4:29
- Exodus 23:1
- James 1:26
- James 4:11
- Proverbs 10:18-19
- Proverbs 11:13
- Psalm 34:13
- Psalm 141:3

Greed:

- 1 John 2:16
- Luke 12:15
- Ecclesiastes 5:10
- Hebrews 13:5
- Matthew 6:24
- Proverbs 11:28
- Proverbs 14:31
- 1 Timothy 6:17-19

Grief:

- John 16:22
- Philippians 4:13
- Revelation 21:4
- Psalm 34:18
- Matthew 11:28-30
- Psalm 147:3
- Psalm 73:26
- 1 Thessalonians 4:13-18

- John 14:1
- Matthew 5:4
- Ecclesiastes 3:1-17

Guilt:

- Hebrews 10:22
- Psalm 32:1-6
- Isaiah 6:7
- 1 John 1:9
- Romans 8:1
- Psalm 103:12
- 2 Corinthians 5:17
- Micah 7:19
- Romans 6:23
- John 3:17
- Acts 3:19

Hate:

- 1 John 2:9-17
- Ephesians 4:31
- Proverbs 10:12
- Leviticus 19:17-18
- Luke 6:27-28
- 1 John 3:14-15
- 1 John 4:19-20

Holiness:

- Hebrews 12:14
- Romans 6:22
- 2 Corinthians 7:1
- Luke 1:74-75
- Isaiah 35:8
- Psalm 96:9
- Ezekiel 36:22-29
- 1 Peter 2:9
- Romans 12:1-2
- 1 Thessalonians 4:7
- Matthew 5:48

Honesty & Integrity:

- 2 Corinthians 8:21
- 2 Timothy 2:15
- Colossians 3:9
- Ephesians 4:25
- Luke 6:31
- Matthew 5:8
- Proverbs 10:9
- 1 Chronicles 29:17

Humility:

- 1 Peter 5:6-7
- James 4:10
- Micah 6:8
- 2 Chronicles 7:14
- Proverbs 3:34
- Luke 14:11
- Romans 12:3
- Proverbs 11:2
- Ephesians 4:2
- Psalms 25:9

Hypocrisy:

- Romans 10:3
- 1 John 4:20
- Matthew 6:1
- Mark 7:6
- Titus 1:16
- Galatians 6:3
- Luke 6:46
- Luke 20:46-47
- Matthew 23:27-28
- 2 Timothy 3:1-5
- Matthew 7:1-6
- James 2:14-26

Insecurity:

- Philippians 4:6-9
- Matthew 6:31-34

- Philippians 4:6

Justice:

- Proverbs 21:15
- Ecclesiastes 3:17
- Hosea 12:6
- Matthew 5:38-39
- Amos 5:24
- Romans 12:19
- Micah 6:8
- Isaiah 1:17
- Psalm 106:3
- Proverbs 29:7

Kindness:

- Colossians 3:12
- 1 Corinthians 13:4-7
- Galatians 5:22
- 1 Peter 4:8
- 2 Peter 1:5-7
- Ephesians 4:32
- Luke 6:35
- 1 Peter 3:9
- Ruth 2:20-21

Laughter:

- Proverbs 17:22
- Job 8:21
- Psalm 126:2
- Ecclesiastes 3:4
- Luke 6:21
- Genesis 21:6

Laziness:

- Proverbs 12:11
- 1 Timothy 5:8
- Proverbs 14:23
- Colossians 3:17
- Luke 16:10

- Matthew 25:24-29

Life after Death:

- 1 John 2:25
- John 3:16
- John 11:25
- Luke 23:42-43
- John 5:28-29
- Matthew 10:28
- Hebrews 9: 27-28
- Matthew 25:31-46

Losing a Loved One:

- John 16:22
- Revelation 21:4
- Matthew 5:4
- 1 Thessalonians 4:13-14
- 2 Corinthians 5:8
- Isaiah 57:1-2
- Revelation 14:13
- 2 Corinthians 4:17-18
- Romans 14:8
- John 14:27
- Romans 8:18
- Philippians 4:6-7
- 1 Corinthians 15:26
- Psalm 147:3
- Psalm 34:18
- Psalm 23:4
- Joshua 1:9

Love:

- 1 Corinthians 13:4-8
- Romans 13:8
- Philippians 2:3
- Matthew 5:43-48
- Romans 13:8-10
- Matthew 6:14-15
- John 13:34

- John 3:16
- 1 John 4:7-8
- 1 Corinthians 13:13
- 1 John 4:7
- Proverbs 17:17
- 1 Corinthians 16:14
- Luke 6:35
- Colossians 3:14
- Matthew 22:37-39

Lust:

- Exodus 20:14
- 1 Corinthians 6:13
- 2 Timothy 2:22
- Galatians 5:16
- Romans 8:6

Mary:

- Luke 11:27
- Luke 1:38
- Luke 1:42
- John 2:3-5
- Acts 1:14
- Luke 1:46-55

Modesty:

- 1 Corinthians 12:23
- 1 Peter 3:3-4
- Romans 12:2
- 1 Samuel 16:7
- 1 Corinthians 6:19-20
- Proverbs 31:30
- Luke 17:1
- Romans 14:13
- Esther 1:10-12

Mothers:

- Deuteronomy 5:16
- 2 Timothy 1:5
- John 19:26-27
- Proverbs 31:26-28
- Deuteronomy 6:6-7
- Ephesians 6:2
- Ezekiel 16:44
- Luke 2:51
- Luke 1:46-48
- Proverbs 23:25
- Proverbs 31:29
- 2 Kings 4:30

Moving On:

- Isaiah 43:18-19
- John 14:6
- Jeremiah 29:11
- Philippians 3:13-14
- 2 Corinthians 5:7
- Matthew 6:27

Not Giving Up:

- 1 Corinthians 9:24
- 2 Chronicles 15:7
- Galatians 6:9
- Isaiah 41:10
- John 8:12
- Luke 1:37
- Matthew 19:26
- Matthew 7:7-8
- Hebrews 12:1-3
- Philippians 4:13
- 1 Corinthians 16:13
- Psalm 37:24

Parenting:

- Colossians 3:21
- Ephesians 6:1-4
- Hebrews 12:11

- Proverbs 22:6
- Proverbs 1:8-9
- Deuteronomy 6:6-9

Perfection:

- Matthew 5:48
- James 3:2
- Colossians 3:14
- Matthew 19:21
- Hebrews 10:14
- 2 Corinthians 12:9
- 1 John 4:18
- Psalm 19:7
- Psalm 18:30
- 2 Samuel 22:31

Praying for Others:

- Ephesians 6:18
- Romans 10:1
- Colossians 1:9
- James 5:16
- Matthew 5:44
- 1 Timothy 2:1-2
- John 15:7
- Luke 6:28
- Job 42:10
- Galatians 6:2

Pregnancy:

- 1 Peter 5:7
- Isaiah 41:10
- Jeremiah 1:5
- Philippians 4:13
- Psalm 112:7
- Psalm 127:3-4
- James 1:17-18
- Psalm 139:13-18

Pride:

- Isaiah 2:12
- James 4:6
- Philippians 2:3
- Proverbs 8:13
- Proverbs 11:2
- Proverbs 16:5
- Romans 12:3
- Daniel 5:20

Racism:

- 1 Corinthians 12:13
- 1 John 2:11
- 1 Samuel 16:7
- 1 Timothy 5:21
- Colossians 3:25
- Ephesians 4:32
- Exodus 22:21
- Galatians 3:28
- John 7:24
- John 13:34
- Revelation 7:9
- Romans 2:11
- Romans 10:12-13
- Mark 12:31
- Philippians 2:3-4
- Leviticus 19:33-34
- 2 Chronicles 19:6-7
- 1 John 3:15-16
- Acts 10:34-36

Reconciliation:

- Colossians 3:13
- Ephesians 4:32
- Hebrews 12:14
- Luke 23:34
- 1 Corinthians 12:14-21

Regret:

- 2 Corinthians 7:10
- Matthew 26:34
- Luke 15:7
- Psalm 30:5
- Psalm 103:12
- Isaiah 43:18-19

Rejection:

- 1 Peter 2:4
- Isaiah 49:15
- Isaiah 53:3
- James 2:13
- John 15:18
- Luke 10:16
- Psalm 118:22
- Romans 8:31
- Psalm 34:17-20

Religion:

- James 1:26-27
- James 2:8-26
- Matthew 23:23
- Galatians 5:22-25
- Jude 1:20-21
- Isaiah 29:13

Revenge:

- 1 Peter 3:9
- 1 Thessalonians 5:15
- Hebrews 10:30
- Mark 11:25
- Proverbs 10:12
- Romans 12:17-21
- Matthew 18:21-22
- Matthew 5:38-45
- Luke 6:27-28
- Ephesians 4:31-32
- 1 Peter 2:21-23

Sadness:

- Matthew 5:4
- Deuteronomy 31:8
- Matthew 11:28-30
- Isaiah 41:10
- 1 Peter 5:7
- 1 Corinthians 10:13

Satan:

- 1 John 3:8
- Acts 5:3
- John 10:10
- James 4:7
- Romans 16:20
- Ephesians 6:11-16
- Matthew 4:1-11
- Revelation 12

Self-Control:

- 1 Corinthians 9:25
- 1 Thessalonians 5:6
- 2 Timothy 1:7
- Philippians 4:13
- Proverbs 16:32
- Titus 1:8
- Romans 12:1-2
- James 1:19-21
- 1 Peter 5:6-8

Selfishness:

- 2 Timothy 3:1-5
- 1 Corinthians 10:24
- 1 John 3:17
- James 3:16
- Mark 12:31
- Proverbs 18:1
- Psalm 119:36
- Romans 2:8
- Philippians 2:3-4

- Matthew 6:19-21

Servant Leadership:

- John 13:12-17
- Matthew 20:25-28
- Mark 10:42-45
- Mark 9:35
- Luke 22:26
- 1 Timothy 4:12
- John 3:30
- Matthew 7:12
- Proverbs 29:2
- Mark 9:42

Sickness:

- Matthew 25:36
- Jeremiah 17:14
- Proverbs 17:22
- 3 John 1:2
- Mark 5:34

Studying:

- 2 Timothy 2:15
- Colossians 3:17
- Psalm 119:105
- Romans 15:4
- Proverbs 4:6-7

Success:

- Philippians 4:13
- Psalm 37:4
- Psalm 1:1-3
- 1 Kings 2:3
- Matthew 16:26-27
- Luke 16:10-11

Truth:

- 1 John 3:18
- Ephesians 6:14
- John 1:14
- John 8:31-32
- John 14:6
- John 17:17
- Proverbs 12:22
- John 18:37-38

Wisdom:

- James 1:5
- James 3:13
- Proverbs 2:6
- Proverbs 11:2
- Proverbs 17:28
- Psalm 37:30

MONDAY Psalter Week 1

Morning Prayer

Lord, open my lips. And my mouth shall proclaim your praise.

Let us approach the Lord with praise and thanksgiving

Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning is now, and ever shall be, world without end. Amen

Psalm 5: The Voice of God in a Great Storm 1-3, 11, 12. (Or read Psalm 29)

1: Give ear to my words, O Lord; give heed to my sighing.

Listen to the sound of my cry, my King and my God, for to you I pray.

O Lord, in the morning you hear my voice;
in the morning I plead my case to you, and watch.

2: let all who take refuge in you rejoice; let them ever sing for joy.

Spread your protection over them, so that those who love your name may exult in you.

For you bless the righteous, O Lord;
you cover them with favour as with a shield.

Glory be to the Father...

Word of God: 2 Thessalonians 3:10-13

Anyone unwilling to work should not eat. For we hear that some of you are living in idleness, mere busybodies, not doing any work. Now such persons we command and exhort in the Lord Jesus Christ to do their work quietly and to earn their own living. Brothers and sisters, do not be weary in doing what is right.

[Canticle of Zechariah \(Inside back cover\)](#)

Blessed be the Lord our God

Intercessions:

We esteem Christ above all people, for he was filled with grace and the Holy Spirit. In faith, let us implore him: Give us your spirit, Lord.

[Space for private and shared prayers]

Our Father...

Concluding Prayer:

Father, may everything we do begin with your inspiration and continue with your saving help. Let our work always find its origin in you and through you reach completion. We ask this through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God forever and ever.

Evening Prayer

God, come to my assistance. Lord, make haste to help me.

The Lord looks tenderly on those who are poor.

Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen

Psalm 11: Song of trust in God 1-7

(Or read Psalm 15)

1: In the Lord I take refuge; how can you say to me,
“Flee like a bird to the mountains;
for look, the wicked bend the bow,
they have fitted their arrow to the string,
to shoot in the dark at the upright in heart.
If the foundations are destroyed,
what can the righteous do?”

2: The Lord is in his holy temple;
the Lord’s throne is in heaven.

His eyes behold, his gaze examines humankind.

The Lord tests the righteous and the wicked,
and his soul hates the lover of violence.

On the wicked he will rain coals of fire and sulfur;
a scorching wind shall be the portion of their cup.

For the Lord is righteous;
he loves righteous deeds;
the upright shall behold his face.

Glory be to the Father...

Word of God: Colossians 1:9-13

For this reason, since the day we heard it, we have not ceased praying for you and asking that you may be filled with the knowledge of God’s will in all spiritual wisdom and understanding, so that you may lead lives worthy of the Lord, fully pleasing to him, as you bear fruit in every good work and as you grow in the knowledge of God. May you be made strong with all the strength that comes from his glorious power, and may you be prepared to endure everything with patience, while joyfully giving thanks to the Father, who has enabled you to share in the inheritance of the saints

in the light. He has rescued us from the power of darkness and transferred us into the kingdom of his beloved Son.

[Magnificat \(Canticle of Mary\): Inside back cover](#)

My soul proclaims the greatness of the Lord, for he has looked with favour on his lowly servant

[Pause for silent prayer]

Concluding Prayer:

Father, may this evening pledge of our service to you bring you glory and praise. For our salvation you looked with favour on the lowliness of the Virgin Mary; lead us to the fullness of the salvation you have prepared for us. We ask this through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God forever and ever.

TUESDAY Psalter Week 1

Morning Prayer

Lord, open my lips. And my mouth shall proclaim your praise.

Come let us worship our mighty King and Lord.

Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning is now, and ever shall be, world without end. Amen

Psalm 24: Entrance into the Temple 3-6. (Or read Psalm 33)

1: Who shall ascend the hill of the Lord?
And who shall stand in his holy place?
Those who have clean hands and pure hearts,
who do not lift up their souls to what is false,
and do not swear deceitfully.

2: They will receive blessing from the Lord,
and vindication from the God of their salvation.
Such is the company of those who seek him,
who seek the face of the God of Jacob.

Glory be to the Father...

Word of God: Romans 13:11-14

You know what time it is, how it is now the moment for you to wake from sleep. For salvation is nearer to us now than when we became believers; the night is far gone, the day is near. Let us then lay aside the works of darkness and put on the armor of light; let us live honourably as in the day, not in reveling and drunkenness, not in debauchery and licentiousness, not in quarreling and jealousy. Instead, put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires.

[Canticle of Zechariah \(Inside back cover\)](#)

God has raised up for us a mighty Saviour, as he promised through the words of his holy prophets.

Intercessions:

Beloved sisters and brothers, we share a heavenly calling under Christ, our high priest. Let us praise him with shouts of joy: Lord, our God and our Saviour.

[Space for private and shared prayers]

Our Father...

Concluding Prayer:

God our Father, hear our morning prayer and let the radiance of your love scatter the floom of our hearts. The light of heaven's love has restored us to life: free us from the desires that belong to darkness. We ask this through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God forever and ever.

Evening Prayer

God, come to my assistance. Lord, make haste to help me.

God has crowned his Christ with victory.

Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen

Psalm 20: Prayer for victory 1-6, 9

(Or read Psalm 21)

1: The Lord answer you in the day of trouble!
The name of the God of Jacob protect you!
May he send you help from the sanctuary,
and give you support from Zion.
May he remember all your offerings,
and regard with favor your burnt sacrifices.
2: May he grant you your heart's desire,

and fulfill all your plans.
May we shout for joy over your victory,
and in the name of our God set up our
banners.
May the Lord fulfill all your petitions.
Give victory to the king, O Lord;
answer us when we call.

Glory be to the Father...

Word of God: 1 John 3:1-3

See what love the Father has given us, that we should be called children of God; and that is what we are. The reason the world does not know us is that it did not know him. Beloved, we are God's children now; what we will be has not yet been revealed. What we do know is this: when he is revealed, we will be like him, for we will see him as he is. And all who have this hope in him purify themselves, just as he is pure.

Magnificat (Canticle of Mary): Inside back cover

My spirit rejoices in God my Saviour

[Pause for silent prayer]

Concluding Prayer:

Almighty God, we give you thanks for bringing us safely to this evening hour. May this lifting up of our hands in prayer be a sacrifice pleasing in your sight. We ask this through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God forever and ever.

WEDNESDAY Psalter Week 1

Morning Prayer

Lord, open my lips. And my mouth shall proclaim your praise.

Come, let us worship before the Lord, our maker.

Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning is now, and ever shall be, world without end. Amen

Psalm 36: Human Wickedness and Divine Goodness 7-11. (Or read Psalm 47)

1: How precious is your steadfast love, O God!
All people may take refuge in the shadow of
your wings.
They feast on the abundance of your house,
and you give them drink from the river of
your delights.
For with you is the fountain of life;
in your light we see light.

2: O continue your steadfast love to those
who know you,
and your salvation to the upright of heart!
Do not let the foot of the arrogant tread on
me,
or the hand of the wicked drive me away.

Glory be to the Father...

Word of God: Tobit 4:15a, 16a, 18a, 19

And what you hate, do not do to anyone. Give some of your food to the hungry, and some of your clothing to the naked. Seek advice from every wise person. At all times bless the Lord God, and ask him that your ways may be made straight and that all your paths and plans may prosper.

[Canticle of Zechariah \(Inside back cover\)](#)

Show us your mercy Lord; remember your holy covenant.

Intercessions:

Let us give thanks to Christ and offer him continual praise, for he sanctifies us and calls us sisters and brothers: Lord, help us to grow in holiness.

[Space for private and shared prayers]

Our Father...

Concluding Prayer:

God our Saviour, hear our morning prayer: help us to follow the light and live the truth. In you we have been born again as daughters and sons of light: may we be your witnesses before all the world. We ask this through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God forever and ever.

Evening Prayer

God, come to my assistance. Lord, make haste to help me.

The Lord is my light and my help; whom shall I fear?

Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen

Psalm 27: Triumphant Song of Confidence 1, 4, 13, 14

1: The Lord is my light and my salvation;
whom shall I fear?

The Lord is the stronghold of my life;
of whom shall I be afraid?

2: One thing I asked of the Lord,
that will I seek after:
to live in the house of the Lord
all the days of my life,

to behold the beauty of the Lord,
and to inquire in his temple.

3: I believe that I shall see the goodness of
the Lord
in the land of the living.
Wait for the Lord;
be strong, and let your heart take courage;
wait for the Lord!

Glory be to the Father...

Word of God: James 1:19-25

You must understand this, my beloved: let everyone be quick to listen, slow to speak, slow to anger; for your anger does not produce God's righteousness. Therefore rid yourselves of all sordidness and rank growth of wickedness, and welcome with meekness the implanted word that has the power to save your souls.

But be doers of the word, and not merely hearers who deceive themselves. For if any are hearers of the word and not doers, they are like those who look at themselves in a mirror; for they look at themselves and, on going away, immediately forget what they were like. But those who look into the perfect law, the law of liberty, and persevere, being not hearers who forget but doers who act—they will be blessed in their doing.

[Magnificat \(Canticle of Mary\): Inside back cover](#)

The Almighty has done great things for me, and holy is his name.

[Pause for silent prayer]

Concluding Prayer:

Lord, watch over us by day and by night. In the midst of life's countless changes strengthen us with your never-changing love. We ask this through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God forever and ever.

THURSDAY Psalter Week 1

Morning Prayer

Lord, open my lips. And my mouth shall proclaim your praise.

Come, let us worship the Lord, for he is our God

Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning is now, and ever shall be, world without end. Amen

Psalm 57 Praise and Assurance under Persecution 1-3, 8-11. (Or read Psalm 48)

1: Be merciful to me, O God, be merciful to me,
for in you my soul takes refuge;
in the shadow of your wings I will take
refuge,
until the destroying storms pass by.
I cry to God Most High,
to God who fulfills his purpose for me.
He will send from heaven and save me,
he will put to shame those who trample on
me.
God will send forth his steadfast love and his
faithfulness.

2: Awake, my soul!
Awake, O harp and lyre!
I will awake the dawn.
I will give thanks to you, O Lord, among the
peoples;
I will sing praises to you among the nations.
For your steadfast love is as high as the
heavens;
your faithfulness extends to the clouds.

3: Be exalted, O God, above the heavens.
Let your glory be over all the earth.

Glory be to the Father...

Word of God: Isaiah 66:1-2

Thus says the Lord: Heaven is my throne and the earth is my footstool; what is the house that you would build for me, and what is my resting place?

All these things my hand has made, and so all these things are mine, says the Lord.

But this is the one to whom I will look, to the humble and contrite in spirit, who trembles at my word.

[Canticle of Zechariah \(Inside back cover\)](#)

Let us serve the Lord in holiness, and he will save us from our enemies.

Intercessions:

The Lord Jesus Christ has given us the light of another day. In return we thank him as we cry out:
Lord, bless us and bring us close to you.

[Space for private and shared prayers]

Our Father...

Concluding Prayer:

All powerful and ever-living God, at morning, noon, and evening we pray: cast out from our hearts the darkness of sin and bring us to the light of your truth, Jesus Christ, who lives and reigns with you and the Holy Spirit, one God forever and ever.

Evening Prayer

God, come to my assistance. Lord, make haste to help me.

I cried to you, Lord, and you healed me; I will praise you forever.

Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen

Psalm 30: Thanksgiving for Recovery from Grave Illness 1-3, 10-12 (Or read Psalm 32)

1: I will extol you, O Lord, for you have drawn me up,
and did not let my foes rejoice over me.
O Lord my God, I cried to you for help,
and you have healed me.
O Lord, you brought up my soul from Sheol,
restored me to life from among those gone down to the Pit.

2: Hear, O Lord, and be gracious to me!
O Lord, be my helper!"
You have turned my mourning into dancing;
you have taken off my sackcloth
and clothed me with joy,
12 so that my soul may praise you and not be silent.
O Lord my God, I will give thanks to you forever.

Glory be to the Father...

Word of God: 1 Peter 1:6-9

In this you rejoice, even if now for a little while you have had to suffer various trials, so that the genuineness of your faith—being more precious than gold that, though perishable, is tested by

fire—may be found to result in praise and glory and honour when Jesus Christ is revealed. Although you have not seen him, you love him; and even though you do not see him now, you believe in him and rejoice with an indescribable and glorious joy, for you are receiving the outcome of your faith, the salvation of your souls.

[Magnificat \(Canticle of Mary\): Inside back cover](#)

God has cast down the mighty from their thrones, and has lifted up the lowly.

[Pause for silent prayer]

Concluding Prayer:

Father, you illumine the night and bring dawn to scatter darkness. Let us pass this night in safety, free from Satan's power, and rise when morning comes to give you thanks and praise. We ask this through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God forever and ever.

FRIDAY Psalter Week 1

Morning Prayer

Lord, open my lips. And my mouth shall proclaim your praise.

Come, let us give thanks to the Lord, for his great love is without end.

Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning is now, and ever shall be, world without end. Amen

Psalm 51: Prayer for Cleansing and Pardon 1,2, 10-12. (Or read Psalm 100)

1: Have mercy on me, O God,
according to your steadfast love;
according to your abundant mercy
blot out my transgressions.
Wash me thoroughly from my iniquity,
and cleanse me from my sin.

2: Create in me a clean heart, O God,
and put a new and right spirit within me.
Do not cast me away from your presence,
and do not take your holy spirit from me.
Restore to me the joy of your salvation,
and sustain in me a willing spirit.

Glory be to the Father...

Word of God: Ephesians 4:29-32

Let no evil talk come out of your mouths, but only what is useful for building up, as there is need, so that your words may give grace to those who hear. And do not grieve the Holy Spirit of God, with which you were marked with a seal for the day of redemption. Put away from you all bitterness and wrath and anger and wrangling and slander, together with all malice, and be kind to one another, tenderhearted, forgiving one another, as God in Christ has forgiven you.

[Canticle of Zechariah \(Inside back cover\)](#)

The Lord has come to his people and set them free.

Intercessions:

Through his cross the Lord Jesus brought salvation to the human race. We adore him and in faith we call out to him: Lord, pour out your mercy upon us.

[Space for private and shared prayers]

Our Father...

Concluding Prayer:

God our Father, you conquer the darkness of ignorance by the light of your Word. Strengthen within our hearts the faith you have given us; let not temptation ever quench the fire that your love has kindled within us. We ask this through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God forever and ever.

Evening Prayer

God, come to my assistance. Lord, make haste to help me.

Lord, lay your healing hand upon me, for I have sinned.

Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen

Psalm 41: Assurance of God's Help and a Plea for Healing (Or read Psalm 46)

1: Happy are those who consider the poor;
the Lord delivers them in the day of trouble.
The Lord protects them and keeps them
alive;
they are called happy in the land.
You do not give them up to the will of their
enemies.
The Lord sustains them on their sickbed;
in their illness you heal all their infirmities.

2: By this I know that you are pleased with
me;
because my enemy has not triumphed over
me.
But you have upheld me because of my
integrity,
and set me in your presence forever.
Blessed be the Lord, the God of Israel,
from everlasting to everlasting.
Amen and Amen.

Glory be to the Father...

Word of God: Romans 15:1-6

We who are strong ought to put up with the failings of the weak, and not to please ourselves. Each of us must please our neighbour for the good purpose of building up the neighbour. For Christ did not please himself; but, as it is written, "The insults of those who insult you have fallen on me." For whatever was written in former days was written for our instruction, so that by steadfastness and by the encouragement of the scriptures we might have hope. May the God of steadfastness and encouragement grant you to live in harmony with one another, in accordance with Christ Jesus, so that together you may with one voice glorify the God and Father of our Lord Jesus Christ.

[Magnificat \(Canticle of Mary\): Inside back cover](#)

The Lord has come to the help of his servants, for he has remembered his promise of mercy.

[Pause for silent prayer]

Concluding Prayer:

God our Father, help us to follow the example of your Son's patience in suffering. By sharing the burden he carries, may we come to share his glory in the kingdom where he lives with you and the Holy Spirit, one God forever and ever.

SATURDAY Psalter Week 1

Morning Prayer

Lord, open my lips. And my mouth shall proclaim your praise.

Come, let us worship God who holds the world and its wonders in his creating hand.

Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning is now, and ever shall be, world without end. Amen

Psalm 119: The Glories of God's Law 145-152 (Or read Psalm 117)

1: With my whole heart I cry, answer me, O Lord.
I will keep your statutes.
I cry to you; save me,
that I may observe your decrees.

2: I rise before dawn and cry for help;
I put my hope in your words.
My eyes are awake before each watch of the night,
that I may meditate on your promise.

3: In your steadfast love hear my voice;
O Lord, in your justice preserve my life.
Those who persecute me with evil purpose
draw near;
they are far from your law.

4: Yet you are near, O Lord,
and all your commandments are true.
Long ago I learned from your decrees
that you have established them forever.

Glory be to the Father...

Word of God: 2 Peter 1:10-11

Therefore, sisters and brothers, be all the more eager to confirm your call and election, for if you do this, you will never stumble. For in this way, entry into the eternal kingdom of our Lord and Saviour Jesus Christ will be richly provided for you.

[Canticle of Zechariah \(Inside back cover\)](#)

Lord, shine on those who dwell in darkness and the shadow of death.

Intercessions:

Let us all praise Christ. In order to become our faithful and merciful high priest before the Father's throne, he chose to become one of us. A brother in all things. In prayer we ask of him: Lord, share with us the treasure of your love.

[Space for private and shared prayers]

Our Father...

Concluding Prayer:

Lord, free us from the dark night of death. Let the light of resurrection dawn within our hearts to bring us to the radiance of eternal life. We ask this through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God, for ever and ever.

SUNDAY Psalter Week 1

Evening Prayer

God, come to my assistance. Lord, make haste to help me.

Lord God, we ask you to receive us and be pleased with the sacrifices we offer you this day with humble and contrite hearts.

Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen

Examen:

MONDAY Psalter Week 2

Morning Prayer

Lord, open my lips. And my mouth shall proclaim your praise.

Come, let us sing joyful songs to the Lord

Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning is now, and ever shall be, world without end. Amen

Psalm 42: Longing for God and His Help in Distress 1-3, 9-11. (Or read Psalm 19)

1: As a deer longs for flowing streams,
so my soul longs for you, O God.
My soul thirsts for God, for the living God.
When shall I come and behold the face of
God?
My tears have been my food day and night,
while people say to me continually,
“Where is your God?”

2: I say to God, my rock, “Why have you
forgotten me?”

Why must I walk about mournfully because
the enemy oppresses me?”
As with a deadly wound in my body, my
adversaries taunt me,
while they say to me continually, “Where is
your God?”

3: Why are you cast down, O my soul, and why
are you disquieted within me?
Hope in God; for I shall again praise him, my
help and my God.

Glory be to the Father...

Word of God: Jeremiah 15:15-16

O Lord, you know, remember me and visit me, and bring down retribution for me on my persecutors. In your forbearance do not take me away; know that on your account I suffer insult. Your words were found, and I ate them, and your words became to me a joy and the delight of my heart; for I am called by your name, O Lord, God of hosts.

[**Canticle of Zechariah \(Inside back cover\)**](#)

Blessed be the Lord our God

Intercessions:

Our Saviour has made us a nation of priests to offer acceptable sacrifice to the Father. Let us call upon him in gratitude: Preserve us in your ministry, Lord.

[Space for private and shared prayers]

Our Father...

Concluding Prayer:

Almighty Father, you have brought us to the light of a new day: keep us safe the whole day through from every sinful inclination. May all our thoughts, words and actions aim at doing what is pleasing in your sight. We ask this through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God forever and ever.

Evening Prayer

God, come to my assistance. Lord, make haste to help me.

Yours is more than mortal beauty: every word you speak is full of grace.

Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen

Psalm 45: Ode for a Royal Wedding

(Or read Ephesians 1:3-10)

1: My heart overflows with a goodly theme;
I address my verses to the king;
my tongue is like the pen of a ready scribe.

2: In your majesty ride on victoriously
for the cause of truth and to defend the right;
let your right hand teach you dread deeds.

3: Your throne, O God, endures forever and
ever.
Your royal scepter is a scepter of equity;
you love righteousness and hate wickedness.

Therefore God, your God, has anointed you
with the oil of gladness beyond your
companions;
your robes are all fragrant with myrrh and
aloes and cassia.
From ivory palaces stringed instruments
make you glad;
daughters of kings are among your ladies of
honor;
at your right hand stands the queen in gold
of Ophir.

Glory be to the Father...

Word of God: 1 Thessalonians 2: 11-13

As you know, we dealt with each one of you like a father with his children, urging and encouraging you and pleading that you lead a life worthy of God, who calls you into his own kingdom and glory. We also constantly give thanks to God for this, that when you received the word of God that you heard from us, you accepted it not as a human word but as what it really is, God's word, which is also at work in you believers.

[Magnificat \(Canticle of Mary\): Inside back cover](#)

Forever will my soul proclaim the greatness on the Lord.

[Pause for silent prayer]

Concluding Prayer:

Almighty Father, you have given us the strength to work throughout this day. Receive our evening sacrifice of praise in thanksgiving for your countless gifts. We ask this through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God forever and ever.

TUESDAY Psalter Week 2

Morning Prayer

Lord, open my lips. And my mouth shall proclaim your praise.

Come let us worship the Lord, our mighty God.

Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning is now, and ever shall be, world without end. Amen

Psalm 43: Prayer to God in Time of Trouble. (Or read Psalm 65)

1: Vindicate me, O God, and defend my cause
against an ungodly people;
from those who are deceitful and unjust
deliver me!

2: For you are the God in whom I take refuge;
why have you cast me off?
Why must I walk about mournfully
because of the oppression of the enemy?

3: O send out your light and your truth;
let them lead me;

let them bring me to your holy hill
and to your dwelling.

4 Then I will go to the altar of God,
to God my exceeding joy;
and I will praise you with the harp,
O God, my God.

5 Why are you cast down, O my soul,
and why are you disquieted within me?
Hope in God; for I shall again praise him,
my help and my God.

Glory be to the Father...

Word of God: 1 Thessalonians 5:2-6

For you yourselves know very well that the day of the Lord will come like a thief in the night. When they say, "There is peace and security," then sudden destruction will come upon them, as labour pains come upon a pregnant woman, and there will be no escape! But you, beloved, are not in darkness, for that day to surprise you like a thief; for you are all children of light and children of the day; we are not of the night or of darkness. So then let us not fall asleep as others do, but let us keep awake and be sober.

[Canticle of Zechariah \(Inside back cover\)](#)

Lord, save us from the hands of all who hate us.

Intercessions:

Let us bless our Saviour who enlightens the world by his resurrection. Let us humbly beg him: Keep us, Lord, on your path.

[Space for private and shared prayers]

Our Father...

Concluding Prayer:

Lord Jesus Christ, true light of the world, you guide all mankind to salvation. Give us the courage, strength and grace to build a world of justice and peace, ready for the coming of that kingdom, where you live and reign with the Father and the Holy Spirit, one God forever and ever.

Evening Prayer

God, come to my assistance. Lord, make haste to help me.

You cannot serve both God and mammon.

Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen

Psalm 49: The Folly of Trust in Riches

(Or read Rev 4:11, 5:9-12)

1: Hear this, all you peoples; give ear, all inhabitants of the world,
both low and high, rich and poor together.
My mouth shall speak wisdom;
the meditation of my heart shall be understanding.
I will incline my ear to a proverb; I will solve my riddle to the music of the harp.

2: Why should I fear in times of trouble,
when the iniquity of my persecutors surrounds me,
those who trust in their wealth and boast of the abundance of their riches?

Truly, no ransom avails for one's life,
there is no price one can give to God for it.
For the ransom of life is costly, and can never suffice,
that one should live on forever and never see the grave.

3: When we look at the wise, they die;
fool and dolt perish together and leave their wealth to others.
Their graves are their homes forever,
their dwelling places to all generations,
though they named lands their own.
Mortals cannot abide in their pomp;

they are like the animals that perish.

Glory be to the Father...

Word of God: Romans 3:21-26

But now, apart from law, the righteousness of God has been disclosed, and is attested by the law and the prophets, the righteousness of God through faith in Jesus Christ for all who believe. For there is no distinction, since all have sinned and fall short of the glory of God; they are now justified by his grace as a gift, through the redemption that is in Christ Jesus, whom God put forward as a sacrifice of atonement by his blood, effective through faith. He did this to show his righteousness, because in his divine forbearance he had passed over the sins previously committed; it was to prove at the present time that he himself is righteous and that he justifies the one who has faith in Jesus.

[Magnificat \(Canticle of Mary\): Inside back cover](#)

Do great things for us, O Lord, for you are mighty, and holy is your name.

[Pause for silent prayer]

Concluding Prayer:

Father, yours is the morning, and yours is the evening. Let the Sun of Justice, Jesus Christ, shine forever in our hearts and draw us to that light where you live in radiant glory. We ask this through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God forever and ever.

WEDNESDAY Psalter Week 2

Morning Prayer

Lord, open my lips. And my mouth shall proclaim your praise.

Cry out to the Lord with joy, all the earth; serve the Lord with gladness.

Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning is now, and ever shall be, world without end. Amen

Psalm 77: God's Mighty Deeds Recalled 11-20. (Or read Psalm 97)

1: I will call to mind the deeds of the Lord;
I will remember your wonders of old.
I will meditate on all your work,
and muse on your mighty deeds.
Your way, O God, is holy.
What god is so great as our God?
You are the God who works wonders;
you have displayed your might among the
peoples.
With your strong arm you redeemed your
people,
the descendants of Jacob and Joseph.

2: When the waters saw you, O God,

when the waters saw you, they were afraid;
the very deep trembled.
The clouds poured out water; the skies
thundered;
your arrows flashed on every side.
The crash of your thunder was in the
whirlwind;
your lightnings lit up the world;
the earth trembled and shook.
Your way was through the sea,
your path, through the mighty waters;
yet your footprints were unseen.
You led your people like a flock
by the hand of Moses and Aaron.

Glory be to the Father...

Word of God: Romans 8:35-39

Who will separate us from the love of Christ? Will hardship, or distress, or persecution, or famine, or nakedness, or peril, or sword? As it is written,

"For your sake we are being killed all day long; we are accounted as sheep to be slaughtered."

No, in all these things we are more than conquerors through him who loved us. For I am convinced that neither death, nor life, nor angels, nor rulers, nor things present, nor things to come, nor powers, nor height, nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.

Canticle of Zechariah (Inside back cover)

Let us serve the Lord in holiness all the days of our life.

Intercessions:

*Blessed be God our Saviour, who promised to remain with his Church all days, until the end of the world. Let us give him thanks and call out: **Remain with us, Lord.***

[Space for private and shared prayers]

Our Father...

Concluding Prayer:

Lord, as a new day dawns send the radiance of your light to shine in our hearts. Make us true to your teaching; keep us free from error and sin. We ask this through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God forever and ever.

Evening Prayer

God, come to my assistance. Lord, make haste to help me.

Eagerly we await the fulfilment of our hope, the glorious coming of our Saviour.

Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen

Psalm 62: Song of Trust in God Alone¹, 5-12. (Or read Psalm 67)

1: For God alone my soul waits in silence,
for my hope is from him.
He alone is my rock and my salvation,
my fortress; I shall not be shaken.
On God rests my deliverance and my honor;
my mighty rock, my refuge is in God.

2: Trust in him at all times, O people;
pour out your heart before him;
God is a refuge for us.

3: Those of low estate are but a breath,
those of high estate are a delusion;
in the balances they go up;
they are together lighter than a breath.
Put no confidence in extortion,
and set no vain hopes on robbery;
if riches increase, do not set your heart on them.

4: Once God has spoken;
twice have I heard this:

that power belongs to God,
and steadfast love belongs to you, O Lord.

For you repay to all
according to their work.

Glory be to the Father...

Word of God: 1 Peter 5:5b-11

And all of you must clothe yourselves with humility in your dealings with one another, for *“God opposes the proud, but gives grace to the humble.”*

Humble yourselves therefore under the mighty hand of God, so that he may exalt you in due time. Cast all your anxiety on him, because he cares for you. Discipline yourselves, keep alert. Like a roaring lion your adversary the devil prowls around, looking for someone to devour. Resist him, steadfast in your faith, for you know that your brothers and sisters in all the world are undergoing the same kinds of suffering. And after you have suffered for a little while, the God of all grace, who has called you to his eternal glory in Christ, will himself restore, support, strengthen, and establish you. To him be the power forever and ever. Amen.

[Magnificat \(Canticle of Mary\): Inside back cover](#)

Lord, with the strength of your arm scatter the proud and lift up the lowly.

[Pause for silent prayer]

Concluding Prayer:

Lord God, holy is your name, and renowned your compassion, cherished by every generation. Hear our evening prayer and let us sing your praise, and proclaim your greatness forever. We ask this through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God forever and ever.

THURSDAY Psalter Week 2

Morning Prayer

Lord, open my lips. And my mouth shall proclaim your praise.

Come into the Lord's presence singing for joy.

Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning is now, and ever shall be, world without end. Amen

Psalm 80: Prayer for Israel's Restoration 7-19. (Or read Psalm 81)

1: Restore us, O God of hosts;
let your face shine, that we may be saved.

2: You brought a vine out of Egypt;
you drove out the nations and planted it.
You cleared the ground for it;
it took deep root and filled the land.
The mountains were covered with its shade,
the mighty cedars with its branches;
it sent out its branches to the sea,
and its shoots to the River.
Why then have you broken down its walls,
so that all who pass along the way pluck its
fruit?
The boar from the forest ravages it,
and all that move in the field feed on it.

3: Turn again, O God of hosts;
look down from heaven, and see;
have regard for this vine,
the stock that your right hand planted.
They have burned it with fire, they have cut it
down;
may they perish at the rebuke of your
countenance.
But let your hand be upon the one at your
right hand,
the one whom you made strong for yourself.
Then we will never turn back from you;
give us life, and we will call on your name.

4: Restore us, O Lord God of hosts;
let your face shine, that we may be saved.

Glory be to the Father...

Word of God: Romans 14: 12-13, 17-19

So then, each of us will be accountable to God. Let us therefore no longer pass judgment on one another, but resolve instead never to put a stumbling block or hindrance in the way of another. For the kingdom of God is not food and drink but righteousness and peace and joy in the Holy Spirit. The one who thus serves Christ is acceptable to God and has human approval. Let us then pursue what makes for peace and for mutual upbuilding.

Canticle of Zechariah (Inside back cover)

Give your people knowledge of salvation, Lord, and forgive us our sins.

Intercessions:

Blessed be God, our Father, who protects his children and never spurns their prayers. Let us humbly implore him: Enliven us, Lord.

[Space for private and shared prayers]

Our Father...

Concluding Prayer:

Lord, true light and source of all light, listen to our morning prayer. Turn our thoughts to what is holy and may we ever live in the light of your love. We ask this through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God, forever and ever.

Evening Prayer

God, come to my assistance. Lord, make haste to help me.

I have made you the light of all nations to carry my salvation to the ends of the earth.

Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen

Psalm 72: Prayer for Guidance for the king 1-4, 8-14, 18. (Or read Rev 11:17, 18 12:10-12)

1: Give the king your justice, O God,
and your righteousness to a king's son.
May he judge your people with
righteousness,
and your poor with justice.
May the mountains yield prosperity for the
people,
and the hills, in righteousness. May he defend
the cause of the poor of the people,
give deliverance to the needy,

and crush the oppressor.

2: May he have dominion from sea to sea,
and from the River to the ends of the earth.
May his foes bow down before him,
and his enemies lick the dust.
May all kings fall down before him,
all nations give him service.
For he delivers the needy when they call,
the poor and those who have no helper.

He has pity on the weak and the needy,
and saves the lives of the needy.
From oppression and violence he redeems
their life;
and precious is their blood in his sight.

3: May his name endure forever,
his fame continue as long as the sun.

May all nations be blessed in him;
may they pronounce him happy.
Blessed be the Lord, the God of Israel,
who alone does wondrous things.
Blessed be his glorious name forever;
may his glory fill the whole earth.
Amen and Amen.

Glory be to the Father...

Word of God: 1 Peter 1:18-23

You know that you were ransomed from the futile ways inherited from your ancestors, not with perishable things like silver or gold, but with the precious blood of Christ, like that of a lamb without defect or blemish. He was destined before the foundation of the world, but was revealed at the end of the ages for your sake. Through him you have come to trust in God, who raised him from the dead and gave him glory, so that your faith and hope are set on God.

Now that you have purified your souls by your obedience to the truth so that you have genuine mutual love, love one another deeply from the heart. You have been born anew, not of perishable but of imperishable seed, through the living and enduring word of God.

[Magnificat \(Canticle of Mary\): Inside back cover](#)

If you hunger for holiness, God will satisfy your longing, good measure, and flowing over.

[Pause for silent prayer]

Concluding Prayer:

Father of mercy, hear our evening prayer of praise, and let our hearts never waver from the love of your law. Lead us on through night's darkness to the dawning of eternal life. We ask this through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God forever and ever.

FRIDAY Psalter Week 2

Morning Prayer

Lord, open my lips. And my mouth shall proclaim your praise.

Come, let us praise the Lord; in him is all our delight.

Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning is now, and ever shall be, world without end. Amen

Psalm 51: Prayer for Cleansing and Pardon 1,2, 15-17. (Or read Psalm 147)

1: Have mercy on me, O God,
according to your steadfast love;
according to your abundant mercy
blot out my transgressions.
Wash me thoroughly from my iniquity,
and cleanse me from my sin.

and my mouth will declare your praise.
For you have no delight in sacrifice;
if I were to give a burnt offering, you would
not be pleased.
The sacrifice acceptable to God is a broken
spirit;
a broken and contrite heart, O God, you will
not despise.

2: O Lord, open my lips,

Glory be to the Father...

Word of God: Ephesians 2:13-16

But now in Christ Jesus you who once were far off have been brought near by the blood of Christ. For he is our peace; in his flesh he has made both groups into one and has broken down the dividing wall, that is, the hostility between us. He has abolished the law with its commandments and ordinances, that he might create in himself one new humanity in place of the two, thus making peace, and might reconcile both groups to God in one body through the cross, thus putting to death that hostility through it.

[Canticle of Zechariah \(Inside back cover\)](#)

Through the tender compassion of our God the dawn from on high shall break upon us.

Intercessions:

Let us adore Christ who offered himself to the Father through the Holy Spirit to cleanse us from the works of death. Let us adore him and call upon him with sincere hearts: In your will is our peace, Lord.

[Space for private and shared prayers]

Our Father...

Concluding Prayer:

All-powerful Father, as now we bring you our songs of praise, so may we sing your goodness in the company of your saints forever. We ask this through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God forever and ever.

Evening Prayer

God, come to my assistance. Lord, make haste to help me.

Lord, keep my soul from death, never let me stumble.

Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen

Psalm 116: Thanksgiving for Recovery from Illness 1-9. (Or read Psalm 121)

1: I love the Lord, because he has heard
my voice and my supplications.
Because he inclined his ear to me,
therefore I will call on him as long as I live.
The snares of death encompassed me;
the pangs of Sheol laid hold on me;
I suffered distress and anguish.
Then I called on the name of the Lord:
"O Lord, I pray, save my life!"

for the Lord has dealt bountifully with you.

3: For you have delivered my soul from death,
my eyes from tears,
my feet from stumbling.
I walk before the Lord
in the land of the living.

2: Gracious is the Lord, and righteous;
our God is merciful.
The Lord protects the simple;
when I was brought low, he saved me.
Return, O my soul, to your rest,

Glory be to the Father...

Word of God: 1 Corinthians 2:6-10

Yet among the mature we do speak wisdom, though it is not a wisdom of this age or of the rulers of this age, who are doomed to perish. But we speak God's wisdom, secret and hidden, which God decreed before the ages for our glory. None of the rulers of this age understood this; for if they had, they would not have crucified the Lord of glory. But, as it is written, "*What no eye has seen, nor ear heard, nor the human heart conceived, what God has prepared for those who love him*", these things God has revealed to us through the Spirit.

[Magnificat \(Canticle of Mary\): Inside back cover](#)

Remember your mercy, Lord, the promise of mercy you made to our fathers.

[Pause for silent prayer]

Concluding Prayer:

God our Father, the contradiction of the cross proclaims your infinite wisdom. Help us to see that the glory of your Son is revealed in the suffering he freely accepted. Give us faith to claim as our only glory the cross of our Lord Jesus Christ, who lives with you and the Holy Spirit, one God, for ever and ever.

SATURDAY Psalter Week 2

Morning Prayer

Lord, open my lips. And my mouth shall proclaim your praise.

Let us listen to the voice of God; let us enter into his rest.

Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning is now, and ever shall be, world without end. Amen

Psalm 92: A Song for the Sabbath 1-4, 12-15. (Or read Psalm 8)

1: It is good to give thanks to the Lord,
to sing praises to your name, O Most High;
to declare your steadfast love in the morning,
and your faithfulness by night,
to the music of the lute and the harp,
to the melody of the lyre.

2: For you, O Lord, have made me glad by
your work;
at the works of your hands I sing for joy.

The righteous flourish like the palm tree,
and grow like a cedar in Lebanon.
They are planted in the house of the Lord;
they flourish in the courts of our God.

3: In old age they still produce fruit;
they are always green and full of sap,
showing that the Lord is upright;
he is my rock, and there is no
unrighteousness in him.

Glory be to the Father...

Word of God: Romans 12:13-21

Contribute to the needs of the saints; extend hospitality to strangers. Bless those who persecute you; bless and do not curse them. Rejoice with those who rejoice, weep with those who weep. Live in harmony with one another; do not be haughty, but associate with the lowly; do not claim to be wiser than you are. Do not repay anyone evil for evil, but take thought for what is noble in the sight of all. If it is possible, so far as it depends on you, live peaceably with all. Beloved, never avenge yourselves, but leave room for the wrath of God; for it is written, "*Vengeance is mine, I will repay, says the Lord.*" No, "*if your enemies are hungry, feed them; if they are thirsty, give them something to drink; for by doing this you will heap burning coals on their heads.*" Do not be overcome by evil, but overcome evil with good.

[Canticle of Zechariah \(Inside back cover\)](#)

Lord, guide our feet into the way of peace..

Intercessions:

*Let us celebrate the kindness and wisdom of Christ. He offers his love and understanding to all, especially to the suffering. Let us earnestly pray to him: **Perfect us in love, Lord.***

[Space for private and shared prayers]

Our Father...

Concluding Prayer:

Lord, we praise you with our lips, and with our lives and hearts. Our very existence is a gift from you; to you we offer all that we have and are. We ask this through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God, for ever and ever.

SUNDAY Psalter Week 2

Evening Prayer

God, come to my assistance. Lord, make haste to help me.

From the rising of the sun to its setting, may the name of the Lord be praised.

Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen

Examen: Page XX

MONDAY Psalter Week 3

Morning Prayer

Lord, open my lips. And my mouth shall proclaim your praise.

Let us approach the Lord with praise and thanksgiving.

Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning is now, and ever shall be, world without end. Amen

Psalm 84: The Joy of Worship in the Temple 1-4. (Or read Psalm 96)

1: How lovely is your dwelling place,
O Lord of hosts!
My soul longs, indeed it faints
for the courts of the Lord;
my heart and my flesh sing for joy
to the living God.

2: Even the sparrow finds a home,
and the swallow a nest for herself,
where she may lay her young,
at your altars, O Lord of hosts,
my King and my God.
Happy are those who live in your house,
ever singing your praise.

Glory be to the Father...

Word of God: James 2:12-17

So speak and so act as those who are to be judged by the law of liberty. For judgment will be without mercy to anyone who has shown no mercy; mercy triumphs over judgment.

What good is it, my brothers and sisters, if you say you have faith but do not have works? Can faith save you? If a brother or sister is naked and lacks daily food, and one of you says to them, "Go in peace; keep warm and eat your fill," and yet you do not supply their bodily needs, what is the good of that? So faith by itself, if it has no works, is dead.

[**Canticle of Zechariah \(Inside back cover\)**](#)

Blessed be the Lord our God

Intercessions:

Man was created to glorify God through his deeds. Let us earnestly pray: May we give glory to your name, Lord.

[Space for private and shared prayers]

Our Father...

Concluding Prayer:

Lord God, king of heaven and earth, direct our minds and bodies throughout this day, and make us holy. Keep us faithful to your law in thought, word and deed. Be our helper now and always, free us from sin, and bring us to salvation in that kingdom where you live and reign with the Father and the Holy Spirit, one God, forever and ever.

Evening Prayer

God, come to my assistance. Lord, make haste to help me.

Our eyes are fixed intently on the Lord, waiting for his merciful help.

Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen

Psalm 123: Supplication for Mercy

(Or read Psalm 124)

1: To you I lift up my eyes,
O you who are enthroned in the heavens!
As the eyes of servants
look to the hand of their master,
as the eyes of a maid
to the hand of her mistress,
so our eyes look to the Lord our God,
until he has mercy upon us.

2: Have mercy upon us, O Lord, have mercy
upon us,
for we have had more than enough of
contempt.
Our soul has had more than its fill
of the scorn of those who are at ease,
of the contempt of the proud.

Glory be to the Father...

Word of God: James 4:11-12

Do not speak evil against one another, brothers and sisters. Whoever speaks evil against another or judges another, speaks evil against the law and judges the law; but if you judge the law, you are not a doer of the law but a judge. There is one lawgiver and judge who is able to save and to destroy. So who, then, are you to judge your neighbour?

[Magnificat \(Canticle of Mary\): Inside back cover](#)

My soul proclaims the greatness of the Lord, for he has looked with favour on his lowly servant.

[Pause for silent prayer]

Concluding Prayer:

God our Father, at the close of day we come to you, the light that never fades. Shine in the darkness of our night and forgive our sins and failings. We ask this through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God forever and ever.

TUESDAY Psalter Week 3

Morning Prayer

Lord, open my lips. And my mouth shall proclaim your praise.

Come let us worship our mighty king and Lord.

Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning is now, and ever shall be, world without end. Amen

Psalm 85: Prayer for the Restoration of God's Favour. (Or read Psalm 67)

1: Lord, you were favorable to your land;
you restored the fortunes of Jacob.
You forgave the iniquity of your people;
you pardoned all their sin.
You withdrew all your wrath;
you turned from your hot anger.

for he will speak peace to his people,
to his faithful, to those who turn to him in
their hearts.
Surely his salvation is at hand for those who
fear him,
that his glory may dwell in our land.

2: Restore us again, O God of our salvation,
and put away your indignation toward us.
Will you be angry with us forever?
Will you prolong your anger to all
generations?
Will you not revive us again,
so that your people may rejoice in you?
Show us your steadfast love, O Lord,
and grant us your salvation.

4: Steadfast love and faithfulness will meet;
righteousness and peace will kiss each
other.
Faithfulness will spring up from the ground,
and righteousness will look down from the
sky.

3: Let me hear what God the Lord will speak,

5: The Lord will give what is good,
and our land will yield its increase.
Righteousness will go before him,
and will make a path for his steps.

Glory be to the Father...

Word of God: 1 John 4:12-15

No one has ever seen God; if we love one another, God lives in us, and his love is perfected in us. By this we know that we abide in him and he in us, because he has given us of his Spirit. And we have seen and do testify that the Father has sent his Son as the Savior of the world. God abides in those who confess that Jesus is the Son of God, and they abide in God.

[Canticle of Zechariah \(Inside back cover\)](#)

God has raised up for us a mighty saviour, as he promised of old through his holy prophets.

Intercessions:

Lord Jesus, by your blood you have purchased for yourself a new people. We adore you and beseech you: Remember your people, Lord.

[Space for private and shared prayers]

Our Father...

Concluding Prayer:

God our Father, yours is the beauty of creation, and the good things you have given us. Help us to begin this day joyfully in your name and to spend it in loving service of you and of mankind. We ask this through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God, for ever and ever.

Evening Prayer

God, come to my assistance. Lord, make haste to help me.

The Lord surrounds his people with his strength.

Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen

Psalm 125: The Security of God's People.

1: Those who trust in the Lord are like Mount Zion,
which cannot be moved, but abides forever.
As the mountains surround Jerusalem,
so the Lord surrounds his people,
from this time on and forevermore.

2: For the scepter of wickedness shall not rest
on the land allotted to the righteous,

(Or read Psalm 131)

so that the righteous might not stretch out
their hands to do wrong.

3: Do good, O Lord, to those who are good,
and to those who are upright in their hearts.
But those who turn aside to their own
crooked ways
the Lord will lead away with evildoers.

Peace be upon Israel!

Glory be to the Father...

Word of God: Romans 12:9-12

Let love be genuine; hate what is evil, hold fast to what is good; love one another with mutual affection; outdo one another in showing honour. Do not lag in zeal, be ardent in spirit, serve the Lord. Rejoice in hope, be patient in suffering, persevere in prayer.

[Magnificat \(Canticle of Mary\): Inside back cover](#)

My spirit rejoices in God my Saviour.

[Pause for silent prayer]

Concluding Prayer:

Father, yours is the morning, and yours is the evening. Let the Sun of Justice, Jesus Christ, shine forever in our hearts and draw us to that light where you live in radiant glory. We ask this through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God forever and ever.

WEDNESDAY Psalter Week 3

Morning Prayer

Lord, open my lips. And my mouth shall proclaim your praise.

Come, let us worship before the Lord, our maker.

Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning is now, and ever shall be, world without end. Amen

Psalm 86: Prayer for Help against Enemies 1-7.

(Or read Psalm 98)

1: Incline your ear, O Lord, and answer me,
for I am poor and needy.
Preserve my life, for I am devoted to you;
save your servant who trusts in you.
You are my God; be gracious to me, O Lord,
for to you do I cry all day long.

for to you, O Lord, I lift up my soul.
For you, O Lord, are good and forgiving,
abounding in steadfast love to all who call on
you.
Give ear, O Lord, to my prayer;
listen to my cry of supplication.
In the day of my trouble I call on you,
for you will answer me.

2: Gladden the soul of your servant,

Glory be to the Father...

Word of God: Job 1:21; 2:10b

“Naked I came from my mother’s womb, and naked shall I return there; the Lord gave, and the Lord has taken away; blessed be the name of the Lord. Shall we receive the good at the hand of God, and not receive the bad?”

[Canticle of Zechariah \(Inside back cover\)](#)

Show us your mercy, Lord; remember your holy covenant.

Intercessions:

Christ nourishes and supports the Church for which he gave himself up to death. Let us ask him:
Remember your Church, Lord.

[Space for private and shared prayers]

Our Father...

Concluding Prayer:

Lord, as daylight fills the sky, fill us with your holy light. May our lives mirror our love for you whose wisdom has brought us into being, and whose care guides us on our way.. We ask this through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God forever and ever.

Evening Prayer

God, come to my assistance. Lord, make haste to help me.

Those who sow in tears will reap in joy.

Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen

Psalm 126: A harvest of joy. (Or read Psalm 127)

1: When the Lord restored the fortunes of Zion,
we were like those who dream.
Then our mouth was filled with laughter,
and our tongue with shouts of joy;
then it was said among the nations,
“The Lord has done great things for them.”
The Lord has done great things for us,
and we rejoiced.

2: Restore our fortunes, O Lord,
like the watercourses in the Negeb.
May those who sow in tears
reap with shouts of joy.
Those who go out weeping,
bearing the seed for sowing,
shall come home with shouts of joy,
carrying their sheaves.

Glory be to the Father...

Word of God: Ephesians 3:17-21

May Christ dwell in your hearts through faith, as you are being rooted and grounded in love. I pray that you may have the power to comprehend, with all the saints, what is the breadth and length and height and depth, and to know the love of Christ that surpasses knowledge, so that you may be filled with all the fullness of God.

Now to him who by the power at work within us is able to accomplish abundantly far more than all we can ask or imagine, to him be glory in the church and in Christ Jesus to all generations, forever and ever. Amen.

[Magnificat \(Canticle of Mary\): Inside back cover](#)

The Almighty has done great things for me, and holy is his name.

[Pause for silent prayer]

Concluding Prayer:

Merciful Lord, let the evening prayer of your Church come before you. May we do your work faithfully; free us from sin and make us secure in your love. We ask this through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God forever and ever.

THURSDAY Psalter Week 3

Morning Prayer

Lord, open my lips. And my mouth shall proclaim your praise.

Come, let us worship the Lord, for he is our God.

Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning is now, and ever shall be, world without end. Amen

Psalm 87: The Joy of Living in Zion. (Or read Psalm 99)

1: On the holy mount stands the city he
founded;
the Lord loves the gates of Zion
more than all the dwellings of Jacob.
Glorious things are spoken of you,
O city of God.

2: Among those who know me I mention
Rahab and Babylon;
Philistia too, and Tyre, with Ethiopia—
“This one was born there,” they say.

3: And of Zion it shall be said,
“This one and that one were born in it”;
for the Most High himself will establish it.
The Lord records, as he registers the
peoples,
“This one was born there.”

4: Singers and dancers alike say,
“All my springs are in you.”

Glory be to the Father...

Word of God: 1 Peter 4:8-11

Above all, maintain constant love for one another, for love covers a multitude of sins. Be hospitable to one another without complaining. Like good stewards of the manifold grace of God, serve one another with whatever gift each of you has received. Whoever speaks must do so as one speaking the very words of God; whoever serves must do so with the strength that God supplies, so that God may be glorified in all things through Jesus Christ. To him belong the glory and the power forever and ever. Amen.

[Canticle of Zechariah \(Inside back cover\)](#)

Let us serve the Lord in holiness, and he will save us from our enemies.

Intercessions:

*Let us joyfully cry out in thanks to God the Father whose love guides and nourishes his people:
May you be glorified, Lord, for all ages.*

[Space for private and shared prayers]

Our Father...

Concluding Prayer:

All-powerful and ever-living God, shine with the light of your radiance on a people who live in the shadow of death. Let the dawn from on high break upon us: your Son our Lord Jesus Christ, who lives and reigns with you and the Holy Spirit, one God, forever and ever.

Evening Prayer

God, come to my assistance. Lord, make haste to help me.

Let your holy people rejoice, O Lord, as they enter your dwelling place.

Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen

Psalm 132: The Eternal Dwelling of God in Zion 8-18. (Or read Rev 11:17, 18 12:10-12)

1: Rise up, O Lord, and go to your resting place,
you and the ark of your might.
Let your priests be clothed with righteousness,
and let your faithful shout for joy.
For your servant David's sake
do not turn away the face of your anointed one.

2: The Lord swore to David a sure oath
from which he will not turn back:
"One of the sons of your body
I will set on your throne.
If your sons keep my covenant
and my decrees that I shall teach them,

their sons also, forevermore,
shall sit on your throne."

3: For the Lord has chosen Zion;
he has desired it for his habitation:
"This is my resting place forever;
here I will reside, for I have desired it.
I will abundantly bless its provisions;
I will satisfy its poor with bread.
Its priests I will clothe with salvation,
and its faithful will shout for joy.
There I will cause a horn to sprout up for David;
I have prepared a lamp for my anointed one.
His enemies I will clothe with disgrace,
but on him, his crown will gleam."

Glory be to the Father...

Word of God: 1 Peter 3:8-12

Finally, all of you, have unity of spirit, sympathy, love for one another, a tender heart, and a humble mind. Do not repay evil for evil or abuse for abuse; but, on the contrary, repay with a blessing. It is for this that you were called—that you might inherit a blessing. For “Those who desire life and desire to see good days, let them keep their tongues from evil and their lips from speaking deceit; let them turn away from evil and do good; let them seek peace and pursue it. For the eyes of the Lord are on the righteous, and his ears are open to their prayer. But the face of the Lord is against those who do evil.”

[Magnificat \(Canticle of Mary\): Inside back cover](#)

God has cast down the mighty from their thrones, and has lifted up the lowly.

[Pause for silent prayer]

Concluding Prayer:

Lord, we thank you for guiding us through the course of this day’s work. In your compassion forgive the sins we have committed through human weakness. We ask this through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God forever and ever.

FRIDAY Psalter Week 3

Morning Prayer

Lord, open my lips. And my mouth shall proclaim your praise.

Come, let us give thanks to the Lord, for his great love is without end.

Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning is now, and ever shall be, world without end. Amen

Psalm 51: Prayer for Cleansing and Pardon 1-12. (Or read Psalm 100)

1: Have mercy on me, O God,
according to your steadfast love;
according to your abundant mercy
blot out my transgressions.
Wash me thoroughly from my iniquity,
and cleanse me from my sin.

2: For I know my transgressions,
and my sin is ever before me.
Against you, you alone, have I sinned,
and done what is evil in your sight,
so that you are justified in your sentence
and blameless when you pass judgment.
Indeed, I was born guilty,
a sinner when my mother conceived me.

3: You desire truth in the inward being;
therefore teach me wisdom in my secret
heart.

Purge me with hyssop, and I shall be clean;
wash me, and I shall be whiter than snow.
Let me hear joy and gladness;
let the bones that you have crushed rejoice.
Hide your face from my sins,
and blot out all my iniquities.

4: Create in me a clean heart, O God,
and put a new and right spirit within me.
Do not cast me away from your presence,
and do not take your holy spirit from me.
Restore to me the joy of your salvation,
and sustain in me a willing spirit.

Glory be to the Father...

Word of God: 2 Corinthians 12:7-10

Therefore, to keep me from being too elated, a thorn was given me in the flesh, a messenger of Satan to torment me, to keep me from being too elated. Three times I appealed to the Lord about this, that it would leave me, but he said to me, "My grace is sufficient for you, for power is made perfect in weakness." So, I will boast all the more gladly of my weaknesses, so that the power of Christ may dwell in me. Therefore I am content with weaknesses, insults, hardships, persecutions, and calamities for the sake of Christ; for whenever I am weak, then I am strong.

Canticle of Zechariah (Inside back cover)

The Lord has come to his people and set them free.

Intercessions:

Raising our eyes to Christ, who was born and died and rose again for his people, let us cry out:
Save those you have redeemed by your blood, Lord.

[Space for private and shared prayers]

Our Father...

Concluding Prayer:

Father all-powerful, let your radiance dawn in our lives, that we may walk in the light of your law with you as our leader.. We ask this through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God forever and ever.

Evening Prayer

God, come to my assistance. Lord, make haste to help me.

Great is the Lord, our God, transcending all other gods.

Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen

Psalm 135: Praise for God's Goodness and Might 1-7, 13-21. (Or read Rev 15:3-4)

1: Praise the Lord!
Praise the name of the Lord;
give praise, O servants of the Lord,
you that stand in the house of the Lord,
in the courts of the house of our God.
Praise the Lord, for the Lord is good;
sing to his name, for he is gracious.
For the Lord has chosen Jacob for himself,
Israel as his own possession.

2: For I know that the Lord is great;
our Lord is above all gods.
Whatever the Lord pleases he does,
in heaven and on earth,
in the seas and all deeps.
He it is who makes the clouds rise at the end
of the earth;
he makes lightnings for the rain
and brings out the wind from his
storehouses.

3: Your name, O Lord, endures forever,
your renown, O Lord, throughout all ages.
For the Lord will vindicate his people,
and have compassion on his servants.

4: The idols of the nations are silver and gold,
the work of human hands.
They have mouths, but they do not speak;
they have eyes, but they do not see;
they have ears, but they do not hear,
and there is no breath in their mouths.

Those who make them
and all who trust them
shall become like them.

5: O house of Israel, bless the Lord!
O house of Aaron, bless the Lord!
O house of Levi, bless the Lord!
You that fear the Lord, bless the Lord!
Blessed be the Lord from Zion,
he who resides in Jerusalem.
Praise the Lord!

Glory be to the Father...

Word of God: James 1:2-8

My brothers and sisters, whenever you face trials of any kind, consider it nothing but joy, because you know that the testing of your faith produces endurance; and let endurance have its full effect, so that you may be mature and complete, lacking in nothing.

If any of you is lacking in wisdom, ask God, who gives to all generously and ungrudgingly, and it will be given you. But ask in faith, never doubting, for the one who doubts is like a wave of the sea, driven and tossed by the wind; for the doubter, being double-minded and unstable in every way, must not expect to receive anything from the Lord.

Magnificat (Canticle of Mary): Inside back cover

The Lord has come to the help of his servants, for he has remembered his promise of mercy.

[Pause for silent prayer]

Concluding Prayer:

Father, in your loving plan Christ your Son became the price of our salvation. May we be united with him in his suffering so that we may experience the power of his resurrection in the kingdom where he lives and reigns with you and the Holy Spirit, one God, for ever and ever.

SATURDAY Psalter Week 3

Morning Prayer

Lord, open my lips. And my mouth shall proclaim your praise.

Come, let us worship God who holds the world and its wonders in his creating hand.

Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning is now, and ever shall be, world without end. Amen

Psalm 119: The Glories of God's Law 145-152. (Or read Psalm 117)

1: With my whole heart I cry, answer me, O Lord.

I will keep your statutes.

I cry to you; save me,
that I may observe your decrees.

2: I rise before dawn and cry for help;

I put my hope in your words.

My eyes are awake before each watch of the night,

that I may meditate on your promise.

In your steadfast love hear my voice;
O Lord, in your justice preserve my life.

3: Those who persecute me with evil purpose
draw near;

they are far from your law.

Yet you are near, O Lord,
and all your commandments are true.

Long ago I learned from your decrees
that you have established them forever.

Glory be to the Father...

Word of God: Philippians 2:2-4, 14-16

Make my joy complete: be of the same mind, having the same love, being in full accord and of one mind. Do nothing from selfish ambition or conceit, but in humility regard others as better than yourselves. Let each of you look not to your own interests, but to the interests of others. Do all things without murmuring and arguing, so that you may be blameless and innocent, children of God without blemish in the midst of a crooked and perverse generation, in which you shine like stars in the world. It is by your holding fast to the word of life that I can boast on the day of Christ that I did not run in vain or labour in vain.

[Canticle of Zechariah \(Inside back cover\)](#)

Lord, shine on those who dwell in darkness and the shadow of death.

Intercessions:

With confidence, let us pray to the Father who willed that the Virgin Mary should surpass all creatures in heaven and earth: Look upon the mother of your Son, and hear our prayer.

[Space for private and shared prayers]

Our Father...

Concluding Prayer:

God our Father, fountain and source of our salvation, may we proclaim your glory every day of our lives, that we may sing your praise for ever in heaven. We ask this through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God, for ever and ever.

SUNDAY Psalter Week 3

Evening Prayer

God, come to my assistance. Lord, make haste to help me.

In eternal splendour, before the dawn of light on earth, I have begotten you, alleluia.

Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen

Examen:

MONDAY Psalter Week 4

Morning Prayer

Lord, open my lips. And my mouth shall proclaim your praise.

Come, let us sing joyful songs to the Lord.

Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning is now, and ever shall be, world without end. Amen

Psalm 90: God's Eternity and Human Frailty 1-6, 13-17. (Or read Psalm 135)

1: Lord, you have been our dwelling place in all generations.
Before the mountains were brought forth,
or ever you had formed the earth and the world,
from everlasting to everlasting you are God.

2: You turn us back to dust,
and say, "Turn back, you mortals."
For a thousand years in your sight
are like yesterday when it is past,
or like a watch in the night.

3: You sweep them away; they are like a dream,
like grass that is renewed in the morning;
in the morning it flourishes and is renewed;
in the evening it fades and withers.

4: Turn, O Lord! How long?
Have compassion on your servants!
Satisfy us in the morning with your steadfast love,
so that we may rejoice and be glad all our days.
Make us glad as many days as you have afflicted us,
and as many years as we have seen evil.

5: Let your work be manifest to your servants,
and your glorious power to their children.
Let the favor of the Lord our God be upon us,
and prosper for us the work of our hands—
O prosper the work of our hands!

Glory be to the Father...

Word of God: Judith 8:25-27

In spite of everything let us give thanks to the Lord our God, who is putting us to the test as he did our ancestors. Remember what he did with Abraham, and how he tested Isaac, and what happened to Jacob in Syrian Mesopotamia, while he was tending the sheep of Laban, his mother's brother. For he has not tried us with fire, as he did them, to search their hearts, nor has he taken vengeance on us; but the Lord scourges those who are close to him in order to admonish them."

[Canticle of Zechariah \(Inside back cover\)](#)

Blessed be the Lord, for he has come to his people and set them free

Intercessions:

Because Christ hears and saves those who hope in him, let us pray: We praise you, Lord, we hope in you.

[Space for private and shared prayers]

Our Father...

Concluding Prayer:

God our creator, you gave us the earth to cultivate and the sun to serve our needs. Help us to spend this day for your glory and our neighbour's good. We ask this through our Lord Jesus Christ, who lives and reigns with you and the Holy Spirit, one God, forever and ever.

Evening Prayer

God, come to my assistance. Lord, make haste to help me.

Give thanks to the Lord, for his great love is without end.

Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen

Psalm 136: God's work in creation and in history 1-9.

(Or read Eph 1:3-10)

1: O give thanks to the Lord, for he is good,
for his steadfast love endures forever.
O give thanks to the God of gods,
for his steadfast love endures forever.
O give thanks to the Lord of lords,
for his steadfast love endures forever.

2: Who alone does great wonders,
for his steadfast love endures forever;
who by understanding made the heavens,

for his steadfast love endures forever;
who spread out the earth on the waters,
for his steadfast love endures forever;

3: Who made the great lights,
for his steadfast love endures forever;
the sun to rule over the day,
for his steadfast love endures forever;
the moon and stars to rule over the night,
for his steadfast love endures forever.

Glory be to the Father...

Word of God: 1 Thessalonians 3:12-13

And may the Lord make you increase and abound in love for one another and for all, just as we abound in love for you. And may he so strengthen your hearts in holiness that you may be blameless before our God and Father at the coming of our Lord Jesus with all his saints.

Magnificat (Canticle of Mary): Inside back cover

For ever will my soul proclaim the greatness of the Lord.

[Pause for silent prayer]

Concluding Prayer:

Stay with us, Lord Jesus, for evening draws near, and be our companion on our way to set our hearts on fire with new hope. Help us to recognize your presence among us in the Scriptures we read, and in the breaking of bread. You live and reign with the Father and the Holy Spirit, one God, forever and ever.

TUESDAY Psalter Week 4

Morning Prayer

Lord, open my lips. And my mouth shall proclaim your praise.

Come let us worship the Lord, our mighty God

Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning is now, and ever shall be, world without end. Amen

Psalm 101: A leader's pledge of integrity and justice (Or read Psalm 144)

1: I will sing of loyalty and of justice;
to you, O Lord, I will sing.
I will study the way that is blameless.
When shall I attain it?

2: I will walk with integrity of heart
within my house;
I will not set before my eyes
anything that is base.

3: I hate the work of those who fall away;
it shall not cling to me.
Perverseness of heart shall be far from me;
I will know nothing of evil.

4: One who secretly slanders a neighbor
I will destroy.
A haughty look and an arrogant heart

I will not tolerate.

5: I will look with favor on the faithful in the
land,
so that they may live with me;
whoever walks in the way that is blameless
shall minister to me.

6: No one who practices deceit
shall remain in my house;
no one who utters lies
shall continue in my presence.

7: Morning by morning I will destroy
all the wicked in the land,
cutting off all evildoers
from the city of the Lord.

Glory be to the Father...

Word of God: Isaiah 55:1-3

Ho, everyone who thirsts, come to the waters; and you that have no money, come, buy and eat! Come, buy wine and milk without money and without price. Why do you spend your money for that which is not bread, and your labor for that which does not satisfy? Listen carefully to me, and eat what is good, and delight yourselves in rich food. Incline your ear, and come to me; listen, so that you may live. I will make with you an everlasting covenant, my steadfast, sure love for David.

Canticle of Zechariah (Inside back cover)

Lord, save us from the hands of all who hate us.

Intercessions:

To the God who gives us the joy of praising him this morning, and who strengthens our hope, let us pray: Hear us, O Lord, for the glory of your name.

[Space for private and shared prayers]

Our Father...

Concluding Prayer:

Increase in us, Lord, the faith you have given us, and bring to a harvest worthy of heaven the praise we offer you at the beginning of this new day. We ask this through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God, for ever and ever.

Evening Prayer

God, come to my assistance. Lord, make haste to help me.

If I forget you Jerusalem, let my right hand wither.

Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen

Psalm 137: Lament over the destruction of Jerusalem 1-6 (Or read Psalm 138)

1: By the rivers of Babylon—
there we sat down and there we wept
when we remembered Zion.
On the willows there
we hung up our harps.
For there our captors
asked us for songs,
and our tormentors asked for mirth, saying,

“Sing us one of the songs of Zion!”

2: How could we sing the Lord's song
in a foreign land?
If I forget you, O Jerusalem,
let my right hand wither!
Let my tongue cling to the roof of my mouth,
if I do not remember you,

if I do not set Jerusalem

above my highest joy.

Glory be to the Father...

Word of God: Colossians 3:15-17

And let the peace of Christ rule in your hearts, to which indeed you were called in the one body. And be thankful. Let the word of Christ dwell in you richly; teach and admonish one another in all wisdom; and with gratitude in your hearts sing psalms, hymns, and spiritual songs to God. And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.

[Magnificat \(Canticle of Mary\): Inside back cover](#)

Do mighty things for us, O Lord, for you are mighty, and holy is your name.

[Pause for silent prayer]

Concluding Prayer:

Lord, may our evening prayer come before you and let the faith our lips profess live in the prayerful thoughts of our hearts. We ask this through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God forever and ever.

WEDNESDAY Psalter Week 4

Morning Prayer

Lord, open my lips. And my mouth shall proclaim your praise.

Cry out with joy to the Lord, all the earth, serve the Lord with gladness.

Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning is now, and ever shall be, world without end. Amen

Psalm 108: Praise and Prayer for Victory. (Or read Psalm 146)

1: My heart is steadfast, O God, my heart is steadfast;
I will sing and make melody.
Awake, my soul!
Awake, O harp and lyre!
I will awake the dawn.
I will give thanks to you, O Lord, among the peoples,
and I will sing praises to you among the nations.

For your steadfast love is higher than the heavens,
and your faithfulness reaches to the clouds.

2: Be exalted, O God, above the heavens,
and let your glory be over all the earth.
Give victory with your right hand, and answer me,
so that those whom you love may be rescued.

God has promised in his sanctuary:
"With exultation I will divide up Shechem,
and portion out the Vale of Succoth.
Gilead is mine; Manasseh is mine;
Ephraim is my helmet;
Judah is my scepter.
Moab is my washbasin;
on Edom I hurl my shoe;
over Philistia I shout in triumph."

3: Who will bring me to the fortified city?
Who will lead me to Edom?
Have you not rejected us, O God?
You do not go out, O God, with our armies.
O grant us help against the foe,
for human help is worthless.
With God we shall do valiantly;
it is he who will tread down our foes.

Glory be to the Father...

Word of God: Deuteronomy 4:39-40a

So acknowledge today and take to heart that the Lord is God in heaven above and on the earth beneath; there is no other. Keep his statutes and his commandments, which I am commanding you today for your own well-being and that of your descendants after you.

[Canticle of Zechariah \(Inside back cover\)](#)

Let us serve the Lord in holiness all the days of our life.

Intercessions:

Christ, the splendour of the Father's glory, enlightens us with his word. With deep love we call upon him: Hear us, King of eternal glory.

[Space for private and shared prayers]

Our Father...

Concluding Prayer:

Father, keep in mind your holy covenant, sealed with the blood of the Lamb. Forgive the sins of your people and let this new day bring us closer to salvation. We ask this through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God forever and ever.

Evening Prayer

God, come to my assistance. Lord, make haste to help me.

Lord, how wonderful is your wisdom, so far beyond my understanding.

Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen

Psalm 139: The inescapable God 1-18, 23-24. (Or read Col 1:12-20)

1: O Lord, you have searched me and known me.

You know when I sit down and when I rise up;
you discern my thoughts from far away.

You search out my path and my lying down,
and are acquainted with all my ways.

Even before a word is on my tongue,
O Lord, you know it completely.

You hem me in, behind and before,
and lay your hand upon me.

Such knowledge is too wonderful for me;
it is so high that I cannot attain it.

2: Where can I go from your spirit?

Or where can I flee from your presence?

If I ascend to heaven, you are there;

if I make my bed in Sheol, you are there.

If I take the wings of the morning
and settle at the farthest limits of the sea,

even there your hand shall lead me,

and your right hand shall hold me fast.

If I say, "Surely the darkness shall cover me,
and the light around me become night,"

even the darkness is not dark to you;

the night is as bright as the day,

for darkness is as light to you.

3: For it was you who formed my inward parts;
you knit me together in my mother's womb.
I praise you, for I am fearfully and wonderfully made.
Wonderful are your works;
that I know very well.
My frame was not hidden from you,
when I was being made in secret,
intricately woven in the depths of the earth.
Your eyes beheld my unformed substance.
your book were written

all the days that were formed for me,
when none of them as yet existed.
How weighty to me are your thoughts, O God!
How vast is the sum of them!
I try to count them—they are more than the sand;
I come to the end—I am still with you.

4: Search me, O God, and know my heart;
test me and know my thoughts.
See if there is any wicked way in me,
and lead me in the way everlasting.

Glory be to the Father...

Word of God: 1 John 2:3–6

Now by this we may be sure that we know him, if we obey his commandments. Whoever says, "*I have come to know him*," but does not obey his commandments, is a liar, and in such a person the truth does not exist; but whoever obeys his word, truly in this person the love of God has reached perfection. By this we may be sure that we are in him: whoever says, "*I abide in him*," ought to walk just as he walked.

[Magnificat \(Canticle of Mary\): Inside back cover](#)

Lord, with the strength of your arm scatter the proud and lift up the lowly.

[Pause for silent prayer]

Concluding Prayer:

God our Father, you have filled the hungry with the good things of heaven. Keep in mind your infinite compassion. Look upon our poverty, and let us share the riches of your life and love. We ask this through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God forever and ever.

THURSDAY Psalter Week 4

Morning Prayer

Lord, open my lips. And my mouth shall proclaim your praise.

Come into the Lord's presence singing for joy.

Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning is now, and ever shall be, world without end. Amen

Psalm 143: Prayer for Deliverance from Enemies 1-11. (Or read Psalm 147)

1: Hear my prayer, O Lord;
give ear to my supplications in your
faithfulness;
answer me in your righteousness.
Do not enter into judgment with your servant,
for no one living is righteous before you.

2: For the enemy has pursued me,
crushing my life to the ground,
making me sit in darkness like those long
dead.
Therefore my spirit faints within me;
my heart within me is appalled.

3: I remember the days of old,
I think about all your deeds,
I meditate on the works of your hands.
I stretch out my hands to you;
my soul thirsts for you like a parched land.

4: Answer me quickly, O Lord;
my spirit fails.

Do not hide your face from me,
or I shall be like those who go down to the
Pit.
Let me hear of your steadfast love in the
morning,
for in you I put my trust.
Teach me the way I should go,
for to you I lift up my soul.

5: Save me, O Lord, from my enemies;
I have fled to you for refuge.[a]
Teach me to do your will,
for you are my God.
Let your good spirit lead me
on a level path.

6: For your name's sake, O Lord, preserve my
life.
In your righteousness bring me out of
trouble.

Glory be to the Father...

Word of God: Romans 8:18-21

I consider that the sufferings of this present time are not worth comparing with the glory about to be revealed to us. For the creation waits with eager longing for the revealing of the children of God; for the creation was subjected to futility, not of its own will but by the will of the one who subjected it, in hope that the creation itself will be set free from its bondage to decay and will obtain the freedom of the glory of the children of God.

[Canticle of Zechariah \(Inside back cover\)](#)

Give your people knowledge of salvation, Lord, and forgive us our sins.

Intercessions:

Let us pray to God, who gives salvation to his people: You are our life, O Lord.

[Space for private and shared prayers]

Our Father...

Concluding Prayer:

Lord, let the knowledge of salvation enlighten our hearts, so that, freed from fear and from the power of our enemies, we may serve you faithfully all the days of our life. We ask this through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God, forever and ever.

Evening Prayer

God, come to my assistance. Lord, make haste to help me.

He is my comfort and my refuge. In him I put my trust.

Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen

Psalm 144: Prayer for Deliverance and Security 1-2, 9-15. (Or read Rev 11:17-18, 12:10-12)

1: Blessed be the Lord, my rock,

who trains my hands for war, and my fingers
for battle;
my rock and my fortress,
my stronghold and my deliverer,
my shield, in whom I take refuge,
who subdues the peoples under me.

2: I will sing a new song to you, O God;
upon a ten-stringed harp I will play to you,
the one who gives victory to kings,
who rescues his servant David.
Rescue me from the cruel sword,
and deliver me from the hand of aliens,
whose mouths speak lies,
and whose right hands are false.

3: May our sons in their youth
be like plants full grown,
our daughters like corner pillars,
cut for the building of a palace.
May our barns be filled,
with produce of every kind;
our sheep increase by thousands,
by tens of thousands in our fields,
and may our cattle be heavy with young.
May there be no breach in the walls, no exile,
and no cry of distress in our streets.

4: Happy are the people to whom such
blessings fall;
happy are the people whose God is the Lord.

Glory be to the Father...

Word of God: Colossians 1:21-23

And you who were once estranged and hostile in mind, doing evil deeds, he has now reconciled in his fleshly body through death, so as to present you holy and blameless and irreproachable before him—provided that you continue securely established and steadfast in the faith, without shifting from the hope promised by the gospel that you heard, which has been proclaimed to every creature under heaven.

[Magnificat \(Canticle of Mary\): Inside back cover](#)

If you hunger for holiness, God will satisfy your longing, good measure, and flowing over.

[Pause for silent prayer]

Concluding Prayer:

Lord, hear the evening prayers we bring before you: help us to follow in the footsteps of your Son so that we may produce an abundant harvest of goodness in patience and in faith. We ask this through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God forever and ever.

FRIDAY Psalter Week 4

Morning Prayer

Lord, open my lips. And my mouth shall proclaim your praise.

Come, let us praise the Lord; in him is all our delight.

Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning is now, and ever shall be, world without end. Amen

Psalm 51: Prayer for Cleansing and Pardon 1-12. (Or read Psalm 147 12-20)

1: Have mercy on me, O God,
according to your steadfast love;
according to your abundant mercy
blot out my transgressions.
Wash me thoroughly from my iniquity,
and cleanse me from my sin.

2: For I know my transgressions,
and my sin is ever before me.
Against you, you alone, have I sinned,
and done what is evil in your sight,
so that you are justified in your sentence
and blameless when you pass judgment.
Indeed, I was born guilty,
a sinner when my mother conceived me.

3: You desire truth in the inward being;
therefore teach me wisdom in my secret
heart.

Purge me with hyssop, and I shall be clean;
wash me, and I shall be whiter than snow.
Let me hear joy and gladness;
let the bones that you have crushed rejoice.
Hide your face from my sins,
and blot out all my iniquities.

4: Create in me a clean heart, O God,
and put a new and right spirit within me.
Do not cast me away from your presence,
and do not take your holy spirit from me.
Restore to me the joy of your salvation,
and sustain in me a willing spirit.

Glory be to the Father...

Word of God: Galatians 2:16, 19-20

yet we know that a person is justified not by the works of the law but through faith in Jesus Christ. And we have come to believe in Christ Jesus, so that we might be justified by faith in Christ, and not by doing the works of the law, because no one will be justified by the works of the law. For through the law I died to the law, so that I might live to God. I have been crucified with Christ; and

it is no longer I who live, but it is Christ who lives in me. And the life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself for me.

Canticle of Zechariah (Inside back cover)

Through the tender compassion of our God, the dawn from on high shall break upon us.

Intercessions:

We trust in God's concern for every person he has created and redeemed through his Son. Let us, therefore, renew our prayer to him: Fulfil the good work you have begun in us, Lord.

[Space for private and shared prayers]

Our Father...

Concluding Prayer:

Lord, fill our hearts with your love as morning fills the sky. By living your law may we have your peace in this life and endless joy in the life to come. We ask this through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God forever and ever.

Evening Prayer

God, come to my assistance. Lord, make haste to help me.

Day after day I will bless you, Lord; I will tell of your marvelous deeds.

Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen

Psalm 145: The Greatness and the Goodness of God 1-9, 18-21. (Or read Rev 15:3-4)

1: I will extol you, my God and King,
and bless your name forever and ever.
Every day I will bless you,
and praise your name forever and ever.
Great is the Lord, and greatly to be praised;
his greatness is unsearchable.

2: One generation shall laud your works to
another,
and shall declare your mighty acts.
On the glorious splendor of your majesty,
and on your wondrous works, I will meditate.
The might of your awesome deeds shall be
proclaimed,

and I will declare your greatness.
They shall celebrate the fame of your
abundant goodness,
and shall sing aloud of your righteousness.

3: The Lord is gracious and merciful,
slow to anger and abounding in steadfast
love.
The Lord is good to all,
and his compassion is over all that he has
made.

4: The Lord is near to all who call on him,
to all who call on him in truth.
He fulfills the desire of all who fear him;
he also hears their cry, and saves them.
The Lord watches over all who love him,
but all the wicked he will destroy.

5: My mouth will speak the praise of the Lord,
and all flesh will bless his holy name forever
and ever.

Glory be to the Father...

Word of God: Romans 8:1-2, 10-11

There is therefore now no condemnation for those who are in Christ Jesus. For the law of the Spirit of life in Christ Jesus has set you free from the law of sin and of death. If Christ is in you, though the body is dead because of sin, the Spirit is life because of righteousness. If the Spirit of him who raised Jesus from the dead dwells in you, he who raised Christ from the dead will give life to your mortal bodies also through his Spirit that dwells in you.

Magnificat (Canticle of Mary): Inside back cover

Remember your mercy, Lord, the promise of mercy you made to our fathers.

[Pause for silent prayer]

Concluding Prayer:

God our Father, you brought salvation to all mankind through the suffering of Christ your Son. May your people strive to offer themselves to you as a living sacrifice and be filled with the abundance of your love. We ask this through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God forever and ever.

SATURDAY Psalter Week 4

Morning Prayer

Lord, open my lips. And my mouth shall proclaim your praise.

We do well to sing your name, Most High, and proclaim your mercy at daybreak.

Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning is now, and ever shall be, world without end. Amen

Psalm 92: Thanksgiving for Vindication.

(Or read Psalm 8)

1: It is good to give thanks to the Lord,
to sing praises to your name, O Most High;
to declare your steadfast love in the morning,
and your faithfulness by night,
to the music of the lute and the harp,
to the melody of the lyre.
For you, O Lord, have made me glad by your
work;
at the works of your hands I sing for joy.

2: How great are your works, O Lord!
Your thoughts are very deep!
The dullard cannot know,
the stupid cannot understand this:
though the wicked sprout like grass
and all evildoers flourish,
they are doomed to destruction forever,
but you, O Lord, are on high forever.
For your enemies, O Lord,
for your enemies shall perish;
all evildoers shall be scattered.

3: But you have exalted my horn like that of
the wild ox;
you have poured over me fresh oil.
My eyes have seen the downfall of my
enemies;

my ears have heard the doom of my evil
assailants.

4: The righteous flourish like the palm tree,
and grow like a cedar in Lebanon.
They are planted in the house of the Lord;
they flourish in the courts of our God.
In old age they still produce fruit;
they are always green and full of sap,
showing that the Lord is upright;
he is my rock, and there is no
unrighteousness in him

Glory be to the Father...

Word of God: 2 Peter 3:13-15a

But, in accordance with his promise, we wait for new heavens and a new earth, where righteousness is at home.

Therefore, beloved, while you are waiting for these things, strive to be found by him at peace, without spot or blemish; and regard the patience of our Lord as salvation.

Canticle of Zechariah (Inside back cover)

Lord, guide our feet into the way of peace.

Intercessions:

Let us adore God, who has given hope and life to the world, through his Son, and let us humbly ask him: Lord, hear us.

[Space for private and shared prayers]

Our Father...

Concluding Prayer:

All-powerful and ever-living God, splendour of true light, and never-ending day: let the radiance of your coming banish from our minds the darkness of sin. We ask this through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God, for ever and ever.

SUNDAY Psalter Week 4

Evening Prayer

God, come to my assistance. Lord, make haste to help me.

Night holds no terrors for me sleeping under God's wings.

Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen

Examen:

MONDAY Morning in Advent

Let us adore the Lord, the king who is to come.

Glory be to the Father, and to the Son and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen. Alleluia!

Psalm 84:

1: My soul is longing and yearning,
is yearning for the courts of the Lord.
My heart and my soul ring out their joy
to God, the living God.

2: They are happy, who dwell in your house,
for ever singing your praise.
They are happy, whose strength is in you,
in whose hearts are the roads to Zion.

Glory be to the Father...

Word of God: Isaiah 2:3

Many peoples shall come and say, "Come, let us go up to the mountain of the Lord, to the house of the God of Jacob; that he may teach us his ways and that we may walk in his paths." For out of Zion shall go forth instruction, and the word of the Lord from Jerusalem.

Lift up your eyes Jerusalem, and see the power of the king. Behold, the Saviour comes. He will free you from your bonds.

[Canticle of Zechariah: \(Text, page 21\)](#)

Intercessions:

As we take up again our daily work, we turn to Christ and ask for His blessing.

Response: Come, Lord Jesus!

[Space for private and shared prayers]

Our Father...

Concluding Prayer:

Give us the grace, Lord, to be ever on the watch for Christ your Son. When he comes and knocks at our door, let him find us alert in prayer, joyfully proclaiming his glory. We make our prayer through Christ our Lord. **Amen**

MONDAY Evening in Advent

Responsory:

Come to us and save us, Lord, God almighty. (Repeat)

Let your face smile on us and we shall be safe. (Repeat)

Glory be to the Father...

Psalm 11: Song of trust in God 1-7

(Or read Eph 1:3-10)

In the Lord I take refuge; how can you say to me,
“Flee like a bird to the mountains;
for look, the wicked bend the bow,
they have fitted their arrow to the string,
to shoot in the dark at the upright in heart.
If the foundations are destroyed,
what can the righteous do?”

The Lord is in his holy temple;
the Lord’s throne is in heaven.

His eyes behold, his gaze examines
humankind.

The Lord tests the righteous and the wicked,
and his soul hates the lover of violence.

On the wicked he will rain coals of fire and
sulfur;
a scorching wind shall be the portion of their
cup.

For the Lord is righteous;
he loves righteous deeds;
the upright shall behold his face.

Glory be to the Father...

Word of God: Phil 3:20-21

But our citizenship is in heaven, and it is from there that we are expecting a Saviour, the Lord Jesus Christ. He will transform the body of our humiliation that it may be conformed to the body of his glory.

[Magnificat \(Canticle of Mary\): Inside back cover](#)

The angel of the Lord brought the good news to Mary, and she conceived by the Holy Spirit, alleluia.

[Pause for silent prayer]

Concluding Prayer:

Give us the grace, Lord, to be ever on the watch for Christ, your Son. When he comes and knocks at our door, let him find us alert in prayer, joyfully proclaiming his glory. We make our prayer through Christ our Lord. **Amen.**

TUESDAY Morning in Advent

Let us adore the Lord, the king who is to come.

Glory be to the Father, and to the Son and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen. Alleluia!

Psalm 24:

1: The Lord's is the earth and its fullness,
the world and all its peoples.
It is he who set it on the seas;
on the waters he made it firm.

Who shall stand in his holy place?
The one with clean hands and pure heart,
who desires not worthless things,
who has not sworn
so as to deceive his neighbour.

2: Who shall climb the mountain of the Lord?

Glory be to the Father...

Word of God: Genesis 49:10

The scepter shall not depart from Judah,
nor the ruler's staff from between his feet,
until tribute comes to him;
and the obedience of the peoples is his.

A shoot shall spring from the stock of Jesse: the whole world shall be filled with the glory of the Lord and all flesh shall see the saving power of God.

[Canticle of Zechariah: \(Text, page xx\)](#)

Intercessions:

It is time for us to wake from our sleep: the day of our salvation is near.

R: Lord, may your kingdom come!

[Space for private and shared prayers]

Our Father

Concluding Prayer:

Take pity on our distress, Lord God: show us your love. May the coming of your Son strengthen us and cleanse us from all trace of sin. We make our prayer through Christ our Lord. **Amen**

TUESDAY Evening in Advent

Responsory:

Come to us and save us, Lord God almighty. (Repeat)

Let your face smile upon us and we shall be safe (Repeat)

Glory be to the Father...

Psalm 20: Prayer for victory 1-6, 9

(Or read Rev 4:5-12)

1: The Lord answer you in the day of trouble!
The name of the God of Jacob protect you!
May he send you help from the sanctuary,
and give you support from Zion.
May he remember all your offerings,
and regard with favor your burnt sacrifices.
2: May he grant you your heart's desire,

and fulfill all your plans.
May we shout for joy over your victory,
and in the name of our God set up our
banners.
May the Lord fulfill all your petitions.
Give victory to the king, O Lord;
answer us when we call.

Glory be to the Father...

Word of God: 1 Cor 1:7-9

You wait for the revealing of our Lord Jesus Christ. He will strengthen you to the end, so that you may be blameless on the day of our Lord Jesus Christ. God is faithful; by him you were called into the fellowship of his Son, Jesus Christ our Lord.

[Magnificat \(Canticle of Mary\): Inside back cover](#)

Seek the Lord while he may be found, call upon him while he is near, alleluia.

[Pause for silent prayer]

Concluding Prayer:

Take pity on our distress, Lord God: show us your love. May the coming of your Son strengthen us and cleanse us from all trace of sin. We make our prayer through Christ our Lord. **Amen.**

WEDNESDAY Morning in Advent

Let us adore the Lord, the king who is to come.

Glory be to the Father, and to the Son and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen. Alleluia!

Psalm 36:

1: Sin speaks to the sinner
in the depths of their heart.
There is no fear of God
before their eyes.

2: Your love, Lord, reaches to heaven;
your truth to the skies.
Your justice is like God's mountain,
your judgments like the deep.

Glory be to the Father...

Word of God: Isaiah 14-15

Therefore the Lord himself will give you a sign. Look, the young woman is with child and shall bear a son, and shall name him Immanuel. He shall eat curds and honey by the time he knows how to refuse the evil and choose the good.

There is one coming who is more powerful than I am. I am not fit to undo the straps of his sandals.

[Canticle of Zechariah: \(Text, page xx\)](#)

Intercessions:

The Word of God has chosen to live among us: let us thank him and give him praise.

R: Come, Lord Jesus!

[Space for private and shared prayers]

Our Father

Concluding Prayer:

Prepare our hearts Lord, by the power of your grace. When Christ comes, may he find us worthy to receive from his hand the bread of heaven at the feast of eternal life. We make this prayer through Christ our Lord. **Amen**

WEDNESDAY Evening in Advent

Responsory:

Come to us and save us, Lord God almighty. (Repeat)

Let your face shine upon us and we shall be safe. (Repeat)

Glory be to the Father...

Psalm 27: Triumphant Song of Confidence 1, 4, 13, 14 (or read Col 1:12-20)

1: The Lord is my light and my salvation;
whom shall I fear?

The Lord is the stronghold of my life;
of whom shall I be afraid?

2: One thing I asked of the Lord,
that will I seek after:
to live in the house of the Lord
all the days of my life,
to behold the beauty of the Lord,
and to inquire in his temple.

3: I believe that I shall see the goodness of
the Lord
in the land of the living.
Wait for the Lord;
be strong, and let your heart take courage;
wait for the Lord!

Glory be to the Father...

Magnificat (Text, page 21)

Word of God: 1 Cor 4:5

Therefore do not pronounce judgment before the time, before the Lord comes, who will bring to light the things now hidden in darkness and will disclose the purposes of the heart. Then each one will receive commendation from God.

[Magnificat \(Canticle of Mary\): Inside back cover](#)

The law will go forth from Sion, and the word of the Lord from Jerusalem.

[Pause for silent prayer]

Concluding Prayer:

Prepare our hearts Lord, by the power of your grace. When Christ comes, may he find us worthy to receive from his hand the bread of heaven at the feast of eternal life. We make this prayer through Christ our Lord. **Amen**

THURSDAY Morning in Advent

Let us adore the Lord, the king who is to come.

Glory be to the Father, and to the Son and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen. Alleluia!

Psalm 57:

1: Have mercy on me, God, have mercy
for in you my soul has taken refuge.
In the shadow of your wings I take refuge
till the storms of destruction pass by.

2: I will thank you, Lord, among the peoples,
among the nations I will praise you
for your love reaches to the heavens
and your truth to the skies.

Glory be to the Father...

Word of God: Isaiah 45:8

Shower, O heavens, from above, and let the skies rain down righteousness; let the earth open, that salvation may spring up, and let it cause righteousness to sprout up also; I the Lord have created it.

I will wait for the Lord who saves me. I will hope in him, for he is coming, alleluia.

[Canticle of Zechariah: \(Text, page 21\)](#)

Intercessions:

Let the heavens open, and the skies rain down the just one; let the earth bring forth Christ, who is the wisdom and power of God.

R: Be near us Lord, today

[Space for private and shared prayers]

Our Father

Concluding Prayer:

Show forth your power, Lord, and come. Come in your great strength and help us. Be merciful and forgiving, and hasten the salvation which only our sins delay. We make our prayer through Christ our Lord. **Amen**

THURSDAY Evening in Advent

Responsory:

Come to us and save us, Lord God almighty. (Repeat)
Let your face smile on us and we shall be safe. (Repeat)

Glory be to the Father...

Psalm 30: Thanksgiving for Recovery from Grave Illness 1-3, 10-12 (Or read Rev 11:17-18; 12:10-12)

1: I will extol you, O Lord, for you have drawn me up,
and did not let my foes rejoice over me.
O Lord my God, I cried to you for help,
and you have healed me.
O Lord, you brought up my soul from Sheol,
restored me to life from among those gone down to the Pit.

2: Hear, O Lord, and be gracious to me!
O Lord, be my helper!"
You have turned my mourning into dancing;
you have taken off my sackcloth
and clothed me with joy,
12 so that my soul may praise you and not be silent.
O Lord my God, I will give thanks to you forever.

Glory be to the Father...

Word of God: James 5:7-9

Be patient, therefore, beloved, until the coming of the Lord. The farmer waits for the precious crop from the earth, being patient with it until it receives the early and the late rains. You also must be patient. Strengthen your hearts, for the coming of the Lord is near. Beloved, do not grumble against one another, so that you may not be judged. See, the Judge is standing at the doors!

[Magnificat \(Canticle of Mary\): Inside back cover](#)

You are the most blessed of all women, and blessed is the fruit of your womb.

[Pause for silent prayer]

Concluding Prayer:

Show forth your power, Lord, and come. Come in your great strength and help us. Be merciful and forgiving, and hasten the salvation which only our sins delay. We make our prayer through Christ our Lord. **Amen**

FRIDAY Morning in Advent

Let us adore the Lord, the king who is to come.

Glory be to the Father, and to the Son and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen. Alleluia!

Psalm 51:

1: A pure heart create for me, O God,
put a steadfast spirit within me.
Do not cast me away from your presence,
nor deprive me of your holy spirit.

2: O rescue me, God, my helper,
and my tongue shall ring out your goodness.
O Lord, open my lips
and my mouth shall declare your praise.

Glory be to the Father...

Word of God: Jeremiah 30:21, 22

Their prince shall be one of their own, their ruler shall come from their midst; I will bring him near, and he shall approach me, for who would otherwise dare to approach me? says the Lord.

Behold the one who is both God and man: He comes forth from the stock of David and sits on the throne, alleluia.

[Canticle of Zechariah: \(Text, page 21\)](#)

Intercessions:

It was the Father's will that men should see him in the face of his beloved Son.

R: Hallowed be your name!

[Space for private and shared prayers]

Our Father

Concluding Prayer:

Call forth your power, Lord; come and save us from the judgment that threatens us by reason of our sins. Come, and set us free. We make our prayer through Christ our Lord. **Amen**

FRIDAY Evening in Advent

Responsory:

Come to us and save us, Lord God almighty. (Repeat)

Let your face smile on us and we shall be safe. (Repeat)

Glory be to the Father...

Psalms 41: Assurance of God's Help and a Plea for Healing (Or read Rev 15:3-4)

1: Happy are those who consider the poor;
the Lord delivers them in the day of trouble.
The Lord protects them and keeps them
alive;
they are called happy in the land.
You do not give them up to the will of their
enemies.
The Lord sustains them on their sickbed;
in their illness you heal all their infirmities.

2: By this I know that you are pleased with
me;
because my enemy has not triumphed over
me.
But you have upheld me because of my
integrity,
and set me in your presence forever.
Blessed be the Lord, the God of Israel,
from everlasting to everlasting.
Amen and Amen.

Glory be to the Father...

Word of God: 2 Peter 3:8–9

But do not ignore this one fact, beloved, that with the Lord one day is like a thousand years, and a thousand years are like one day. The Lord is not slow about his promise, as some think of slowness, but is patient with you, not wanting any to perish, but all to come to repentance.

Magnificat (Canticle of Mary): Inside back cover

Out of Egypt I have called my son. He will come and save his people.

[Pause for silent prayer]

Concluding Prayer:

Show forth your power, Lord, and come. Come in your great strength and help us. Be merciful and forgiving, and hasten the salvation which only our sins delay. We make our prayer through Christ our Lord. **Amen**

SATURDAY Morning in Advent

Let us adore the Lord, the king who is to come.

Glory be to the Father, and to the Son and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen. Alleluia!

Psalms 119: The Glories of God's Law 145–152

1: With my whole heart I cry;
answer me, O Lord.
I will keep your statutes.
I cry to you; save me,
that I may observe your decrees.
I rise before dawn and cry for help;
I put my hope in your words.

2: My eyes are awake before each watch of
the night,
that I may meditate on your promise.
In your steadfast love hear my voice;
O Lord, in your justice preserve my life.
Those who persecute me with evil purpose
draw near;
they are far from your law.

3: Yet you are near, O Lord,
and all your commandments are true.

Long ago I learned from your decrees
that you have established them forever.

Glory be to the Father...

Word of God: Isaiah 11:1-5

A shoot shall come out from the stump of Jesse, and a branch shall grow out of his roots. The spirit of the Lord shall rest on him, the spirit of wisdom and understanding, the spirit of counsel and might, the spirit of knowledge and the fear of the Lord. His delight shall be in the fear of the Lord.

He shall not judge by what his eyes see, or decide by what his ears hear; but with righteousness he shall judge the poor, and decide with equity for the meek of the earth; he shall strike the earth with the rod of his mouth, and with the breath of his lips he shall kill the wicked. Righteousness shall be the belt around his waist, and faithfulness the belt around his loins.

[Canticle of Zechariah: \(Text, page xx\)](#)

Banish your fears, O people of Zion; God, your own God, is coming to you, alleluia.

Intercessions:

Let us pray to God the Father, who from old has called his people to salvation:

R: Lord, protect your people.

[Space for private and shared prayers]

Our Father

Concluding Prayer:

God our Father, you loved the world so much you gave your only Son to free us from the ancient power of sin and death. Help us who wait for his coming and lead us to true liberty. We ask 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**

SUNDAY Evening in Advent

Responsory:

Show us, Lord, your steadfast love. (Repeat)

And grant us your salvation (Repeat)

Glory be to the Father...

Psalm 141: Prayer for Preservation from Evil

1: I call upon you, O Lord; come quickly to me;
give ear to my voice when I call to you.
Let my prayer be counted as incense before
you, and the lifting up of my hands as an
evening sacrifice.

2: Set a guard over my mouth, O Lord;
keep watch over the door of my lips.
Do not turn my heart to any evil, to busy
myself with wicked deeds in company with
those who work iniquity; do not let me eat of
their delicacies.

3: Let the righteous strike me; let the faithful
correct me.

(or read Phil 2:6-11)

Never let the oil of the wicked anoint my
head, for my prayer is continually against
their wicked deeds.

4: When they are given over to those who
shall condemn them, then they shall learn
that my words were pleasant.

Like a rock that one breaks apart and
shatters on the land, so shall their bones be
strewn at the mouth of Sheol.

5: But my eyes are turned toward you, O God,
my Lord; in you I seek refuge; do not leave me
defenseless.

Keep me from the trap that they have laid for
me, and from the snares of evildoers.
Let the wicked fall into their own nets,
while I alone escape.

Glory be to the Father...

Word of God: Phil 4:4-5

Rejoice in the Lord always; again I will say, Rejoice. Let your gentleness be known to everyone.
The Lord is near.

[Magnificat \(Canticle of Mary\): Inside back cover](#)

Do not be afraid, Mary, for you have found favour with God. Behold, you will conceive and bear a son, alleluia.

[Pause for silent prayer]

Concluding Prayer:

Grant, almighty Father, that when Christ comes again we may go out to meet him, bearing the harvest of good works achieved by your grace. We pray that he will receive us into the company of the saints and call us into the kingdom of Heaven. We make our prayer through Christ our Lord.
Amen.

MONDAY Morning in Lent

Lord, open my lips. And my mouth shall proclaim your praise.

O that today you would listen to his voice, harden not your hearts.

Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning is now, and ever shall be, world without end. Amen

Psalm 29: The Voice of God in a Great Storm (Or read Psalm 5)

1: The voice of the Lord is over the waters;
the God of glory thunders,
the Lord, over mighty waters.
The voice of the Lord is powerful;
the voice of the Lord is full of majesty.

2: The Lord sits enthroned over the flood;
the Lord sits enthroned as king forever.
May the Lord give strength to his people!
May the Lord bless his people with peace!

Glory be to the Father...

Word of God: Exodus 19:4–6a

You have seen what I did to the Egyptians, and how I bore you on eagles' wings and brought you to myself. Now therefore, if you obey my voice and keep my covenant, you shall be my treasured possession out of all the peoples. Indeed, the whole earth is mine, but you shall be for me a priestly kingdom and a holy nation.

[**Canticle of Zechariah \(Inside back cover\)**](#)

You have been blessed by my Father; come and receive the kingdom prepared for you from the foundation of the world.

Intercessions:

Praise to Jesus our Saviour; by his death he has opened for us the way of salvation. Let us ask him: Lord, guide your people to walk in your ways.

[Space for private and shared prayers]

Our Father...

Concluding Prayer:

God our saviour, bring us back to you and fill our minds with your wisdom. May we be enriched by our observance of Lent. Grant this through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God forever and ever.

MONDAY Evening in Lent

God, come to my assistance. Lord, make haste to help me.

The Lord looks tenderly on those who are poor.

Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen

Psalm 15: Who Shall Abide in God's Sanctuary?

(Or read Psalm 11)

1: O Lord, who may abide in your tent?
Who may dwell on your holy hill?

2: Those who walk blamelessly, and do what
is right, and speak the truth from their heart;

3: who do not slander with their tongue,
and do no evil to their friends,
nor take up a reproach against their
neighbours;

4: in whose eyes the wicked are despised, but
who honor those who fear the Lord;
who stand by their oath even to their hurt;

5: who do not lend money at interest,
and do not take a bribe against the innocent.
Those who do these things shall never be
moved.

Glory be to the Father...

Word of God: Romans 12:1-2

I appeal to you therefore, brothers and sisters, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. Do not be conformed to this world, but be transformed by the renewing of your minds, so that you may discern what is the will of God—what is good and acceptable and perfect.

[Magnificat \(Canticle of Mary\): Inside back cover](#)

Whatever you do for the least of my brothers and sisters, you do for me.

[Pause for silent prayer]

Concluding Prayer:

God our saviour, bring us back to you and fill our minds with your wisdom. May we be enriched by our observance of Lent. Grant this through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God forever and ever.

TUESDAY Morning in Lent

Lord, open my lips. And my mouth shall proclaim your praise.

Come, let us worship Christ the Lord, who for our sake endured temptation and suffering.

Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning is now, and ever shall be, world without end. Amen

Psalm 24: Entrance into the Temple (Or read Psalm 33)

1: Who shall ascend the hill of the Lord?
And who shall stand in his holy place?
Those who have clean hands and pure hearts,
who do not lift up their souls to what is false,
and do not swear deceitfully.

2: They will receive blessing from the Lord,
and vindication from the God of their salvation.
Such is the company of those who seek him,
who seek the face of the God of Jacob.

Glory be to the Father...

Word of God: Joel 2:12-13

Yet even now, says the Lord, return to me with all your heart, with fasting, with weeping, and with mourning; rend your hearts and not your clothing. Return to the Lord, your God, for he is gracious and merciful, slow to anger, and abounding in steadfast love, and relents from punishing.

Canticle of Zechariah (Inside back cover)

Lord, teach us to pray as John taught his disciples.

Intercessions:

*Praise to Christ, who has given us himself as the bread from heaven. Let us pray to him, saying:
Jesus, come to strengthen us.*

[Space for private and shared prayers]

Our Father...

Concluding Prayer:

Father, look on us, your children. Through the discipline of Lent help us to grow in our desire for you. We ask this through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God forever and ever.

TUESDAY Evening in Lent

God, come to my assistance. Lord, make haste to help me.

God has crowned his Christ with victory.

Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen

Psalm 20: A Prayer for Victory (Or read Psalm 21)

1: The Lord answer you in the day of trouble!
The name of the God of Jacob protect you!
May he send you help from the sanctuary,
and give you support from Zion.
May he remember all your offerings,
and regard with favour your burnt sacrifices.

2: May he grant you your heart's desire,

and fulfill all your plans.

May we shout for joy over your victory,
and in the name of our God set up our
banners.

May the Lord fulfill all your petitions.

3: Give victory to the king, O Lord;
answer us when we call.

Glory be to the Father...

Word of God: James 2:14-18

What good is it, my brothers and sisters, if you say you have faith but do not have works? Can faith save you? If a brother or sister is naked and lacks daily food, and one of you says to them, "Go in peace; keep warm and eat your fill," and yet you do not supply their bodily needs, what is the good of that? So faith by itself, if it has no works, is dead.

But someone will say, "You have faith and I have works." Show me your faith apart from your works, and I by my works will show you my faith.

[Magnificat \(Canticle of Mary\): Inside back cover](#)

When you wish to pray, go to your room, shut the door, and pray to your Father in secret.

[Pause for silent prayer]

Concluding Prayer:

Father, look on us, your children. Through the discipline of Lent, help us to grow in our desire for you. We ask this through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God forever and ever.

WEDNESDAY Morning in Lent

Lord, open my lips. And my mouth shall proclaim your praise.

O Lord, in your light we see light itself.

Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning is now, and ever shall be, world without end. Amen

Psalm 36: The Malice of Sinners and God's goodness (Or read Psalm 47)

1: Transgression speaks to the wicked
deep in their hearts;

there is no fear of God before their eyes.
For they flatter themselves in their own eyes

that their iniquity cannot be found out and hated.

The words of their mouths are mischief and deceit;

they have ceased to act wisely and do good.

2: How precious is your steadfast love, O God!

All people may take refuge in the shadow of your wings.

They feast on the abundance of your house, and you give them drink from the river of your delights.

For with you is the fountain of life; in your light we see light.

Glory be to the Father...

Word of God: Deuteronomy 7:6–9

The Lord your God has chosen you out of all the peoples on earth to be his people, his treasured possession. It was not because you were more numerous than any other people that the Lord set his heart on you and chose you—for you were the fewest of all peoples. It was because the Lord loved you and kept the oath that he swore to your ancestors, that the Lord has brought you out with a mighty hand, and redeemed you from the house of slavery, from the hand of Pharaoh king of Egypt. Know therefore that the Lord your God is God, the faithful God who maintains covenant loyalty with those who love him and keep his commandments, to a thousand generations.

[Canticle of Zechariah \(Inside back cover\)](#)

This faithless generation asks for a sign, but no sign will be given except for the sign of the prophet Jonah.

Intercessions:

Blessed be God, the giver of salvation. With great confidence let us ask him: Lord, renew us in your spirit.

[Space for private and shared prayers]

Our Father...

Concluding Prayer:

Lord, look upon us and hear our prayer. By the good works you inspire, help us to discipline our bodies and to be renewed in spirit. Grant this through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God forever and ever.

WEDNESDAY Evening in Lent

God, come to my assistance. Lord, make haste to help me.

The Lord is my light and my help; whom shall I fear?

Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen

Psalm 27: Triumphant Song of Confidence (or read Col 1:12-20)

1: The Lord is my light and my salvation;
whom shall I fear?

One thing I asked of the Lord,
that will I seek after:
to live in the house of the Lord
all the days of my life,
to behold the beauty of the Lord,

and to inquire in his temple.

2: Hear, O Lord, when I cry aloud,
be gracious to me and answer me!
“Come,” my heart says, “seek his face!”
Your face, Lord, do I seek.
Do not hide your face from me.

Glory be to the Father...

Word of God: Philippians 2:12-16

Therefore, my beloved, just as you have always obeyed me, not only in my presence, but much more now in my absence, work out your own salvation with fear and trembling; for it is God who is at work in you, enabling you both to will and to work for his good pleasure.

Do all things without murmuring and arguing, so that you may be blameless and innocent, children of God without blemish in the midst of a crooked and perverse generation, in which you shine like stars in the world. It is by your holding fast to the word of life that I can boast on the day of Christ that I did not run in vain or labor in vain.

[Magnificat \(Canticle of Mary\): Inside back cover](#)

As Jonah was three days and three nights in the belly of the fish, so will the Son of Man spend three days and three nights in the heart of the earth.

[Pause for silent prayer]

Concluding Prayer:

Lord, look upon us and hear our prayer. By the good works you inspire, help us to discipline our bodies and to be renewed in spirit. Grant this through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God forever and ever.

THURSDAY Morning in Lent

Lord, open my lips. And my mouth shall proclaim your praise.

Awake, lyre and harp, with praise let us awake the dawn.

Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning is now, and ever shall be, world without end. Amen

Psalm 57: Praise and Assurance under Persecution (Or read Psalm 58)

1: Be merciful to me, O God, be merciful to me,
for in you my soul takes refuge;
in the shadow of your wings I will take
refuge,
until the destroying storms pass by.

2: I cry to God Most High,

to God who fulfills his purpose for me.

3: He will send from heaven and save me,
he will put to shame those who trample on
me.

God will send forth his steadfast love and his
faithfulness.

Glory be to the Father...

Word of God: 1 Kings 8:51-53

For they are your people and heritage, which you brought out of Egypt, from the midst of the iron-smelter. Let your eyes be open to the plea of your servant, and to the plea of your people Israel, listening to them whenever they call to you. For you have separated them from among all the peoples of the earth, to be your heritage, just as you promised through Moses, your servant, when you brought our ancestors out of Egypt, O Lord God.

[Canticle of Zechariah \(Inside back cover\)](#)

If you, evil as you are, know how to give your children what is good, how much more will your Father in heaven pour out his gifts on all who pray to him.

Intercessions:

Christ our Lord came among us as the light of the world, that we might walk in his light. Let us praise him and cry out to him: Let your word be a lamp to guide us.

[Space for private and shared prayers]

Our Father...

Concluding Prayer:

Father, without you we can do nothing. By your Spirit help us to know what is right and be eager in doing your will. We ask this through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God forever and ever.

THURSDAY Evening in Lent

God, come to my assistance. Lord, make haste to help me.

I cried to you Lord, and you healed me; I will praise you forever.

Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen

Psalm 30: Thanksgiving for Recovery from Grave Illness (Or read Psalm 32)

1: I will extol you, O Lord, for you have drawn me up,
and did not let my foes rejoice over me.
O Lord my God, I cried to you for help,
and you have healed me.
O Lord, you brought up my soul from Sheol,
restored me to life from among those gone down to the Pit.

2: Sing praises to the Lord, O you his faithful ones,
and give thanks to his holy name.
For his anger is but for a moment;
his favor is for a lifetime.
Weeping may linger for the night,
but joy comes with the morning.

Glory be to the Father...

Word of God: James 4:7-10

Submit yourselves therefore to God. Resist the devil, and he will flee from you. Draw near to God, and he will draw near to you. Cleanse your hands, you sinners, and purify your hearts, you double-minded. Lament and mourn and weep. Let your laughter be turned into mourning and your joy into dejection. Humble yourselves before the Lord, and he will exalt you.

[Magnificat \(Canticle of Mary\): Inside back cover](#)

Ask and you shall receive; seek and you shall find; knock and the door will be opened to you.

[Pause for silent prayer]

Concluding Prayer:

Father, without you we can do nothing. By your Spirit help us to know what is right and be eager in doing your will. We ask this through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God forever and ever.

FRIDAY Morning in Lent

Lord, open my lips. And my mouth shall proclaim your praise.

Lord, you will accept the true sacrifice offered on your altar.

Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning is now, and ever shall be, world without end. Amen

Psalm 57: Prayer for Cleansing and Pardon (Or read Psalm 100)

1: Have mercy on me, O God,
according to your steadfast love;
according to your abundant mercy
blot out my transgressions.

Wash me thoroughly from my iniquity,
and cleanse me from my sin.

2: Create in me a clean heart, O God,

and put a new and right spirit within me.
Do not cast me away from your presence,
and do not take your holy spirit from me.

Restore to me the joy of your salvation,
and sustain in me a willing spirit.

Glory be to the Father...

Word of God: Isaiah 53:11b-12

The righteous one, my servant, shall make many righteous, and he shall bear their iniquities. Therefore I will allot him a portion with the great, and he shall divide the spoil with the strong; because he poured out himself to death, and was numbered with the transgressors; yet he bore the sin of many, and made intercession for the transgressors.

Canticle of Zechariah (Inside back cover)

If your virtue does not surpass that of the scribes and the Pharisees, you will never enter the kingdom of heaven.

Intercessions:

*Thanks be to Christ the Lord, who brought us life by his death on the cross. With our whole heart let us ask him: **By your death raise us to life.***

[Space for private and shared prayers]

Our Father...

Concluding Prayer:

Lord, may our observance of Lent help to renew and prepare us to celebrate the death and resurrection of Christ, who lives and reigns with you and the Holy Spirit, one God, forever and ever.

FRIDAY Evening in Lent

God, come to my assistance. Lord, make haste to help me.

Lord, lay your healing hand upon me, for I have sinned.

Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen

Psalm 41: Assurance of God's Help and a Plea for Healing (Or read Psalm 46)

1: Happy are those who consider the poor;
the Lord delivers them in the day of trouble.
The Lord protects them and keeps them
alive; they are called happy in the land.
You do not give them up to the will of their
enemies.
The Lord sustains them on their sickbed;
in their illness you heal all their infirmities.

2: By this I know that you are pleased with
me;
because my enemy has not triumphed over
me.
But you have upheld me because of my
integrity,
and set me in your presence forever.
Blessed be the Lord, the God of Israel,
from everlasting to everlasting.
Amen and Amen.

Glory be to the Father...

Word of God: James 5:16,19-20

Therefore confess your sins to one another, and pray for one another, so that you may be healed. The prayer of the righteous is powerful and effective. My brothers and sisters, if anyone among you wanders from the truth and is brought back by another, you should know that whoever brings back a sinner from wandering will save the sinner's soul from death and will cover a multitude of sins.

[Magnificat \(Canticle of Mary\): Inside back cover](#)

If you are bringing your gift to the altar, and there you remember that your brother has something against you, leave your gift in front of the altar; go at once and make peace with your brother, and then come back and offer your gift.

[Pause for silent prayer]

Concluding Prayer:

Lord, may our observance of Lent help to renew and prepare us to celebrate the death and resurrection of Christ, who lives and reigns with you and the Holy Spirit, one God, forever and ever.

SATURDAY Morning in Lent

Lord, open my lips. And my mouth shall proclaim your praise.

Dawn finds me ready to welcome you, my God.

Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning is now, and ever shall be, world without end. Amen

Psalm 119: The Glories of God's Law 145-152 (Or read Psalm 117)

With my whole heart I cry; answer me, O Lord. I will keep your statutes.
I cry to you; save me,
that I may observe your decrees.

I rise before dawn and cry for help;
I put my hope in your words.
My eyes are awake before each watch of the night,
that I may meditate on your promise.

In your steadfast love hear my voice;
O Lord, in your justice preserve my life.
Those who persecute me with evil purpose draw near;
they are far from your law.

Yet you are near, O Lord,
and all your commandments are true.
Long ago I learned from your decrees
that you have established them forever.

Glory be to the Father...

Word of God: Isaiah 53:11b-12

Wash yourselves; make yourselves clean; remove the evil of your doings from before my eyes; cease to do evil, learn to do good; seek justice, rescue the oppressed, defend the orphan, plead for the widow. Come now, let us argue it out, says the Lord, though your sins are like scarlet, they shall be like snow; though they are red like crimson, they shall become like wool.

Canticle of Zechariah (Inside back cover)

If you want to be true children on your heavenly Father, then you must pray for those who persecute you and speak all kinds of evil against you, says the Lord.

Intercessions:

If you want to be true children on your heavenly Father, then you must pray for those who persecute you and speak all kinds of evil against you, says the Lord.

Lord, renew us in your grace.

[Space for private and shared prayers]

Our Father...

Concluding Prayer:

Turn our hearts to you, eternal Father, and grant that, seeking always the one thing necessary and carrying out works of charity, we may be dedicated to your worship. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God, for ever and ever.

SUNDAY Evening in Lent

God, come to my assistance. Lord, make haste to help me.

Lord God, we ask you to receive us and be pleased with the sacrifices we offer you this day with humble and contrite hearts.

Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen

Psalm 141: Prayer for Preservation from Evil (Or read Psalm 142)

I call upon you, O Lord; come quickly to me;
give ear to my voice when I call to you.
Let my prayer be counted as incense before
you, and the lifting up of my hands as an
evening sacrifice.

Set a guard over my mouth, O Lord;
keep watch over the door of my lips.
Do not turn my heart to any evil,
to busy myself with wicked deeds

in company with those who work iniquity;
do not let me eat of their delicacies.

But my eyes are turned toward you, O God,
my Lord; in you I seek refuge;

do not leave me defenseless.

Keep me from the trap that they have laid for
me, and from the snares of evildoers.

Let the wicked fall into their own nets,
while I alone escape.

Glory be to the Father...

Word of God: James 5:16,19-20

As we work together with him, we urge you also not to accept the grace of God in vain. For he says,

“At an acceptable time I have listened to you, and on a day of salvation I have helped you.”

See, now is the acceptable time; see, now is the day of salvation! We are putting no obstacle in anyone’s way, so that no fault may be found with our ministry, but as servants of God we have commended ourselves in every way.

Magnificat (Canticle of Mary): Inside back cover

If you are bringing your gift to the altar, and there you remember that your brother has something against you, leave your gift in front of the altar; go at once and make peace with your brother, and then come back and offer your gift.

[Pause for silent prayer]

Concluding Prayer:

Grant, almighty God, through the yearly observances of holy Lent, that we may grow in understanding of the riches hidden in Christ and by worthy conduct pursue their effects. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God, for ever and ever.

May the Lord bless us, protect us from all evil and bring us to everlasting life. Amen.

MONDAY Morning in Easter

The Lord is risen, alleluia.

Glory be to the Father, and to the Son and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen. Alleluia!

Psalm 42: Longing for God's help in Distress (or read Psalm 149)

1: As a deer longs for flowing streams,
so my soul longs for you, O God.

2 My soul thirsts for God,
for the living God.

When shall I come and behold
the face of God?

3 My tears have been my food
day and night,
while people say to me continually,
"Where is your God?"

4 These things I remember,
as I pour out my soul:
how I went with the throng,[a]
and led them in procession to the house of
God,
with glad shouts and songs of thanksgiving,
a multitude keeping festival.

5 Why are you cast down, O my soul,
and why are you disquieted within me?
Hope in God; for I shall again praise him,
my help and my God.

My soul is cast down within me;
therefore I remember you

from the land of Jordan and of Hermon,
from Mount Mizar.

7 Deep calls to deep
at the thunder of your cataracts;
all your waves and your billows
have gone over me.

8 By day the Lord commands his steadfast
love,
and at night his song is with me,
a prayer to the God of my life.

9 I say to God, my rock,
"Why have you forgotten me?
Why must I walk about mournfully
because the enemy oppresses me?"

10 As with a deadly wound in my body,
my adversaries taunt me,
while they say to me continually,
"Where is your God?"

11 Why are you cast down, O my soul,
and why are you disquieted within me?
Hope in God; for I shall again praise him,
my help and my God.

Glory be to the Father...

Word of God: Romans 10:8-10

“The word is near you, on your lips and in your heart”

(that is, the word of faith that we proclaim); because if you confess with your lips that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. For one believes with the heart and so is justified, and one confesses with the mouth and so is saved.

[Canticle of Zechariah: \(Text, page xx\)](#)

By raising Jesus Christ from the dead, God has given us a new birth to a living hope in the promise of an inheritance that will last forever, alleluia.

Intercessions:

God the Father was glorified in the death and resurrection of his Son. Let us pray to him with confidence, saying:

Response: Lord, enlighten our minds.

[Space for private and shared prayers]

Our Father...

Concluding Prayer:

God of mercy, may our celebration of your Son's resurrection help us to experience its effect on our lives. We ask 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**

MONDAY Evening in Easter

Responsory:

The disciples rejoiced, alleluia, alleluia. (Repeat)

When they saw the risen Lord, alleluia, alleluia. (Repeat)

Glory be to the Father...

Psalm 45: Ode for a Royal Wedding 1-7, 16-17 (or read Eph 1:3-10)

1: My heart overflows with a goodly theme; I
address my verses to the king;
my tongue is like the pen of a ready scribe.
You are the most handsome of men; grace is
poured upon your lips; therefore God has
blessed you forever.

2: Gird your sword on your thigh, O mighty
one, in your glory and majesty.
In your majesty ride on victoriously for the
cause of truth and to defend the right;
let your right hand teach you dread deeds.
Your arrows are sharp in the heart of the
king's enemies;
the peoples fall under you.

3: Your throne, O God, endures forever and
ever.

Your royal scepter is a scepter of equity;
you love righteousness and hate wickedness.
Therefore God, your God, has anointed you
with the oil of gladness beyond your
companions;

In the place of ancestors you, O king, shall
have sons;
you will make them princes in all the earth.
I will cause your name to be celebrated in all
generations;
therefore the peoples will praise you forever
and ever.

Glory be to the Father...

Word of God: Hebrews 8:1-3

We have such a high priest, one who is seated at the right hand of the throne of the Majesty in the heavens, a minister in the sanctuary and the true tent that the Lord, and not any mortal, has set up. For every high priest is appointed to offer gifts and sacrifices; hence it is necessary for this priest also to have something to offer.

[Magnificat \(Canticle of Mary\): Inside back cover](#)

The spirit of truth who proceeds from the Father will be my witness, and you will also bear witness to me, alleluia.

[Pause for silent prayer]

Concluding Prayer:

God of mercy, may our celebration of your Son's resurrection help us to experience its effect in our lives. We ask 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.**

TUESDAY Morning in Easter

The Lord is risen, alleluia.

Glory be to the Father, and to the Son and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen. Alleluia!

Psalm 43: Prayer to God in Time of Trouble (or read Psalm 65)

Vindicate me, O God, and defend my cause
against an ungodly people;
from those who are deceitful and unjust
deliver me!

2 For you are the God in whom I take refuge;
why have you cast me off?

Why must I walk about mournfully
because of the oppression of the enemy?

3 O send out your light and your truth;
let them lead me;

let them bring me to your holy hill
and to your dwelling.

4 Then I will go to the altar of God,
to God my exceeding joy;
and I will praise you with the harp,
O God, my God.

5 Why are you cast down, O my soul,
and why are you disquieted within me?
Hope in God; for I shall again praise him,
my help and my God.

Glory be to the Father...

Word of God: Acts 13:30-33

But God raised him from the dead; and for many days he appeared to those who came up with him from Galilee to Jerusalem, and they are now his witnesses to the people. And we bring you the good news that what God promised to our ancestors he has fulfilled for us, their children, by raising Jesus; as also it is written in the second psalm, 'You are my Son; today I have begotten you.'

[Canticle of Zechariah: \(Text, page xx\)](#)

In a little while the world will no longer see me, but you will see me, for I love and you will live, alleluia.

Intercessions:

The spotless Lamb of God takes away the sins of the world. Let us give thanks to the Father, and say:

Response: Source of all Life, raise us to life.

[Space for private and shared prayers]

Our Father...

Concluding Prayer:

God our Father, may we look forward with hope to our resurrection, for you have made us your sons and daughters, and restored the joy of our youth. We ask 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**

TUESDAY Evening in Easter

Responsory:

The disciples rejoiced, alleluia, alleluia. (Repeat)

When they saw the risen Lord, alleluia, alleluia. (Repeat)

Glory be to the Father...

Psalm 49: The Folly of Trust in Riches 1-12, 16-20

1: Hear this, all you peoples;
give ear, all inhabitants of the world,
both low and high,
rich and poor together.
My mouth shall speak wisdom;
the meditation of my heart shall be
understanding.
I will incline my ear to a proverb;
I will solve my riddle to the music of the harp.

2: Why should I fear in times of trouble,
when the iniquity of my persecutors
surrounds me,
those who trust in their wealth
and boast of the abundance of their riches?

(or read Rev 4:5-12)

Truly, no ransom avails for one's life,
there is no price one can give to God for it.
For the ransom of life is costly,
and can never suffice,
that one should live on forever
and never see the grave.

3: When we look at the wise, they die;
fool and dolt perish together
and leave their wealth to others.
Their graves are their homes forever,
their dwelling places to all generations,
though they named lands their own.
Mortals cannot abide in their pomp;
they are like the animals that perish.

4: Do not be afraid when some become rich,
when the wealth of their houses increases.
For when they die they will carry nothing
away;
their wealth will not go down after them.
Though in their lifetime they count
themselves happy

—for you are praised when you do well for
yourself—
they will go to the company of their
ancestors,
who will never again see the light.
Mortals cannot abide in their pomp;
they are like the animals that perish.

Glory be to the Father...

Word of God: Hebrews 8:1-3

We have such a high priest, one who is seated at the right hand of the throne of the Majesty in the heavens, a minister in the sanctuary and the true tent that the Lord, and not any mortal, has set up. For every high priest is appointed to offer gifts and sacrifices; hence it is necessary for this priest also to have something to offer.

[Magnificat \(Canticle of Mary\): Inside back cover](#)

The spirit of truth who proceeds from the Father will be my witness, and you will also bear witness to me, alleluia.

[Pause for silent prayer]

Concluding Prayer:

Give us the grace, Lord, to be ever on the watch for Christ, your Son. When he comes and knocks at our door, let him find us alert in prayer, joyfully proclaiming his glory. We make our prayer through Christ our Lord. **Amen.**

WEDNESDAY Morning in Easter

The Lord is risen, alleluia.

Glory be to the Father, and to the Son and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen. Alleluia!

Psalm 77: God's Mighty Deeds Recalled 11-20 (or read 1 Sam 2:1-10)

1: I will call to mind the deeds of the Lord;
I will remember your wonders of old.
I will meditate on all your work,
and muse on your mighty deeds.
Your way, O God, is holy.

when the waters saw you, they were afraid;
the very deep trembled.
The clouds poured out water;
the skies thundered;
your arrows flashed on every side.

2: What god is so great as our God?
You are the God who works wonders;
you have displayed your might among the
peoples.
With your strong arm you redeemed your
people,
the descendants of Jacob and Joseph.

4: The crash of your thunder was in the
whirlwind;
your lightnings lit up the world;
the earth trembled and shook.
Your way was through the sea,
your path, through the mighty waters;
yet your footprints were unseen.
You led your people like a flock
by the hand of Moses and Aaron.

3: When the waters saw you, O God,

Glory be to the Father...

Word of God: Romans 6:8-11

But if we have died with Christ, we believe that we will also live with him. We know that Christ, being raised from the dead, will never die again; death no longer has dominion over him. The death he died, he died to sin, once for all; but the life he lives, he lives to God. So you also must consider yourselves dead to sin and alive to God in Christ Jesus.

[Canticle of Zechariah: \(Text, page xx\)](#)

I have many more things to tell you, but they would be too much for you now. When the Spirit of truth comes he will guide you to all truth, alleluia.

Intercessions:

By the gift of the Father, the risen Christ was seen by the apostles. Let us pray to the Father and say:

Response: Give us, Lord, the glory of your Son.

[Space for private and shared prayers]

Our Father...

Concluding Prayer:

Lord, as we celebrate your Son's resurrection, so may we rejoice with all the saints when he returns in glory, who lives and reigns with you and the Holy Spirit, one God, for ever and ever.
Amen

WEDNESDAY Evening in Easter

Responsory:

The disciples rejoiced, alleluia, alleluia. (Repeat)

When they saw the risen Lord, alleluia, alleluia. (Repeat)

Glory be to the Father...

Psalm 62: Song of Trust in God Alone (or read Col 1:12-20)

1: For God alone my soul waits in silence;
from him comes my salvation.

He alone is my rock and my salvation,
my fortress; I shall never be shaken.

2: How long will you assail a person,
will you batter your victim, all of you,
as you would a leaning wall, a tottering
fence?

Their only plan is to bring down a person of
prominence.

They take pleasure in falsehood;
they bless with their mouths,
but inwardly they curse.

3: For God alone my soul waits in silence, for
my hope is from him.

He alone is my rock and my salvation,
my fortress; I shall not be shaken.

On God rests my deliverance and my honour;

my mighty rock, my refuge is in God.

4: Trust in him at all times, O people;
pour out your heart before him;
God is a refuge for us.

5: Those of low estate are but a breath,
those of high estate are a delusion;
in the balances they go up;
they are together lighter than a breath.
Put no confidence in extortion,
and set no vain hopes on robbery;
if riches increase, do not set your heart on
them.

6: Once God has spoken;
twice have I heard this:
that power belongs to God,
and steadfast love belongs to you, O Lord. For
you repay to all according to their work.

Glory be to the Father...

Word of God: Hebrews 7:24-27

Jesus holds his priesthood permanently, because he continues forever. Consequently he is able for all time to save those who approach God through him, since he always lives to make intercession for them.

For it was fitting that we should have such a high priest, holy, blameless, undefiled, separated from sinners, and exalted above the heavens. Unlike the other high priests, he has no need to offer sacrifices day after day, first for his own sins, and then for those of the people; this he did once for all when he offered himself.

Magnificat (Canticle of Mary): Inside back cover

The Spirit will glorify me, for he will proclaim to you all that he has received from me, alleluia.

[Pause for silent prayer]

Concluding Prayer:

Lord, as we celebrate your Son's resurrection, so may we rejoice with all the saints when he returns in glory, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

THURSDAY Morning in Easter

The Lord is risen, alleluia.

Glory be to the Father, and to the Son and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen. Alleluia!

Psalm 80: Prayer for Israel's Restitution

1: Give ear, O Shepherd of Israel,
you who lead Joseph like a flock!
You who are enthroned upon the cherubim,
shine forth
before Ephraim and Benjamin and Manasseh.

(or read Isaiah 12:1-6)

Stir up your might, and come to save us!
Restore us, O God; let your face shine, that
we may be saved.

2: You brought a vine out of Egypt;

you drove out the nations and planted it.
You cleared the ground for it;
it took deep root and filled the land.
The mountains were covered with its shade,
the mighty cedars with its branches;
it sent out its branches to the sea,
and its shoots to the River.
Why then have you broken down its walls,
so that all who pass along the way pluck its
fruit?
The boar from the forest ravages it,
and all that move in the field feed on it.

3: Turn again, O God of hosts; look down from
heaven, and see; have regard for this vine,
the stock that your right hand planted.
They have burned it with fire, they have cut it
down;
may they perish at the rebuke of your
countenance.
But let your hand be upon the one at your
right hand,
the one whom you made strong for yourself.
Then we will never turn back from you;
give us life, and we will call on your name.
Restore us, O Lord God of hosts;
let your face shine, that we may be saved.

Glory be to the Father...

Word of God: Romans 8:10-11

If Christ is in you, though the body is dead because of sin, the Spirit is life because of righteousness. If the Spirit of him who raised Jesus from the dead dwells in you, he who raised Christ from the dead will give life to your mortal bodies also through his Spirit that dwells in you.

[Canticle of Zechariah: \(Text, page xx\)](#)

In a little while you will no longer see me, says the Lord; then a little while later you will see me again, since I am going to the Father, alleluia.

Intercessions:

God the Father has given us the Son for the resurrection of his people. Let us turn with confidence to the Father, and say:

Response: May the Lord Jesus be our very life.

[Space for private and shared prayers]

Our Father...

Concluding Prayer:

Father, may we always give you thanks for raising Christ our Lord to glory, because we are his people and share the salvation he won, for he lives and reigns with you and the Holy Spirit, one God, for ever and ever. **Amen**

THURSDAY Evening in Easter

Responsory:

The disciples rejoiced, alleluia, alleluia. (Repeat)

When they saw the risen Lord, alleluia, alleluia. (Repeat)

Glory be to the Father...

Psalm 72: Prayer for Guidance and Support for the King (or read Rev 11:17-18)

1: Give the king your justice, O God,
and your righteousness to a king's son.
May he judge your people with
righteousness,
and your poor with justice.
May the mountains yield prosperity for the
people,
and the hills, in righteousness.
May he defend the cause of the poor of the
people,
give deliverance to the needy,
and crush the oppressor.

2: May he live while the sun endures,
and as long as the moon, throughout all
generations.
May he be like rain that falls on the mown
grass,
like showers that water the earth.
In his days may righteousness flourish
and peace abound, until the moon is no
more. Long may he live!

May gold of Sheba be given to him.
May prayer be made for him continually,
and blessings invoked for him all day long.

3: May there be abundance of grain in the
land;
may it wave on the tops of the mountains;
may its fruit be like Lebanon;
and may people blossom in the cities
like the grass of the field.
May his name endure forever,
his fame continue as long as the sun.
May all nations be blessed in him;
may they pronounce him happy.

4: Blessed be the Lord, the God of Israel,
who alone does wondrous things.
Blessed be his glorious name forever;
may his glory fill the whole earth.
Amen and Amen.

Glory be to the Father...

Word of God: 1 Peter 3:18-22

For Christ also suffered for sins once for all, the righteous for the unrighteous, in order to bring you to God. He was put to death in the flesh, but made alive in the spirit, in which also he went and made a proclamation to the spirits in prison, who in former times did not obey, when God waited patiently in the days of Noah, during the building of the ark, in which a few, that is, eight persons, were saved through water. And baptism, which this prefigured, now saves you—not as a removal of dirt from the body, but as an appeal to God for a good conscience, through the resurrection of Jesus Christ, who has gone into heaven and is at the right hand of God, with angels, authorities, and powers made subject to him.

[Magnificat \(Canticle of Mary\): Inside back cover](#)

Your sorrow will be turned into joy, and that joy no one will take from you, alleluia.

[Pause for silent prayer]

Concluding Prayer:

Father, may we always give you thanks for raising Christ our Lord to glory, because we are his people and share the salvation he won, for he lives and reigns with you and the Holy Spirit, one God, for ever and ever. **Amen**

FRIDAY Morning in Easter

The Lord is risen, alleluia.

Glory be to the Father, and to the Son and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen. Alleluia!

Psalm 51: Prayer for Cleansing and Pardon 1-2, 10-17 (or read Psalm 147)

1: Have mercy on me, O God, and cleanse me from my sin.

according to your steadfast love;

according to your abundant mercy

blot out my transgressions.

Wash me thoroughly from my iniquity,

2: Create in me a clean heart, O God,

and put a new and right spirit within me.

Do not cast me away from your presence,

and do not take your holy spirit from me.
Restore to me the joy of your salvation,
and sustain in me a willing[c] spirit.

3: Then I will teach transgressors your ways,
and sinners will return to you.
Deliver me from bloodshed, O God,
O God of my salvation,
and my tongue will sing aloud of your
deliverance.

4: O Lord, open my lips,
and my mouth will declare your praise.
For you have no delight in sacrifice;
if I were to give a burnt offering, you would
not be pleased.
The sacrifice acceptable to God is a broken
spirit;
a broken and contrite heart, O God, you will
not despise.

Glory be to the Father...

Word of God: Acts 5:30–32

The God of our ancestors raised up Jesus, whom you had killed by hanging him on a tree. God exalted him at his right hand as Leader and Saviour that he might give repentance to Israel and forgiveness of sins. And we are witnesses to these things, and so is the Holy Spirit whom God has given to those who obey him.”.

[Canticle of Zechariah: \(Text, page xx\)](#)

My commandment is this: love one another as I have loved you, alleluia.

Intercessions:

Let us pray to God the Father, who gave us new life through the risen Christ:

Response: Give us the glory of your Son.

[Space for private and shared prayers]

Our Father...

Concluding Prayer:

Eternal Father, you gave us the Easter mystery as our covenant of reconciliation. May the new birth we celebrate show its effects in the way we live. We ask 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**

FRIDAY Evening in Easter

Responsory:

The disciples rejoiced, alleluia, alleluia. (Repeat)

When they saw the risen Lord, alleluia, alleluia. (Repeat)

Glory be to the Father...

Psalm 116: Thanksgiving for recovery from illness 1-9 (or read Rev 15:3-4)

1: I love the Lord, because he has heard
my voice and my supplications.
Because he inclined his ear to me,
therefore I will call on him as long as I live.
The snares of death encompassed me;
the pangs of Sheol laid hold on me;
I suffered distress and anguish.
Then I called on the name of the Lord:
“O Lord, I pray, save my life!”

2: Gracious is the Lord, and righteous;

our God is merciful.

The Lord protects the simple;
when I was brought low, he saved me.
Return, O my soul, to your rest,
for the Lord has dealt bountifully with you.

3: For you have delivered my soul from death,
my eyes from tears,
my feet from stumbling.
I walk before the Lord
in the land of the living.

Glory be to the Father...

Word of God: Hebrews 5:8-10

Although he was a Son, he learned obedience through what he suffered; 9 and having been made perfect, he became the source of eternal salvation for all who obey him, 10 having been designated by God a high priest according to the order of Melchizedek.

[Magnificat \(Canticle of Mary\): Inside back cover](#)

There is no greater love than to lay down your life for your friends, alleluia.

[Pause for silent prayer]

Concluding Prayer:

Eternal Father, you gave us the Easter mystery as our covenant of reconciliation. May the new birth we celebrate show its effects in the way we live. We ask 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**

SATURDAY Morning in Easter

The Lord is risen, alleluia.

Glory be to the Father, and to the Son and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen. Alleluia!

Psalm 92: Thanksgiving for vindication (or read Psalm 8)

1: It is good to give thanks to the Lord,
to sing praises to your name, O Most High;
to declare your steadfast love in the morning,
and your faithfulness by night,
to the music of the lute and the harp,
to the melody of the lyre.
For you, O Lord, have made me glad by your
work;
at the works of your hands I sing for joy.

2: How great are your works, O Lord!
Your thoughts are very deep!
The dullard cannot know,
the stupid cannot understand this:
though the wicked sprout like grass
and all evildoers flourish,
they are doomed to destruction forever,
but you, O Lord, are on high forever.
For your enemies, O Lord,
for your enemies shall perish;

all evildoers shall be scattered.

3: But you have exalted my horn like that of
the wild ox;
you have poured over me fresh oil.
My eyes have seen the downfall of my
enemies;
my ears have heard the doom of my evil
assailants.

4: The righteous flourish like the palm tree,
and grow like a cedar in Lebanon.
They are planted in the house of the Lord;
they flourish in the courts of our God.
In old age they still produce fruit;
they are always green and full of sap,
showing that the Lord is upright;
he is my rock, and there is no
unrighteousness in him.

Glory be to the Father...

Word of God: Romans 14:7-9

We do not live to ourselves, and we do not die to ourselves. 8 If we live, we live to the Lord, and if we die, we die to the Lord; so then, whether we live or whether we die, we are the Lord's. 9 For to this end Christ died and lived again, so that he might be Lord of both the dead and the living.

[Canticle of Zechariah: \(Text, page xx\)](#)

Christ died and rose from the dead, that he might be the Lord of the living and the dead, alleluia.

Intercessions:

Christ is the bread of life; he will raise up on the last day all who share the table of his word and his body. In our joy let us pray:

Response: Lord, give us peace and joy.

[Space for private and shared prayers]

Our Father...

Concluding Prayer:

Father of love, by the outpouring of your grace you increase the number of those who believe in you. Watch over your chosen family. Give undying life to all who have been born again in baptism. 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**

SUNDAY Evening in Easter

Responsory:

The disciples rejoiced, alleluia, alleluia. (Repeat)

When they saw the risen Lord, alleluia, alleluia. (Repeat)

Glory be to the Father...

Psalm 110: Assurance of Victory for God's Priest-King 1-5, 7 (or read Rev 15:3-4)

1: The Lord says to my lord,

"Sit at my right hand until I make your enemies your footstool."

The Lord sends out from Zion your mighty sceptre.

Rule in the midst of your foes.

Your people will offer themselves willingly on the day you lead your forces on the holy mountains.

2: From the womb of the morning, like dew, your youth will come to you.

Glory be to the Father...

Word of God: Hebrews 10:12-14

But when Christ had offered for all time a single sacrifice for sins, "he sat down at the right hand of God," and since then has been waiting "until his enemies would be made a footstool for his feet." For by a single offering he has perfected for all time those who are sanctified.

[Magnificat \(Canticle of Mary\): Inside back cover](#)

If anyone loves me he will keep my word, and my Father will love him. We will come to him and make our home with him, alleluia.

[Pause for silent prayer]

Concluding Prayer:

Ever-living God, help us to celebrate our joy in the resurrection of the Lord and to express in our lives the love we celebrate. 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**

The Lord has sworn and will not change his mind,

"You are a priest forever according to the order of Melchizedek."

3: The Lord is at your right hand; he will shatter kings on the day of his wrath. He will drink from the stream by the path; therefore he will lift up his head.

Eucharistic Exposition and Benediction

Exposition of the Blessed Sacrament

When the presider goes to the tabernacle and opens it all kneel. Once the celebrant has reached the front of the altar and kneels, O Saving Victim is sung by the congregation.

O saving Victim, open wide
The gate of heaven to us below.
Our foes press on from every side;
Your aid supply, your strength bestow.
To your great name be endless praise,
Immortal Godhead, One in Three;
O grant us endless length of days
In our true native land with thee. Amen.

O salutaris Hostia
Quae caeli pandis ostium;
Bella premunt hostilia,
Da robur, fer auxillium.
Uni trinoque Domino
Sit sempiterna gloria,
Qui vitam sine termino
Nobis donet in patria. Amen.

Adoration

During this period there may be appropriate prayers, songs, readings from scripture, and a brief homily to help the congregation focus its attention to the worship of the Lord. It is important to remember that the Eucharist is the "Real Presence" of Jesus Christ. You may kneel or be seated for your private portion of adoration/devotion.

Benediction

After a period of meditation and reflection the celebrant goes to the altar, genuflects, and kneels. All kneel and join in singing the Tantum Ergo.

Down in adoration falling,
This great Sacrament we hail;
Over ancient forms of worship
Newer rites of grace prevail;
Faith will tell us Christ is present,
When our human senses fail.
To the everlasting Father,
And the Son who made us free,
And the Spirit, God proceeding
From them Each eternally,
Be salvation, honor, blessing,
Might and endless majesty. Amen.

Tantum ergo Sacramentum
Veneremur cernui,
Et antiquum documentum
Novo cedat ritui;
Praestet fides supplementum
Sensuum defectui.
Genitori Gentioque
Laus et jubilatio,
Salus, honor, virtus quoque
Sit et benedictio;
Procedenti ab utroque
Compar sit laudatio. Amen.

All remain kneeling when the presider stands and says:

Priest/Deacon: You have given them Bread from heaven

All: Having all sweetness within it

Priest/Deacon: Let us pray! O God, who in this wonderful Sacrament have left us a memorial of your Passion, grant us, we pray, so to revere the sacred mysteries of your Body and Blood that we may always experience in ourselves the fruits of your redemption. Who live and reign with God the Father in the unity of the Holy Spirit, one God, for ever and ever.

All: Amen.

The celebrant will then bless all present with the Eucharist. (In the absence of a priest or deacon, this part will be omitted).

After the presider has blessed everyone, he will come back in front of the altar and kneel and lead everyone in the Divine Praises:

Blessed be God.

Blessed be his holy name.

Blessed be Jesus Christ, true God and true man.

Blessed be the name of Jesus.

Blessed be his most Sacred Heart.

Blessed be his most Precious Blood.

Blessed be Jesus in the most holy sacrament of the altar.

Blessed be the Holy Spirit, the Paraclete.

Blessed be the great Mother of God, Mary most holy.

Blessed be her holy and Immaculate Conception.

Blessed be her glorious Assumption.

Blessed be the name of Mary, virgin and Mother.

Blessed be St. Joseph, her most chaste spouse.

Blessed be God in his angels and in his saints.

Amen.

Reposition

When the priest or deacon has blessed everyone he then replaces the Blessed Sacrament in the tabernacle and genuflects, all stand and join in singing.

Holy God, we praise thy name;
Lord of all, we bow before thee;
All on earth thy scepter claim;
All in heaven above adore thee.
Infinite thy vast domain,

Everlasting is thy reign!
Hark, the loud celestial hymn;
Angel choirs above are raising;
Cherubim and Seraphim,
In unceasing chorus praising,

Fill the heavens with sweet accord:

"Holy, holy, holy, Lord!"

Order of Mass:

Introductory Rites

1. When the people are gathered, the Priest approaches the altar with the ministers while the Entrance Chant is sung. When he has arrived at the altar, after making a profound bow with the ministers, the Priest venerates the altar with a kiss and, if appropriate, incenses the cross and the altar. Then, with the ministers, he goes to the chair. When the Entrance Chant is concluded, the Priest and the faithful, standing, sign themselves with the Sign of the Cross, while the Priest, facing the people, says:

In the name of the Father, and of the Son, and of the Holy Spirit.

The people reply: Amen.

2. Then the Priest, extending his hands, greets the people, saying:

The grace of our Lord Jesus Christ, and the love of God, and the communion of the Holy Spirit be with you all.

Or: Grace to you and peace from God our Father and the Lord Jesus Christ.

Or: The Lord be with you.

The people reply: And with your spirit. _____

In this first greeting a Bishop, instead of The Lord be with you, says:

Peace be with you.

3. The Priest, or a Deacon, or another minister, may very briefly introduce the faithful to the Mass of the day.

Penitential Act

4. Then follows the Penitential Act, to which the Priest invites the faithful, saying:

Brethren (brothers and sisters), let us acknowledge our sins, and so prepare ourselves to celebrate the sacred mysteries.

A brief pause for silence follows. Then all recite together the formula of general confession:

I confess to almighty God

and to you, my brothers and sisters,

that I have greatly sinned,

in my thoughts and in my words,

in what I have done and in what I have failed to do,

And, striking their breast, they say:

through my fault, through my fault, through my most grievous fault;

Then they continue:

therefore I ask blessed Mary ever-Virgin,

all the Angels and Saints,
and you, my brothers and sisters,
to pray for me to the Lord our God.

The absolution by the Priest follows:

May almighty God have mercy on us, forgive us our sins, and bring us to everlasting life.

The people reply: Amen.

Or:

5. The Priest invites the faithful to make the Penitential Act:

Brethren (brothers and sisters), let us acknowledge our sins, and so prepare ourselves to celebrate the sacred mysteries.

A brief pause for silence follows. The Priest then says:

Have mercy on us, O Lord.

The people reply:

For we have sinned against you.

The Priest:

Show us, O Lord, your mercy.

The people:

And grant us your salvation.

The absolution by the Priest follows:

May almighty God have mercy on us, forgive us our sins, and bring us to everlasting life.

The people reply:

Amen.

Or:

6. The Priest invites the faithful to make the Penitential Act:

Brethren (brothers and sisters), let us acknowledge our sins, and so prepare ourselves to celebrate the sacred mysteries.

A brief pause for silence follows. The Priest, or a Deacon or another minister, then says the following or other invocations with Kyrie, eleison (Lord, have mercy):

You were sent to heal the contrite of heart:

Lord, have mercy. **Or:** Kyrie, eleison.

The people reply:

Lord, have mercy. **Or:** Kyrie, eleison.

The Priest:

You came to call sinners: Christ, have mercy. **Or:** Christe, eleison.

The people:

Christ, have mercy. **Or:** Christe, eleison.

The Priest:

You are seated at the right hand of the Father to intercede for us: Lord, have mercy. **Or:** Kyrie, eleison.

The people:

Lord, have mercy. **Or:** Kyrie, eleison.

The absolution by the Priest follows:

May almighty God have mercy on us, forgive us our sins, and bring us to everlasting life.

The people reply:

Amen.

7. The Kyrie eleison (Lord, have mercy) invocations follow, unless they have just occurred in a formula of the Penitential Act.

V. Lord, have mercy. **R.** Lord, have mercy.

V. Christ, have mercy. **R.** Christ, have mercy.

V. Lord, have mercy. **R.** Lord, have mercy.

Or:

V. Kyrie, eleison. **R.** Kyrie, eleison.

V. Christe, eleison. **R.** Christe, eleison.

V. Kyrie, eleison. **R.** Kyrie, eleison.

8. Then, when it is prescribed, this hymn is either sung or said:

Glory to God in the highest,

and on earth peace to people of good will.

We praise you,

we bless you,

we adore you,

we glorify you,

we give you thanks for your great glory,

Lord God, heavenly King,

O God, almighty Father.

Lord Jesus Christ, Only Begotten Son,

Lord God, Lamb of God, Son of the Father,

you take away the sins of the world, have mercy on us;

you take away the sins of the world, receive our prayer;

you are seated at the right hand of the Father, have mercy on us.

For you alone are the Holy One,

you alone are the Lord,

you alone are the Most High, Jesus Christ,

with the Holy Spirit, in the glory of God the Father.

Amen.

9. When this hymn is concluded, the Priest, with hands joined, says:

Let us pray.

And all pray in silence with the Priest for a while. Then the Priest, with hands extended, says the Collect prayer, at the end of which the people acclaim:

Amen

The Liturgy of the Word

10. Then the reader goes to the ambo and reads the First Reading, while all sit and listen.

To indicate the end of the reading, the reader acclaims:

The word of the Lord.

All reply:

Thanks be to God.

11. The psalmist or cantor sings or says the Psalm, with the people making the response.

12. After this, if there is to be a Second Reading, a reader reads it from the ambo, as above. To indicate the end of the reading, the reader acclaims:

The word of the Lord.

All reply:

Thanks be to God.

13. There follows the Alleluia or another chant laid down by the rubrics, as the liturgical time requires.

14. Meanwhile, if incense is used, the Priest puts some into the thurible. After this, the Deacon who is to proclaim the Gospel, bowing profoundly before the Priest, asks for the blessing, saying in a low voice:

Your blessing, Father. The Priest says in a low voice: May the Lord be in your heart and on your lips, that you may proclaim his Gospel worthily and well, in the name of the Father and of the Son and of the Holy Spirit. The Deacon signs himself with the Sign of the Cross and replies: Amen.

If, however, a Deacon is not present, the Priest, bowing before the altar, says quietly: Cleanse my heart and my lips, almighty God, that I may worthily proclaim your holy Gospel.

15. The Deacon, or the Priest, then proceeds to the ambo, accompanied, if appropriate, by ministers with incense and candles. There he says:

The Lord be with you.

The people reply:

And with your spirit.

The Deacon, or the Priest:

A reading from the holy Gospel according to N.

and, at the same time, he makes the Sign of the Cross on the book and on his forehead, lips, and breast.

The people acclaim:

Glory to you, O Lord.

Then the Deacon, or the Priest, incenses the book, if incense is used, and proclaims the Gospel.

16. At the end of the Gospel, the Deacon, or the Priest, acclaims:

The Gospel of the Lord.

All reply:

Praise to you, Lord Jesus Christ.

Then he kisses the book, saying quietly:

Through the words of the Gospel may our sins be wiped away.

17. Then follows the Homily, which is to be preached by a Priest or Deacon on all Sundays and Holydays of Obligation; on other days, it is recommended.

18. At the end of the Homily, the Symbol or Profession of Faith or Creed, when prescribed, is either sung or said:

I believe in one God,
the Father almighty,
maker of heaven and earth,
of all things visible and invisible.
I believe in one Lord Jesus Christ,
the Only Begotten Son of God,
born of the Father before all ages.
God from God, Light from Light,
true God from true God,
begotten, not made, consubstantial with the Father;
through him all things were made.
For us men and for our salvation
he came down from heaven,
At the words that follow up to and including and became man, **all bow.**
and by the Holy Spirit was incarnate of the Virgin Mary,
and became man.
For our sake he was crucified under Pontius Pilate,
he suffered death and was buried,
and rose again on the third day
in accordance with the Scriptures.
He ascended into heaven
and is seated at the right hand of the Father.
He will come again in glory
to judge the living and the dead
and his kingdom will have no end.
I believe in the Holy Spirit, the Lord, the giver of life,
who proceeds from the Father and the Son,
who with the Father and the Son is adored and glorified,
who has spoken through the prophets.
I believe in one, holy, catholic and apostolic Church.
I confess one Baptism for the forgiveness of sins
and I look forward to the resurrection of the dead
and the life of the world to come. Amen.

19. Instead of the Niceno-Constantinopolitan Creed, especially during Lent and Easter Time, the baptismal Symbol of the Roman Church, known as the Apostles' Creed, may be used.

I believe in God,
the Father almighty,
Creator of heaven and earth,
and in Jesus Christ, his only Son, our Lord,
At the words that follow, up to and including the Virgin Mary, **all bow.**

who was conceived by the Holy Spirit,
born of the Virgin Mary,
suffered under Pontius Pilate,
was crucified, died and was buried;
he descended into hell;
on the third day he rose again from the dead;
he ascended into heaven,
and is seated at the right hand of God the Father almighty;
from there he will come to judge the living and the dead.
I believe in the Holy Spirit,
the holy catholic Church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and life everlasting. Amen.

20. Then follows the Universal Prayer, that is, the Prayer of the Faithful or Bidding Prayers.

The Liturgy of the Eucharist

21. When all this has been done, the Offertory Chant begins. Meanwhile, the ministers place the corporal, the purificator, the chalice, the pall, and the Missal on the altar.

22. It is desirable that the faithful express their participation by making an offering, bringing forward bread and wine for the celebration of the Eucharist and perhaps other gifts to relieve the needs of the Church and of the poor.

23. The Priest, standing at the altar, takes the paten with the bread and holds it slightly raised above the altar with both hands, saying in a low voice:

Blessed are you, Lord God of all creation,
for through your goodness we have received
the bread we offer you:
fruit of the earth and work of human hands,
it will become for us the bread of life.

Then he places the paten with the bread on the corporal.

If, however, the Offertory Chant is not sung, the Priest may speak these words aloud; at the end, the people may acclaim:

Blessed be God for ever.

24. The Deacon, or the Priest, pours wine and a little water into the chalice, saying quietly:

By the mystery of this water and wine
may we come to share in the divinity of Christ
who humbled himself to share in our humanity.

25. The Priest then takes the chalice and holds it slightly raised above the altar with both hands, saying in a low voice:

Blessed are you, Lord God of all creation,
for through your goodness we have received
the wine we offer you:
fruit of the vine and work of human hands,
it will become our spiritual drink.

Then he places the chalice on the corporal.

If, however, the Offertory Chant is not sung, the Priest may speak these words aloud; at the end, the people may acclaim:

Blessed be God for ever.

26. After this, the Priest, bowing profoundly, says quietly:

With humble spirit and contrite heart
may we be accepted by you, O Lord,
and may our sacrifice in your sight this day
be pleasing to you, Lord God.

27. If appropriate, he also incenses the offerings, the cross, and the altar. A Deacon or other minister then incenses the Priest and the people.

28. Then the Priest, standing at the side of the altar, washes his hands, saying quietly:

Wash me, O Lord, from my iniquity
and cleanse me from my sin.

29. Standing at the middle of the altar, facing the people, extending and then joining his hands, he says:

Pray, brethren (brothers and sisters),
that my sacrifice and yours
may be acceptable to God,
the almighty Father.

The people rise and reply:

May the Lord accept the sacrifice at your hands
for the praise and glory of his name,
for our good
and the good of all his holy Church.

30. Then the Priest, with hands extended, says the Prayer over the Offerings, at the end of which the people acclaim:

Amen.

The Eucharistic Prayer

31. Then the Priest begins the Eucharistic Prayer. Extending his hands, he says:

The Lord be with you.

The people reply:

And with your spirit.

The Priest, raising his hands, continues:

Lift up your hearts.

The people:

We lift them up to the Lord.

The Priest, with hands extended, adds:

Let us give thanks to the Lord our God.

The people:

It is right and just.

The Priest, with hands extended, continues the Preface.

At the end of the Preface he joins his hands and concludes the Preface with the people, singing or saying aloud:

Holy, Holy, Holy Lord God of hosts.

Heaven and earth are full of your glory.

Hosanna in the highest.

Blessed is he who comes in the name of the Lord.

Hosanna in the highest.

Or:

32. In all Masses, the Priest celebrant is permitted to sing parts of the Eucharistic Prayer, especially the principal parts.

In Eucharistic Prayer I, the Roman Canon, the words included in brackets may be omitted.

THE EUCHARISTIC PRAYERS

EUCCHARISTIC PRAYER I (THE ROMAN CANON)

83. V. The Lord be with you.

R. And with your spirit.

V. Lift up your hearts.

R. We lift them up to the Lord.

V. Let us give thanks to the Lord our God.

R. It is right and just.

Then follows the Preface to be used in accord with the rubrics, which concludes:

Holy, Holy, Holy Lord God of hosts.

Heaven and earth are full of your glory.

Hosanna in the highest.

Blessed is he who comes in the name of the Lord.

Hosanna in the highest.

84. The Priest, with hands extended, says:

To you, therefore, most merciful Father,
we make humble prayer and petition
through Jesus Christ, your Son, our Lord:

He joins his hands and says

that you accept

He makes the Sign of the Cross once over the bread and chalice together, saying:

and bless these gifts, these offerings,
these holy and unblemished sacrifices,

With hands extended, he continues:

which we offer you firstly
for your holy catholic Church.

Be pleased to grant her peace,
to guard, unite and govern her
throughout the whole world,
together with your servant N. our Pope
and N. our Bishop,
and all those who, holding to the truth,
stand on the catholic and apostolic faith.

85. Commemoration of the Living.

Remember, Lord, your servants N. and N.

The Priest joins his hands and prays briefly for those for whom he intends to pray.

Then, with hands extended, he continues:

and all gathered here,
whose faith and devotion are known to you.
For them, we offer you this sacrifice of praise
or they offer it for themselves
and all who are dear to them:
for the redemption of their souls,
in hope of health and well-being,
and paying their homage to you,
the eternal God, living and true.

86. Within the Action.

In communion with those whose memory we venerate,
especially the glorious ever-Virgin Mary,
Mother of our God and Lord, Jesus Christ,
and blessed Joseph, her Spouse,
your blessed Apostles and Martyrs,
Peter and Paul, Andrew,
(James, John,
Thomas, James, Philip,
Bartholomew, Matthew,
Simon and Jude;
Linus, Cletus, Clement, Sixtus,
Cornelius, Cyprian,
Lawrence, Chrysogonus,
John and Paul,
Cosmas and Damian)
and all your Saints;
we ask that through their merits and prayers,
in all things we may be defended
by your protecting help.
(Through Christ our Lord. Amen.)

PROPER FORMS OF THE COMMUNICANTES

On the Nativity of the Lord and throughout the Octave

Celebrating the most sacred night (day)
on which blessed Mary the immaculate Virgin
brought forth the Saviour for this world,

and in communion with those whose memory we venerate,
especially the glorious ever-Virgin Mary,
Mother of our God and Lord, Jesus Christ,

On the Epiphany of the Lord

Celebrating the most sacred day
on which your Only Begotten Son,
eternal with you in your glory,
appeared in a human body, truly sharing our flesh,
and in communion with those whose memory we venerate,
especially the glorious ever-Virgin Mary,
Mother of our God and Lord, Jesus Christ,

From the Mass of the Easter Vigil until the Second Sunday of Easter

Celebrating the most sacred night (day)
of the Resurrection of our Lord Jesus Christ in the flesh,
and in communion with those whose memory we venerate,
especially the glorious ever-Virgin Mary,
Mother of our God and Lord, Jesus Christ,

On the Ascension of the Lord

Celebrating the most sacred day
on which your Only Begotten Son, our Lord,
placed at the right hand of your glory
our weak human nature,
which he had united to himself,
and in communion with those whose memory we venerate,
especially the glorious ever-Virgin Mary,
Mother of our God and Lord, Jesus Christ,

On Pentecost Sunday

Celebrating the most sacred day of Pentecost,
on which the Holy Spirit
appeared to the Apostles in tongues of fire,
and in communion with those whose memory we venerate,
especially the glorious ever-Virgin Mary,
Mother of our God and Lord, Jesus Christ,

87. With hands extended, the Priest continues:

Therefore, Lord, we pray:
graciously accept this oblation of our service,
that of your whole family;
order our days in your peace,

and command that we be delivered from eternal damnation
and counted among the flock of those you have chosen.

He joins his hands.

(Through Christ our Lord. Amen.)

From the Mass of the Easter Vigil until the Second Sunday of Easter

Therefore, Lord, we pray:

graciously accept this oblation of our service,

that of your whole family,

which we make to you

also for those to whom you have been pleased to give

the new birth of water and the Holy Spirit,

granting them forgiveness of all their sins;

order our days in your peace,

and command that we be delivered from eternal damnation

and counted among the flock of those you have chosen.

He joins his hands.

(Through Christ our Lord. Amen.)

88. Holding his hands extended over the offerings, he says:

Be pleased, O God, we pray,

to bless, acknowledge,

and approve this offering in every respect;

make it spiritual and acceptable,

so that it may become for us

the Body and Blood of your most beloved Son,

our Lord Jesus Christ.

He joins his hands.

**89. In the formulas that follow, the words of the Lord should be pronounced clearly
and distinctly, as the nature of these words requires.**

On the day before he was to suffer,

He takes the bread and, holding it slightly raised above the altar, continues:

he took bread in his holy and venerable hands,

He raises his eyes.

and with eyes raised to heaven

to you, O God, his almighty Father,

giving you thanks, he said the blessing,

broke the bread

and gave it to his disciples, saying:

He bows slightly.

TAKE THIS, ALL OF YOU, AND EAT OF IT,
FOR THIS IS MY BODY,
WHICH WILL BE GIVEN UP FOR YOU.

He shows the consecrated host to the people, places it again on the paten, and genuflects in adoration.

90. After this, the Priest continues:

In a similar way, when supper was ended,
He takes the chalice and, holding it slightly raised above the altar, continues:
he took this precious chalice
in his holy and venerable hands,
and once more giving you thanks, he said the blessing
and gave the chalice to his disciples, saying:
He bows slightly.

TAKE THIS, ALL OF YOU, AND DRINK FROM IT,
FOR THIS IS THE CHALICE OF MY BLOOD,
THE BLOOD OF THE NEW AND ETERNAL COVENANT,
WHICH WILL BE POURED OUT FOR YOU AND FOR MANY
FOR THE FORGIVENESS OF SINS.
DO THIS IN MEMORY OF ME.

He shows the chalice to the people, places it on the corporal, and genuflects in adoration.

91. Then he says:

The mystery of faith.
And the people continue, acclaiming:
We proclaim your Death, O Lord,
and profess your Resurrection
until you come again.

Or:

When we eat this Bread and drink this Cup,
we proclaim your Death, O Lord,
until you come again.

Or:

Save us, Saviour of the world,
for by your Cross and Resurrection
you have set us free.

92. Then the Priest, with hands extended, says:

Therefore, O Lord,

as we celebrate the memorial of the blessed Passion,
the Resurrection from the dead,
and the glorious Ascension into heaven
of Christ, your Son, our Lord,
we, your servants and your holy people,
offer to your glorious majesty
from the gifts that you have given us,
this pure victim,
this holy victim,
this spotless victim,
the holy Bread of eternal life
and the Chalice of everlasting salvation.

93. Be pleased to look upon these offerings
with a serene and kindly countenance,
and to accept them,
as once you were pleased to accept
the gifts of your servant Abel the just,
the sacrifice of Abraham, our father in faith,
and the offering of your high priest Melchizedek,
a holy sacrifice, a spotless victim.

94. **Bowing, with hands joined, he continues:**

In humble prayer we ask you, almighty God:
command that these gifts be borne
by the hands of your holy Angel
to your altar on high
in the sight of your divine majesty,
so that all of us, who through this participation at the altar
receive the most holy Body and Blood of your Son,

He stands upright again and signs himself with the Sign of the Cross, saying:
may be filled with every grace and heavenly blessing.

He joins his hands.

(Through Christ our Lord. Amen.)

95. **Commemoration of the Dead**

With hands extended, the Priest says:

Remember also, Lord, your servants N. and N.,
who have gone before us with the sign of faith
and rest in the sleep of peace.

**He joins his hands and prays briefly for those who have died and for whom he
intends to pray.**

Then, with hands extended, he continues:

Grant them, O Lord, we pray,

and all who sleep in Christ,
a place of refreshment, light and peace.

He joins his hands.

(Through Christ our Lord. Amen.)

96. He strikes his breast with his right hand, saying:

To us, also, your servants, who, though sinners,

And, with hands extended, he continues:

hope in your abundant mercies,
graciously grant some share
and fellowship with your holy Apostles and Martyrs:
with John the Baptist, Stephen,
Matthias, Barnabas,
(Ignatius, Alexander,
Marcellinus, Peter,
Felicity, Perpetua,
Agatha, Lucy,
Agnes, Cecilia, Anastasia)
and all your Saints;
admit us, we beseech you,
into their company,
not weighing our merits,
but granting us your pardon,
He joins his hands.
through Christ our Lord.

97. And he continues:

Through whom
you continue to make all these good things, O Lord;
you sanctify them, fill them with life,
bless them, and bestow them upon us.

98. He takes the chalice and the paten with the host and, raising both, he says:

Through him, and with him, and in him,
O God, almighty Father,
in the unity of the Holy Spirit,
all glory and honour is yours,
for ever and ever.

The people acclaim:

Amen.

Then follows the Communion Rite, p. 000

EUCCHARISTIC PRAYER II

99. Although it is provided with its own Preface, this Eucharistic Prayer may also be used with other Prefaces, especially those that present an overall view of the mystery of salvation, such as the Common Prefaces.

V. The Lord be with you.

R. And with your spirit.

V. Lift up your hearts.

R. We lift them up to the Lord.

V. Let us give thanks to the Lord our God.

R. It is right and just.

It is truly right and just, our duty and our salvation,
always and everywhere to give you thanks, Father most holy,
through your beloved Son, Jesus Christ,
your Word through whom you made all things,
whom you sent as our Saviour and Redeemer,
incarnate by the Holy Spirit and born of the Virgin.
Fulfilling your will and gaining for you a holy people,
he stretched out his hands as he endured his Passion,
so as to break the bonds of death and manifest the resurrection.
And so, with the Angels and all the Saints
we declare your glory,
as with one voice we acclaim:
Holy, Holy, Holy Lord God of hosts.
Heaven and earth are full of your glory.
Hosanna in the highest.
Blessed is he who comes in the name of the Lord.
Hosanna in the highest.

100. The Priest, with hands extended, says:

You are indeed Holy, O Lord,
the fount of all holiness.

101. He joins his hands and, holding them extended over the offerings, says:

Make holy, therefore, these gifts, we pray,
by sending down your Spirit upon them like the dewfall,

He joins his hands and makes the Sign of the Cross once over the bread and the chalice together, saying:

so that they may become for us
the Body and Blood of our Lord Jesus Christ.

He joins his hands.

102. In the formulas that follow, the words of the Lord should be pronounced clearly and distinctly, as the nature of these words requires.

At the time he was betrayed
and entered willingly into his Passion,
He takes the bread and, holding it slightly raised above the altar, continues:
he took bread and, giving thanks, broke it,
and gave it to his disciples, saying:
He bows slightly.

TAKE THIS, ALL OF YOU, AND EAT OF IT,
FOR THIS IS MY BODY,
WHICH WILL BE GIVEN UP FOR YOU.

He shows the consecrated host to the people, places it again on the paten, and genuflects in adoration.

103. After this, he continues:
In a similar way, when supper was ended,
He takes the chalice and, holding it slightly raised above the altar, continues:
he took the chalice
and, once more giving thanks,
he gave it to his disciples, saying:
He bows slightly.

TAKE THIS, ALL OF YOU, AND DRINK FROM IT,
FOR THIS IS THE CHALICE OF MY BLOOD,
THE BLOOD OF THE NEW AND ETERNAL COVENANT,
WHICH WILL BE POURED OUT FOR YOU AND FOR MANY
FOR THE FORGIVENESS OF SINS.
DO THIS IN MEMORY OF ME

He shows the chalice to the people, places it on the corporal, and genuflects in adoration.

104. Then he says:
The mystery of faith.

And the people continue, acclaiming:
We proclaim your Death, O Lord,
and profess your Resurrection
until you come again.

Or:

When we eat this Bread and drink this Cup,
we proclaim your Death, O Lord,
until you come again.

Or:

Save us, Saviour of the world,
for by your Cross and Resurrection
you have set us free.

105. Then the Priest, with hands extended, says:

Therefore, as we celebrate
the memorial of his Death and Resurrection,
we offer you, Lord,
the Bread of life and the Chalice of salvation,
giving thanks that you have held us worthy
to be in your presence and minister to you.
Humbly we pray
that, partaking of the Body and Blood of Christ,
we may be gathered into one by the Holy Spirit.
Remember, Lord, your Church,
spread throughout the world,
and bring her to the fullness of charity,
together with N. our Pope and N. our Bishop
and all the clergy.

In Masses for the Dead, the following may be added:

Remember your servant N,
whom you have called (today)
from this world to yourself.
Grant that he (she) who was united with your Son in a death like his,
may also be one with him in his Resurrection.

Remember also our brothers and sisters
who have fallen asleep in the hope of the resurrection,
and all who have died in your mercy:
welcome them into the light of your face.
Have mercy on us all, we pray,
that with the Blessed Virgin Mary, Mother of God,
with the blessed Apostles,
and all the Saints who have pleased you throughout the ages,

we may merit to be coheirs to eternal life,
and may praise and glorify you
He joins his hands.
through your Son, Jesus Christ.

106. He takes the chalice and the paten with the host and, raising both, he says:
Through him, and with him, and in him,
O God, almighty Father,
in the unity of the Holy Spirit,
all glory and honour is yours,
for ever and ever.

The people acclaim:
Amen.

Then follows the Communion Rite, p. 000

EUCCHARISTIC PRAYER III

107. V. The Lord be with you.
R. And with your spirit.
V. Lift up your hearts.
R. We lift them up to the Lord.
V. Let us give thanks to the Lord our God.
R. It is right and just.

Then follows the Preface to be used in accord with the rubrics, which concludes:
Holy, Holy, Holy Lord God of hosts.
Heaven and earth are full of your glory.
Hosanna in the highest.
Blessed is he who comes in the name of the Lord.
Hosanna in the highest.

108. The Priest, with hands extended, says:
You are indeed Holy, O Lord,
and all you have created
rightly gives you praise,
for through your Son our Lord Jesus Christ,
by the power and working of the Holy Spirit,
you give life to all things and make them holy,

and you never cease to gather a people to yourself,
so that from the rising of the sun to its setting
a pure sacrifice may be offered to your name.

109. He joins his hands and, holding them extended over the offerings, says:

Therefore, O Lord, we humbly implore you:
by the same Spirit graciously make holy
these gifts we have brought to you for consecration,

He joins his hands and makes the Sign of the Cross once over the bread and chalice together,
saying:

that they may become the Body and Blood
of your Son our Lord Jesus Christ,

He joins his hands.

at whose command we celebrate these mysteries.

110. In the formulas that follow, the words of the Lord should be pronounced clearly
and distinctly, as the nature of these words requires.

For on the night he was betrayed

He takes the bread and, holding it slightly raised above the altar, continues:

he himself took bread,
and, giving you thanks, he said the blessing,
broke the bread and gave it to his disciples, saying:

He bows slightly.

TAKE THIS, ALL OF YOU, AND EAT OF IT,
FOR THIS IS MY BODY,
WHICH WILL BE GIVEN UP FOR YOU.

He shows the consecrated host to the people, places it again on the paten, and
genuflects in adoration.

111. After this, he continues:

In a similar way, when supper was ended,

He takes the chalice and, holding it slightly raised above the altar, continues:

he took the chalice,
and, giving you thanks, he said the blessing,
and gave the chalice to his disciples, saying:

He bows slightly.

TAKE THIS, ALL OF YOU, AND DRINK FROM IT,
FOR THIS IS THE CHALICE OF MY BLOOD,
THE BLOOD OF THE NEW AND ETERNAL COVENANT,
WHICH WILL BE POURED OUT FOR YOU AND FOR MANY

FOR THE FORGIVENESS OF SINS.
DO THIS IN MEMORY OF ME.

He shows the chalice to the people, places it on the corporal, and genuflects in adoration.

112. Then he says:
The mystery of faith.

And the people continue, acclaiming:
We proclaim your Death, O Lord,
and profess your Resurrection
until you come again.

Or:
When we eat this Bread and drink this Cup,
we proclaim your Death, O Lord,
until you come again.

Or:
Save us, Saviour of the world,
for by your Cross and Resurrection
you have set us free.

113. Then the Priest, with hands extended, says:
Therefore, O Lord, as we celebrate the memorial
of the saving Passion of your Son,
his wondrous Resurrection
and Ascension into heaven,
and as we look forward to his second coming,
we offer you in thanksgiving
this holy and living sacrifice.
Look, we pray, upon the oblation of your Church
and, recognizing the sacrificial Victim by whose death
you willed to reconcile us to yourself,
grant that we, who are nourished
by the Body and Blood of your Son
and filled with his Holy Spirit,
may become one body, one spirit in Christ.
May he make of us
an eternal offering to you,
so that we may obtain an inheritance with your elect,
especially with the most Blessed Virgin Mary, Mother of God,
with your blessed Apostles and glorious Martyrs

(with Saint **N**: the Saint of the day or Patron Saint)
and with all the Saints,
on whose constant intercession in your presence
we rely for unfailing help.

May this Sacrifice of our reconciliation,
we pray, O Lord,
advance the peace and salvation of all the world.
Be pleased to confirm in faith and charity
your pilgrim Church on earth,
with your servant **N** our Pope and **N** our Bishop,
the Order of Bishops, all the clergy,
and the entire people you have gained for your own.

Listen graciously to the prayers of this family,
whom you have summoned before you:
in your compassion, O merciful Father,
gather to yourself all your children
scattered throughout the world.
To our departed brothers and sisters
and to all who were pleasing to you
at their passing from this life,
give kind admittance to your kingdom.
There we hope to enjoy for ever the fullness of your glory
He joins his hands.
through Christ our Lord,
through whom you bestow on the world all that is good.

114. He takes the chalice and the paten with the host and, raising both, he says:
Through him, and with him, and in him,
O God, almighty Father,
in the unity of the Holy Spirit,
all glory and honour is yours,
for ever and ever.

The people acclaim:
Amen.

Then follows the Communion Rite, p. 000.

115. When this Eucharistic Prayer is used in Masses for the Dead, the following may be said:
Remember your servant **N**.

whom you have called (today)
from this world to yourself.
Grant that he (she) who was united with your Son in a death like his,
may also be one with him in his Resurrection,
when from the earth
he will raise up in the flesh those who have died,
and transform our lowly body
after the pattern of his own glorious body.
To our departed brothers and sisters, too,
and to all who were pleasing to you
at their passing from this life,
give kind admittance to your kingdom.
There we hope to enjoy for ever the fullness of your glory,
when you will wipe away every tear from our eyes.
For seeing you, our God, as you are,
we shall be like you for all the ages
and praise you without end,
He joins his hands.
through Christ our Lord,
through whom you bestow on the world all that is good.

EUCCHARISTIC PRAYER IV

116. It is not permitted to change the Preface of this Eucharistic Prayer because of the structure of the Prayer itself, which presents a summary of the history of salvation.

V. The Lord be with you.
R. And with your spirit.
V. Lift up your hearts.
R. We lift them up to the Lord.
V. Let us give thanks to the Lord our God.
R. It is right and just.

It is truly right to give you thanks,
truly just to give you glory, Father most holy,
for you are the one God living and true,
existing before all ages and abiding for all eternity,
dwelling in unapproachable light;

yet you, who alone are good, the source of life,
have made all that is,
so that you might fill your creatures with blessings
and bring joy to many of them by the glory of your light.

And so, in your presence are countless hosts of Angels,
who serve you day and night
and, gazing upon the glory of your face,
glorify you without ceasing.

With them we, too, confess your name in exultation,
giving voice to every creature under heaven,
as we acclaim:
Holy, Holy, Holy Lord God of hosts.
Heaven and earth are full of your glory.
Hosanna in the highest.
Blessed is he who comes in the name of the Lord.
Hosanna in the highest.

117. The Priest, with hands extended, says:

We give you praise, Father most holy,
for you are great
and you have fashioned all your works
in wisdom and in love.
You formed man in your own image
and entrusted the whole world to his care,
so that in serving you alone, the Creator,
he might have dominion over all creatures.
And when through disobedience he had lost your friendship,
you did not abandon him to the domain of death.
For you came in mercy to the aid of all,
so that those who seek might find you.
Time and again you offered them covenants
and through the prophets
taught them to look forward to salvation.

And you so loved the world, Father most holy,
that in the fullness of time
you sent your Only Begotten Son to be our Saviour.
Made incarnate by the Holy Spirit
and born of the Virgin Mary,
he shared our human nature
in all things but sin.
To the poor he proclaimed the good news of salvation,

to prisoners, freedom,
and to the sorrowful of heart, joy.
To accomplish your plan,
he gave himself up to death,
and, rising from the dead,
he destroyed death and restored life.

And that we might live no longer for ourselves
but for him who died and rose again for us,
he sent the Holy Spirit from you, Father,
as the first fruits for those who believe,
so that, bringing to perfection his work in the world,
he might sanctify creation to the full.

118. He joins his hands and, holding them extended over the offerings, says:

Therefore, O Lord, we pray:

may this same Holy Spirit
graciously sanctify these offerings,

**He joins his hands and makes the Sign of the Cross once over the bread and chalice together,
saying:**

that they may become
the Body and Blood of our Lord Jesus Christ

He joins his hands.

for the celebration of this great mystery,
which he himself left us
as an eternal covenant.

**119. In the formulas that follow, the words of the Lord should be pronounced clearly
and distinctly, as the nature of these words requires.**

For when the hour had come
for him to be glorified by you, Father most holy,
having loved his own who were in the world,
he loved them to the end:

and while they were at supper,

He takes the bread and, holding it slightly raised above the altar, continues:

he took bread, blessed and broke it,
and gave it to his disciples, saying,

He bows slightly.

TAKE THIS, ALL OF YOU, AND EAT OF IT,
FOR THIS IS MY BODY,
WHICH WILL BE GIVEN UP FOR YOU.

He shows the consecrated host to the people, places it again on the paten, and genuflects in adoration.

120. After this, he continues:

In a similar way,

He takes the chalice and, holding it slightly raised above the altar, continues:

taking the chalice filled with the fruit of the vine,

he gave thanks,

and gave the chalice to his disciples, saying:

He bows slightly.

TAKE THIS, ALL OF YOU, AND DRINK FROM IT,
FOR THIS IS THE CHALICE OF MY BLOOD,
THE BLOOD OF THE NEW AND ETERNAL COVENANT,
WHICH WILL BE POURED OUT FOR YOU AND FOR MANY
FOR THE FORGIVENESS OF SINS.
DO THIS IN MEMORY OF ME.

He shows the chalice to the people, places it on the corporal, and genuflects in adoration.

121. Then he says:

The mystery of faith.

And the people continue, acclaiming:

We proclaim your Death, O Lord,

and profess your Resurrection

until you come again.

Or:

When we eat this Bread and drink this Cup,

we proclaim your Death, O Lord,

until you come again.

Or:

Save us, Saviour of the world,

for by your Cross and Resurrection

you have set us free.

122. Then, with hands extended, the Priest says:

Therefore, O Lord,

as we now celebrate the memorial of our redemption,

we remember Christ's Death

and his descent to the realm of the dead,

we proclaim his Resurrection

and his Ascension to your right hand,
and, as we await his coming in glory,
we offer you his Body and Blood,
the sacrifice acceptable to you
which brings salvation to the whole world.

Look, O Lord, upon the Sacrifice
which you yourself have provided for your Church,
and grant in your loving kindness
to all who partake of this one Bread and one Chalice
that, gathered into one body by the Holy Spirit,
they may truly become a living sacrifice in Christ
to the praise of your glory.

Therefore, Lord, remember now
all for whom we offer this sacrifice:
especially your servant **N** our Pope,
N our Bishop,
and the whole Order of Bishops,
all the clergy,
those who take part in this offering,
those gathered here before you,
your entire people,
and all who seek you with a sincere heart.
Remember also
those who have died in the peace of your Christ
and all the dead,
whose faith you alone have known.
To all of us, your children,
grant, O merciful Father,
that we may enter into a heavenly inheritance
with the Blessed Virgin Mary, Mother of God,
and with your Apostles and Saints in your kingdom.
There, with the whole of creation,
freed from the corruption of sin and death,
may we glorify you through Christ our Lord,
He joins his hands.
through whom you bestow on the world all that is good.

123. He takes the chalice and the paten with the host and, raising both, he says:
Through him, and with him, and in him,
O God, almighty Father,
in the unity of the Holy Spirit,
all glory and honour is yours,

for ever and ever.

The people acclaim:

Amen.

Then follows the Communion Rite, p. 000

The Communion Rite

124. After the chalice and paten have been set down, the Priest, with hands joined, says:

At the Saviour's command
and formed by divine teaching,
we dare to say:

He extends his hands and, together with the people, continues:

Our Father, who art in heaven,
hallowed be thy name;
thy kingdom come,
thy will be done
on earth as it is in heaven.
Give us this day our daily bread,
and forgive us our trespasses,
as we forgive those who trespass against us;
and lead us not into temptation,
but deliver us from evil.

125. With hands extended, the Priest alone continues, saying:

Deliver us, Lord, we pray, from every evil,
graciously grant peace in our days,
that, by the help of your mercy,
we may be always free from sin
and safe from all distress,
as we await the blessed hope
and the coming of our Saviour, Jesus Christ.

He joins his hands.

The people conclude the prayer, acclaiming:

For the kingdom,
the power and the glory are yours
now and for ever.

126. Then the Priest, with hands extended, says aloud:

Lord Jesus Christ,
who said to your Apostles:
Peace I leave you, my peace I give you;
look not on our sins,
but on the faith of your Church,
and graciously grant her peace and unity

in accordance with your will.

He joins his hands.

Who live and reign for ever and ever.

The people reply:

Amen.

127. The Priest, turned towards the people, extending and then joining his hands, adds:

The peace of the Lord be with you always.

The people reply:

And with your spirit.

128. Then, if appropriate, the Deacon, or the Priest, adds:

Let us offer each other the sign of peace.

And all offer one another a sign, in keeping with local customs, that expresses peace, communion, and charity. The Priest gives the sign of peace to a Deacon or minister.

129. Then he takes the host, breaks it over the paten, and places a small piece in the chalice, saying quietly:

May this mingling of the Body and Blood
of our Lord Jesus Christ
bring eternal life to us who receive it.

130. Meanwhile the following is sung or said:

Lamb of God, you take away the sins of the world,
have mercy on us.
Lamb of God, you take away the sins of the world,
have mercy on us.
Lamb of God, you take away the sins of the world,
grant us peace.

Or:

The invocation may even be repeated several times if the fraction is prolonged.
Only the final time, however, is grant us peace said.

131. Then the Priest, with hands joined, says quietly:

Lord Jesus Christ, Son of the living God,
who, by the will of the Father
and the work of the Holy Spirit,
through your Death gave life to the world,
free me by this, your most holy Body and Blood,
from all my sins and from every evil;

keep me always faithful to your commandments,
and never let me be parted from you.

Or:

May the receiving of your Body and Blood,
Lord Jesus Christ,
not bring me to judgement and condemnation,
but through your loving mercy
be for me protection in mind and body
and a healing remedy.

132. The Priest genuflects, takes the host and, holding it slightly raised above the paten or above the chalice, while facing the people, says aloud:

Behold the Lamb of God,
behold him who takes away the sins of the world.
Blessed are those called to the supper of the Lamb.

And together with the people he adds once:

Lord, I am not worthy
that you should enter under my roof,
but only say the word
and my soul shall be healed.

133. The Priest, facing the altar, says quietly:

May the Body of Christ
keep me safe for eternal life.
And he reverently consumes the Body of Christ.

Then he takes the chalice and says quietly:

May the Blood of Christ
keep me safe for eternal life.
And he reverently consumes the Blood of Christ.

134. After this, he takes the paten or ciborium and approaches the communicants.
The Priest raises a host slightly and shows it to each of the communicants, saying:
The Body of Christ.

The communicant replies:

Amen.

And receives Holy Communion.

If a Deacon also distributes Holy Communion, he does so in the same manner.

135. If any are present who are to receive Holy Communion under both kinds, the rite described in the proper place is to be followed.

136. While the Priest is receiving the Body of Christ, the Communion Chant begins.

137. When the distribution of Communion is over, the Priest or a Deacon or an acolyte purifies the paten over the chalice and also the chalice itself.

While he carries out the purification, the Priest says quietly:

What has passed our lips as food, O Lord,
may we possess in purity of heart,
that what has been given to us in time
may be our healing for eternity.

138. Then the Priest may return to the chair. If appropriate, a sacred silence may be observed for a while, or a psalm or other canticle of praise or a hymn may be sung.

139. Then, standing at the altar or at the chair and facing the people, with hands joined, the Priest says:

Let us pray.

All pray in silence with the Priest for a while, unless silence has just been observed. Then the Priest, with hands extended, says the Prayer after Communion, at the end of which the people acclaim:

Amen.

The Concluding Rites

140. If they are necessary, any brief announcements to the people follow here.

141. Then the dismissal takes place. The Priest, facing the people and extending his hands, says:

The Lord be with you.

The people reply:

And with your spirit.

The Priest blesses the people, saying:

May almighty God bless you,
the Father, and the Son, ? and the Holy Spirit.

The people reply:

Amen.

143. In a Pontifical Mass, the celebrant receives the miter and, extending his hands, says:

The Lord be with you.

All reply:

And with your spirit.

The celebrant says:

Blessed be the name of the Lord.

All reply:

Now and for ever.

The celebrant says:

Our help is in the name of the Lord.

All reply:

Who made heaven and earth.

Then the celebrant receives the pastoral staff, if he uses it, and says:

May almighty God bless you,

making the Sign of the Cross over the people three times, he adds:

the Father, and the Son, and the Holy Spirit.

All:

Amen.

144. Then the Deacon, or the Priest himself, with hands joined and facing the people, says:

Go forth, the Mass is ended.

Or:

Go and announce the Gospel of the Lord.

Or:

Go in peace, glorifying the Lord by your life.

Or:

Go in peace.

The people reply:

Thanks be to God.

145. Then the Priest venerates the altar as usual with a kiss, as at the beginning.

After making a profound bow with the ministers, he withdraws.

146. If any liturgical action follows immediately, the rites of dismissal are omitted.

The Canticle of Zechariah (Benedictus)

Blessed be the Lord, the God of Israel!
He has visited His people and redeemed them.

He has raised up for us a mighty Saviour
in the house of David His servant,
as He promised by the lips of holy men,
those who were His prophets from of old.

A Saviour who would free us from our foes,
from the hands of all who hate us.
So His love for our fathers is fulfilled
and His holy covenant remembered.

He swore to Abraham our father to grant us,
that free from fear,
and saved from the hands of our foes,
we might serve Him in holiness and justice
all the days of our life in His presence.

As for you, little child, you shall be called
a prophet of God, the Most High.
You shall go ahead of the Lord
to prepare His ways before Him.
To make known to His people their salvation
through forgiveness of all their sins,
the loving-kindness of the heart of our God
Who visits us like the dawn from on high.
He will give light to those in darkness
those who dwell in the shadow of death,
and guide us into the way of peace.

Glory be to the Father, and to the Son,
and to the Holy Spirit,
as it was in the beginning, is now,
and ever shall be,
world without end, Amen.

The Canticle of Mary (Magnificat)

My soul glorifies the Lord,
my spirit rejoices in God my Saviour.
He looks on his servant in her lowliness;
henceforth all ages will call me blessed.

The Almighty works marvels for me.
Holy his name.
His mercy is from age to age,
on those who fear him.
He puts forth his arm in strength
and scatters the proud-hearted.

He casts the mighty from their thrones
and raises the lowly.
He fills the starving with good things,
sends the rich away empty.
He protects Israel, his servant,
remembering his mercy,
the mercy promised to our fathers,
to Abraham and his sons for ever. Amen.

The Canticle of Simeon (Nunc Dimittis)

At last, all-powerful Master,
you give leave to your servant
to go in peace, according to your promise.
For my eyes have seen your salvation
which you have prepared for all nations,
the light to enlighten the Gentiles
and give glory to Israel, your people.

Glory be to the Father and to the Son
and to the Holy Spirit,
as it was in the beginning, is now,
and ever shall be,
world without end, Amen.