

Praying the psalms with Jesus

In 2005 I published *The Psalms: an introductory commentary* (Chevalier Press). Assisted by the nearly two thousand page commentary by Luis Alonso Schökel SJ (Italian translation *I Salmi*, Edizioni Borla 1992), my aim was to discover and share the meaning the psalms had for those who composed them and for those who prayed them in Ancient Israel, whether in the temple cult or in their own personal and family prayer.

I have written a second book on the psalms entitled “Praying the Psalms with Jesus”. There is a link to it on my web homepage (mbfallon.com). It has a different aim. I want to explore how Jesus would have prayed the psalms, based on what we know of his mind and heart from the New Testament. Necessarily this will involve an editing of the psalms, for there are sentiments in some of them that contradict what Jesus knew of God and of the kind of communion with God that we are invited to enjoy. When we find sentiments in the psalms that do not reflect the spirit of Jesus, we need to recall the words of Jesus: ‘It was said to you of old, but I say to you’ (Matthew 5:21-38).

Here I am presenting a translation of the psalms that I hope Christians, in communion with Jesus, can pray. My book includes meditations on the psalms, keeping our focus on Jesus. We need to be clear in our understanding that, while we rightly acknowledge that the authors of the psalms were inspired in their composing, and while we are open to what they reveal to us, they were composed by human beings who prayed in specific contexts. Their understanding of God and of the human condition was necessarily limited. They did not always see God as Jesus saw God. They did not grasp God’s loving design for us the way Jesus knew it. There are statements in the psalms that Jesus could not have prayed. They are therefore unsuitable as Christian prayer.

To pray the psalms with Jesus we need to be with Jesus the way his first disciples were with him: aware of his intimate communion with the God he called ‘Abba’ (‘my dear Father’), and of his astonishing compassion, his capacity to feel bewilderment and fear, his faith in God, his hope and his sharing with us a profound need to give and receive love.

Note on addressing or referring to God

Seven hundred and fifty-five times the Hebrew text addresses God, or refers to God, by YHWH, the 'sacred name' (HaShem), revealed to Moses in the scene of the burning bush. From the burning bush God revealed God's Self to Moses as being determined to free those enslaved in Egypt (Exodus 3:7-8). God assured Moses: 'I will be (Hebrew ehyeh) with you' (Exodus 3:12). Moses wanted to know God's name but had to be content with knowing that God is the One who will be with him:

'You will say to the Israelites, "I WILL BE [ehyeh], has sent me to you ... YHWH, the God of your ancestors, the God of Abraham, the God of Isaac, and the God of Jacob, has sent me to you". This is my name forever' (Exodus 3:14-15).

Whenever the psalmists write YHWH the scene of the burning bush is meant to come to mind. This offers us the image of a God who is determined to liberate us from slavery, indeed from anything that stops us living in intimate communion with God. This enables us to live in a rich and truthful relationship with creation, especially with the people who inhabit our lives.

It is important to note that YHWH is not sounded when it is written in the text. This is out of deference to the Jewish practice of not naming God. Instead of YHWH, 'Adonai (Lord) is substituted. Because of the substitution of the word 'Lord' in sounding the text, the Greek translated YHWH as Kyrios, hence the English 'Lord'. I have chosen to use 'GOD' (in UPPER CASE). When GOD is being addressed, I have sometimes replaced GOD with YOU (in UPPER CASE).

'Adonai, besides substituting for YHWH when the text is spoken, is also found 38 times in the written text. When this happens I have translated it as God* (with an asterisk).

I have used 'God' to translate the Hebrew word for God (usually 'Elohim).

Whatever translation we use for Hebrew YHWH, we should keep in mind that the word YHWH points to the mystery of a God who is infinitely beyond all our human titles, but who nevertheless is intimately close to us.

How to pray the Divine Office (the Prayer of the Church)

1. It is customary to begin and conclude the prayer by placing the cross on one's body with the words: 'In the name of the Father, and of the Son, and of the Holy Spirit.'
2. You may choose to begin the Prayer with a hymn chosen to suit the occasion.
3. There are three psalms/canticles each of which ends with the prayer: 'Glory be to the Father, and the Son, and the Holy Spirit, as it was in the beginning, is now, and ever will be, Amen.' There is an Antiphon introducing and concluding each psalm/ canticle.
4. There follows a Scripture Reading.
5. Responsory. The first line is repeated as a response (R.)
6. In the Morning Prayer there follows the Benedictus. In the Evening Prayer the Magnificat. Both are followed by the Glory be ...
7. You may choose to follow with some Intercessory Prayers, which are followed by the 'Our Father' and a Concluding Prayer to suit the occasion.

Sunday Morning Week 1

Hymn

Antiphon 1 To you, O God, I keep vigil at dawn, gazing upon you.

Psalm 63

¹O God, you are my God, for you I rise at dawn.
My soul thirsts for you. My body pines for you,
like a dry, weary, waterless, land.

²I gaze on you in the sanctuary,
to behold your power and your glory.

³Your love is worth more than life.
My lips will sing your praise.

⁴I will bless you as long as I live.
I will lift up my hands and call on your name.

⁵I am filled as with a banquet.
I praise you with joy.

⁶I think of you as I lie awake,
meditating on you throughout the night.

⁷You have been my help.
In the shade of your wings I sing for joy.

⁸I cling to you with all my heart.
Your right hand holds me fast. (Glory be ...)

Antiphon 1 To you, O God, I keep vigil at dawn, gazing upon you.

Antiphon 2 They sang in the heart of the fire: Praised be GOD.

Daniel 3:57-88

Praise GOD, all creation.

To you, O God, be highest glory and praise for ever.

And you, angels, praise GOD.

To you, O God, be highest glory and praise for ever.

And you, the heavens of GOD, praise GOD.

And you, clouds of the sky, praise GOD.

To you, O God, be highest glory and praise for ever.

And you, sun and moon, praise GOD.

And you, stars of the heavens, praise GOD.

And you, showers and rain, praise GOD.

To you, O God, be highest glory and praise for ever.

And you, all you breezes and winds, praise GOD.

And you, fire and heat, praise GOD.

And you, winter cold and summer heat, praise GOD.

To you, O God, be highest glory and praise for ever.

And you, rain and dew, praise GOD.

And you, frost and snow, praise GOD.

And you, ice and cold, praise GOD.

To you, O God, be highest glory and praise for ever.

And you, night-time and day, praise GOD.

And you, darkness and light, praise GOD.

And you, lightning and clouds, praise GOD.

To you, O God, be highest glory and praise for ever.

O let the earth praise GOD.

To you, O God, be highest glory and praise for ever.

And you, mountains and hills, praise GOD.

And you, all plants of the earth, praise GOD.

And you, fountains and springs, praise GOD.

To you, O God, be highest glory and praise for ever.

And you, rivers and seas, praise GOD.

And you, creatures of the sea, praise GOD.

And you, every bird in the sky, praise GOD.

And you, wild beasts and tame, praise GOD.

To you, O God, be highest glory and praise for ever.

And you, every person on earth, praise GOD.

To you, O God, be highest glory and praise for ever..

O Israel, praise GOD.

And you, priests, praise GOD.

And you, ministers, praise GOD.

To you, O God, be highest glory and praise for ever.

O you, spirits and souls of the just, praise GOD.

And you, holy and humble of heart, praise GOD.

Ananias, Azarias, Mizaël, praise GOD.

To you, O God, be highest glory and praise for ever.

Let us praise the Father, the Son, and the Holy Spirit.

To You be highest glory and praise for ever.

May You be praised, O GOD, in the heavens.

To you, O God, be highest glory and praise for ever.

Antiphon 2 They sang in the heart of the fire: Praised be GOD.

Antiphon 3 Let the people exult in their Maker.

Psalm 149

¹Praise GOD (Alleluia)! Sing to GOD a new song.
Praise GOD in the assembly of the faithful.

²Let Israel exult in its Maker.
Let the children of Zion rejoice in their King.

³Let them dance for GOD,
make melody with timbrel and harp.

⁴GOD delights in the people,
and crowns the poor with victory.

⁵O you faithful exult in your glory.
Take your rest and sing for joy.

⁶Let the praises of God resound on your lips. (Glory be ...)

Antiphon 3 Let the people exult in their Maker.

Scripture Reading (Revelation 7:50, 52)

Victory to our God, who sits on the throne, and to the Lamb!
Praise and glory and wisdom and thanksgiving and honour
and power and strength to our God for ever and ever. Amen.

Responsory

You are the Christ, the Son of the Living God, have mercy on us. (R.)

You are seated at the right hand of the Father. (R.)

Glory be to the Father, and the Son, and the Holy Spirit. (R.)

The Benedictus (Luke 1:68-79)

Antiphon Blessed be GOD.

We thank and praise you, God of Israel,
For you have visited and redeemed us.

You have raised up for us a mighty saviour
in the house of David, your servant,
as you promised through our ancestors,
your prophets from of old:
a saviour who would free us from our foes,
from the hands of all who hate us.

So your love for our ancestors is fulfilled,
your holy covenant remembered.
You swore to Abraham our father to grant us
that, free from fear and saved from our foes,
we might serve you, our God, in holiness and justice,
all the days of our life in your presence.

And as for you, little child,
You will be called a prophet of God, the Most High.
You will go ahead of our GOD
to prepare the way,

to make known to God's 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.

Our God will give light to those in darkness,
those dwelling in the shadow of death,
and guide us into the way of peace. (Glory be ...)

Antiphon Blessed be GOD.

Intercessions, Our Father, and Concluding Prayer

Sunday Evening Week 1

Hymn

Antiphon 1 GOD will send a Messiah, who will rule forever.

Psalm 110

¹A decree of GOD to my king:

‘Sit on my right.

I will make you master of your enemies.’

²GOD will wield from Zion your sceptre of power.

will conquer your foes in battle.

³Your people will rally to you when you mobilize for war.

From the womb your majesty is sacred,
from your birth on the holy mountain,
your youth as fresh as the morning dew.

⁴GOD has sworn an oath and will not change:

‘You are a priest for ever

a priest like Melchizedek of old.’

⁷The king will drink from a wayside stream,

and rise up refreshed. (Glory be ...)

Antiphon 1 GOD will send a Messiah, who will rule forever.

Antiphon 2 Stand in awe in GOD’s presence.

Psalm 114

¹When Israel came out from Egypt,

the house of Jacob from an alien people,

²Judah became God’s sanctuary, Israel, God’s dominion.

³The sea pulls back before them,
the Jordan retreats.

⁴The mountains leap like rams,
the hills like yearling sheep.

⁵Why shrink back, O sea?
Jordan, why do you retreat?

⁶Mountains, why is it that you leap like rams,
you hills, like yearling sheep?’

⁷Tremble, O earth, at the presence of GOD,
at the sight of the God of Jacob,

⁸who turns rock into a pool,
flint into a spring of water. (Glory be ...)

Antiphon 2 Stand in awe in GOD’s presence.

Antiphon 3 Our GOD reigns, our God, the Almighty.

Revelation 19

¹Salvation, glory and power belong to our God.

²God’s judgments are true and just. Alleluia!

⁵Praise our God, all you servants of God,
all you who worship God. Alleluia!

⁶Our God, the Almighty, reigns.

Let us rejoice and exult and give glory to God. Alleluia!

⁷The marriage of the Lamb has come.

His bride has made herself ready. Alleluia! (Glory be ...)

Antiphon 3 Our GOD reigns, our God, the Almighty.

Scripture Reading (2 Corinthians 1:3-4)

Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and the God of all consolation, who consoles us in all our affliction, so that we may be able to console those who are in any affliction with the consolation with which God consoles us.

Responsory

Blessed are you, O GOD, in the vault of heaven. (R.)

You are exalted and glorified above all forever. (R.)

Glory be to the Father, and the Son, and the Holy Spirit .(R.)

The Magnificat (Luke 1:47-55)

Antiphon The Almighty works marvels for me.

My soul gives glory to God,

My spirit rejoices in God, my Saviour.

You look on your servant in her lowliness.

Henceforth all ages will call me blessed.

The Almighty works marvels for me. You are holy!

Your mercy is from age to age, on those who revere you.

You put forth your arm in strength

and scatter the proud-hearted.

You cast the mighty from their thrones

and raise the lowly.

You fill the starving with good things,

send the rich away empty.

You protect Israel, your servant,

remembering your mercy:

the mercy you promised to our ancestors,

to Abraham and his posterity for ever. (Glory be ...)

Antiphon The Almighty works marvels for me.

Intercessions, Our Father and Concluding Prayer

Monday Morning Week 1

Hymn

Antiphon 1 It is you, O God, whom I invoke.
In the morning you hear me.

Psalm 5

¹O GOD, listen to my words, give heed to my groaning.

²Attend to the sound of my cry, my King and my God.

O GOD, it is to you I pray.

³In the morning hear my voice.

In the morning I plead my case, watching and waiting.

⁴You are not one who wills evil.

⁷Thanks to your great love,

I have access to your house.

I bow down toward your holy temple,
filled with awe in your presence.

⁸In your justice, O GOD, guide me.

Make clear your way before me.

⁹There is no truth in those who accuse me.

Inside they are only empty caverns.

Their throats are wide-open graves;
all honey their speech.

¹¹Let all who take refuge in you sing for joy.

Spread over them your protection,
that they may exult in you,
when they call on your name.

¹²You bless the just, O GOD;
you cover them from above.

You surround them with the shield of your love. (Glory be ...)

Antiphon 1 It is you, O God, whom I invoke.
In the morning you hear me.

Antiphon 2 We praise your splendour, O GOD.

1 Chronicles 29:10-13

Blessed are you, O GOD, the God of Israel our father
for ever and ever.

The whole of creation is Yours, O GOD.
It is you who reign.

We thank you, our God, and praise you. (Glory be...)

Antiphon 2 We praise your splendour, O GOD.

Antiphon 3 Adore GOD in GOD's holy court.

Psalm 29

¹Acclaim GOD, you beings of heaven.
Acclaim the glory and might of GOD.

²Acclaim GOD's glorious name.
Prostrate yourselves in GOD's holy temple.

³The voice of our glorious God
thunders above the mighty waters!

⁴The voice of GOD, full of power!
The voice of GOD, full of splendour!

⁵The voice of GOD shatters the cedars of Lebanon,
⁶makes Lebanon leap like a calf,
Sirion like a young wild ox.

⁷The voice of GOD flashes flames of fire,

⁸shaking the wilderness of Kadesh.

⁹GOD's voice rends the oak tree, and strips the forest bare.

In your temple, O GOD, all cry: 'Glory!'

¹⁰For you rule over the mighty waters.

Your rule is for ever.

¹¹Give strength to your people, O GOD.

Bless your people with peace. (Glory be ...)

Antiphon 3 Adore GOD in GOD's holy court.

Scripture Reading (2 Thessalonians 3:10-13)

We gave you a rule when we were with you: 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, never grow tired of doing what is right.

Responsory

Blessed be GOD from age to age. (R.)

GOD has done marvellous things. (R.)

Glory be to the Father and the Son and the Holy Spirit. (R.)

The Benedictus (page 7)

Intercessions, Our Father, and Concluding Prayer

Monday Evening Week 1

Hymn

Antiphon 1 God cares for the weak and oppressed.

Psalm 11

¹In GOD I take refuge; how can you say to me:

‘Flee like a bird. Flee to the mountains?’

²Those with no regard for God are bracing their bow.

They are fitting their arrows to the string;
they shoot at the upright from the shadows.

³When foundations are destroyed, what can the just do?

⁴GOD dwells in the holy temple,

GOD, whose throne is in heaven,
whose eyes look down on the world,
whose gaze is on the people on the earth.

⁷GOD is just and loves justice.

The upright will behold God’s face. (Glory be ...)

Antiphon 1 God cares for the weak and oppressed.

Antiphon 2 Blessed are the pure in heart: they will see God.

Psalm 15

¹GOD, who can be a guest in your tent?

Who may live on your holy mountain?

²Those who live with integrity;
who do what is right;
who speak the truth with courage;

³who do not spread slander;
or abuse friends; or cast a slur against a neighbour;

⁴who honour those who live their faith in GOD;

who stand by their word, whatever the cost;

⁵who lend without seeking interest;

who refuse to accept a bribe to condemn the innocent.

Such are the just. They stand firm for ever. (Glory be ...)

Antiphon 2 Blessed are the pure in heart: they will see God.

Antiphon 3 God chose us in the Son, and made us adopted 'sons.'

Ephesians 1:3-10

Praised be the God and Father of our Lord Jesus Christ,
who has blessed us in Christ
with every spiritual blessing in the heavenly places.

God chose us in Christ before the foundation of the world
to be holy and blameless in God's presence in love.

We were destined for adoption through Jesus Christ,
according to the good pleasure of God's will,
to the praise of God's glorious grace
freely bestowed on us in the Beloved.

In him we have redemption through his blood,
the forgiveness of our trespasses,
according to the riches of his grace that God lavished on us.

With all wisdom and insight
he has made known to us the mystery of God's will,
according to God's good pleasure set forth in Christ,
as a plan for the fullness of time, to gather up all things in him,
things in heaven and things on earth. (Glory be ...)

Antiphon 3 God chose us in the Son, and made us adopted 'sons.'

Scripture Reading (Colossians 1:9-11)

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 GOD, fully pleasing to GOD, 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 GOD's glorious power, and may you be prepared to endure everything with patience.

Responsory

Heal my soul for I have sinned against you. (R.)

I said: 'O GOD have mercy on me.' (R.)

Glory be to the Father, and the Son, and the Holy Spirit (R.)

The Magnificat (page 11)

Intercessions, Our Father, and Concluding Prayer

Tuesday Morning Week 1

Hymn

Antiphon 1 The person with clean hands and a pure heart
will climb GOD's mountain.

Psalm 24

¹The earth is yours, O GOD, and all its creatures,
the world and all its peoples.

²It is you who set the land on the seas,
and anchored it in the deep.

³Who is fit to climb GOD's mountain,
and stand in the GOD's holy place?

⁴Those who act with integrity,
from hearts that are pure,
whose longing is for the real God, not idols,
who do not live a lie.

⁵These will receive blessing from GOD,
and justice from the God who saves.

⁶Such is the company of those who seek you;
who seek your face, O God of Jacob.

⁷*You, gates, reach to heaven, open high and wide.
Make way for the king of glory.*

⁸*Who is the king of glory?*
The GOD of power and might, the conqueror of chaos.

⁹*You, gates, reach to heaven, open high and wide
Make way for the king of glory.*

¹⁰*Who is the king of glory?*

The Mighty GOD, your glorious king. (Glory be ...)

Antiphon 1 Those with clean hands and a pure heart
will climb GOD's mountain.

Antiphon 2 In all you do, praise GOD, who reigns.

Tobit 13:1-8

Praised be God who lives forever,
whose kingdom lasts throughout all ages.
God afflicts and shows mercy;
leads down to the realm of the dead
in the lowest regions of the earth,
and brings up from the great abyss.
There is nothing that can escape God's hand.

Acknowledge God before the nations, O children of Israel;
for God has scattered you among them,
and has shown you God's greatness even there.
Exalt our God in the presence of every living being.

God will afflict you for your iniquities,
but will again show mercy on all of you.
God will gather you from all the nations
among whom you have been scattered.

If you turn to God with all your heart and with all your soul,
to do what is true, then God will turn to you
and God's face will no longer be hidden from you.
See what God has done for you;
acknowledge God with all your voice.

Praise our righteous GOD, who reigns over all the ages.
In the land of my exile I acknowledge GOD,
and show God's power and majesty to a nation of sinners.
'Turn back, you sinners, and do what is right;

perhaps God may look with favour upon you and show you mercy.'

As for me, I exult in my God,
and my soul rejoices in the One who reigns in heaven.
Let all people proclaim God's majesty,
and acknowledge God in Jerusalem. (Glory be ...)

Antiphon 2 In all you do, praise GOD, who reigns.

Antiphon 3 Praise is fitting for loyal hearts.

Psalm 33

¹Ring out your joy to GOD, you lovers of justice.

How right it is to praise!

²Give thanks to GOD upon the lyre.

Make music with the ten-stringed harp.

³In a new song raise your voice to God.

Play skilfully on the strings.

⁴For the word of GOD is true. What God says, God does.

⁵GOD, the lover of justice and truth,

fills the earth with love.

⁶By GOD's word the heavens were made,

and by God's breath all their starry host.

⁷God collects and stores the waters of the sea.

⁸Let all the inhabitants of the earth pay homage.

Let them stand in awe of God.

⁹GOD speaks and the world comes into existence.

GOD commands and creatures spring into being.

¹⁰GOD brings the designs of the nations to nothing,

frustrating their plans.

¹¹It is GOD's designs that stand,

the plans of God's heart from age to age.

¹²Blessed and happy is the nation whose God is GOD,
the people whom GOD has chosen.

¹³From heaven God sees all the inhabitants of the earth,

¹⁴From where God sits enthroned,

¹⁵God fashions the hearts of them all,
knowing all their deeds.

¹⁶Kings are not helped by their armies,
nor soldiers because of their strength.

¹⁷The warhorse is a vain hope for deliverance.
Despite its strength, it cannot save.

¹⁸GOD looks with love on those who believe,
on those who count on God's love

¹⁹to deliver them from death,
to keep them alive in famine.

²⁰With all our being we wait for GOD,
our strength and our shield.

²¹Our heart finds joy in GOD, in whom we place our trust.

²²Let your love be upon us, O GOD,
for we place all our hope in you. (Glory be ...)

Antiphon 3 Praise is fitting for loyal hearts.

Scripture Reading (Romans 13:11-13)

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 armour of light; let us live honourably as in the day.

Responsory

You come to my aid, O God. I place my trust in you. (R.)

You are my refuge. You set me free. (R.)

Glory be to the Father, and the Son, and the Holy Spirit. (R.)

The Benedictus (page 7)

Intercessions, Our Father, and Concluding Prayer

Tuesday Evening Week 1

Hymn

Antiphon 1 God gives victory to God's anointed one.

Psalm 20

¹In time of trouble may GOD respond to your plea.

May the God of Jacob protect you.

²From the sanctuary may God send you help,
giving you support from Zion.

³May God recall your many offerings,
and look with favour upon your sacrifices.

⁴May God grant you the desire of your heart,
and fulfil every one of your plans.

⁵May we shout for joy over your deliverance.
May we raise our standards in triumph.

"GOD will fulfil all your petitions."

⁶Now I know that GOD's anointed will be victorious.
The Holy One will grant him deliverance,
giving strength to his victorious right arm.

⁷Some boast of chariots and horses, but we invoke GOD.

⁸They will waver and fall, but we will stand firm.

⁹Give victory to the king, O GOD.

Answer us when we cry out to you. (Glory be ...)

Antiphon 1 God gives victory to God's anointed one.

Antiphon 2 We will sing and praise you, O God.

Psalm 21

¹O GOD, the king rejoices in your power.

He celebrates your victory.

²You have given him his heart's desire.

You have not refused his prayer.

³You came to meet him, blessing him with success.

You have placed on his head a golden crown.

⁴He asked you for life. You gave it to him,

length of days forever and ever.

⁵His glory is great, thanks to your help;

you have bestowed on him honour and majesty.

⁶You pour out an abundance of blessings upon him.

You have filled him with joy in your presence.

⁷The king trusts in GOD.

Through the kindness of the Most High

he will not waver.

¹³Rise up, GOD, in your power.

To the sound of instruments

we will sing of your mighty Love. (Glory be ...)

Antiphon 2 We will sing and praise you, O God.

Antiphon 3 O God, you made us a kingdom and priests to serve you.

Revelation 4:11 and 5:9-12

You are worthy, our Lord and God, to receive glory and honour and power, for you created all things, and by your will they existed and were created.

You are worthy, O Christ, to take the scroll and to open its seals,

for you were slaughtered and by your blood you ransomed for God saints from every tribe and language and people and nation.

You have made them to be a kingdom and priests serving our God, and they will reign on earth.

Worthy is the Lamb that was slain to receive power and wealth and wisdom and might and honour and glory and blessing! (Glory be ...)

Antiphon 3 O God, you made us a kingdom and priests to serve you.

Scripture Reading (1 John 3:1-2)

See what love the Father has given us, that we should be called children of God; and that is what we are. Beloved, we are God's children now; what we will be has not yet been revealed. What we do know is this: when God is revealed, we will be like God, for we will see God as God is.

Responsory

Your word, O God, will endure for ever. (R.)

Your truth will last from age to age. (R.)

Glory be to the Father, and the Son, and the Holy Spirit. (R.)

The Magnificat (page 11)

Intercessions, Our Father, and Concluding Prayer

Wednesday Morning Week 1

Hymn

Antiphon 1 In your light, O GOD, we see light.

Psalm 36

¹Sin speaks to sinners in the depths of their hearts.
God is watching them, but still they experience no fear.

²They so flatter themselves in their mind
that they know not their guilt.

³In their hearts are mischief and deceit.
All wisdom is gone.

⁴They plot the defeat of goodness
as they lie on their beds.
Committed to evil, they have no regrets.

⁵O GOD, your covenant love extends to the heavens,
your faithfulness to the skies.

⁶Your justice is like the high mountains,
your judgments are like the great deep.
You give life to all living beings.

⁷How precious is your covenant love, O God!
People take refuge in the shade of your wings.

⁸They feast on the abundance of your house.
You slake their thirst from the river of your delights.

⁹For with you is the fount of life.
In your light we see light.

¹⁰Keep on loving those who know you,
doing justice to upright hearts.

¹¹Do not let the arrogant trample over me,

or wicked hands assault me.

¹²See how those who do evil lie prostrate.

Flung down, they are unable to rise. (Glory be ...)

Antiphon 1 In your light, O GOD, we see light.

Antiphon 2 God, you are great, you are glorious,
your power is wonderful.

Judith 16:1-2, 13-15

Begin a song to my God with tambourines,
sing to my God with cymbals.

Raise up to God a new psalm; exalt God, and call upon God.
For God it is who crushes wars.

I will sing to my God a new song:
you are great and glorious, wonderful in strength, invincible.
Let all your creatures serve you, for you spoke, and they were made.
You sent forth your spirit, and it formed them;
there is none that can resist your voice.

For the mountains will be shaken
to their foundations with the waters;
before your glance the rocks will melt like wax.
But to those who revere you, you show mercy. (Glory be ...)

Antiphon 2 God, you are great, you are glorious,
your power is wonderful.

Antiphon 3 Cry to God with shouts of joy.

Psalm 47

¹Clap your hands, all you peoples!

Acclaim your God, singing for joy.

²For GOD, the Most High, we must revere,
great king over all the earth.

⁴Our inheritance, our glory, is from God,
given to Jacob out of love.

⁵God goes up with shouts of joy,
ascends to the blast of the trumpet.

⁶Sing praise to God, sing praise;
sing praise to our King, sing praise.

⁷For God is king of all the earth; sing praise with all your skill.

⁸God is king over the nations; God reigns on the holy throne.

⁹The princes of the peoples are assembled
with the people of Abraham's God.
All the rulers on the earth belong to God,
who reigns over all. (Glory be ...)

Antiphon 3 Cry to God with shouts of joy.

Scripture Reading (Tobit 4:16-20)

Do to no one what you would not want done to you. 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 praise God, and ask God to guide your ways and bring your paths and purposes to their end.

Responsory

Bend my heart to your will, O God. (R.)

By your word give me life. (R.)

Glory be to the Father, and the Son, and the Holy Spirit. (R.)

The Benedictus (page 7)

Intercessions, Our Father, and Concluding Prayer

Wednesday Evening Week 1

Hymn

Antiphon 1 You, O GOD, are my light and my salvation.
Whom will I fear?

Psalm 27: 1-6

¹GOD is my light and my salvation; whom will I fear?
GOD is the stronghold of my life;
before whom will I shrink?

²When evildoers attack to devour me,
it is they, my adversaries and foes, who stumble and fall.

³Though an army encamp against me,
my heart will not fear.
Though I have to engage in battle, even then I will trust.

⁴One thing I ask of you, O GOD, for this I long:
to live in your house all the days of my life,
to behold your beauty while at prayer in your temple.

⁵You hide me there in the hour of danger.
There, set on a rock,
concealed under the cover of your tent,

⁶I offer sacrifices with shouts of joy,
to the sound of music,
praising GOD in song. (Glory be ...)

Antiphon 1 You, O GOD, are my light and my salvation.
Whom will I fear?

Antiphon 2 It is your face, O GOD, that I seek. Hide not from me.

Psalm 27: 7-14

⁷Hear me, O GOD, when I cry to you,
be gracious and answer me!

⁸Your voice within me says, "Come, seek my face!"
It is your face that my heart seeks.

⁹Do not hide from me. Do not turn your servant away.
Do not reject me, for it is you who uphold me.

Do not cast me off. Do not forsake me,
O God my saviour!

¹⁰Even if my father and mother were to forsake me,
I know you would welcome me.

¹¹Teach me your way, O GOD, lead me on a safe path.
My enemies are waiting in ambush.

¹²Do not give me up to their will.
False witnesses have risen against me,
breathing out violence.

¹³I believe that I will see the goodness of GOD
in the land of the living.

¹⁴Hope in GOD. Be strong. Be brave.
Put your trust in GOD. (Glory be ...)

Antiphon 2 It is your face, O GOD, that I seek. Hide not from me.

Antiphon 3 He is the firstborn of all creation;
he is supreme over all creatures.

Colossians 1:12-20

Let us give thanks to the Father, who has enabled you to share in the inheritance of the saints in the light.

The Father has rescued us from the power of darkness and transferred us into the kingdom of the beloved Son, in whom we have redemption, the forgiveness of sins.

He is the image of the invisible God, the firstborn of all creation; for in him all things in heaven and on earth were created, things visible and invisible.

All things have been created through him and for him. He himself is before all things, and in him all things hold together.

He is the head of the body, the church; he is the beginning, the firstborn from the dead, so that he might come to have first place in everything.

For in him all the fullness of God was pleased to dwell, and through him God was pleased to reconcile to himself all things, whether on earth or in heaven, by making peace through the blood of his cross. (Glory be ...)

Scripture Reading (James 1:22, 25)

You must do what the word tells you, and not just listen to it and deceive yourselves. Those who look steadily at the perfect law of freedom, and persevere – not listening, and then forgetting, but actively putting it into practice – will be blessed and happy in all that they do.

Responsory

Redeem me, O GOD, and show me your mercy. (R.)

Do not cast me away with sinners. (R.)

Glory be to the Father, and the Son, and the Holy Spirit. (R.)

The Magnificat (page 11)

Intercessions, Our Father, and Concluding Prayer

Thursday Morning Week 1

Hymn

Antiphon 1 Awake, lyre and harp. I will awake the dawn.

Psalm 57

¹Be gracious to me, O God, be gracious to me.

Where else can I hide?

In the shadow of your wings I take refuge,
till the destructive storms pass by.

²I cry to you, God Most High,
as you carry out for me your loving designs.

³Send from heaven to save me.
Frustrate the desires of those who assail me.
Send me your love that never fails.

⁴I am lying down among lions
that greedily devour human prey;
their teeth are spears and arrows,
their tongue a sharpened sword.

⁵*Arise, O God, above the heavens. Let your glory shine on earth.*

⁶They set for me a net, a trap to ensnare me.
They dug a pit in my path, but fell in it themselves.

⁷My heart is steadfast, O God, my heart is steadfast.
I will sing and make melody.

⁸Awake, my soul! Awake, harp and lyre!
I will awake the dawn.

⁹I will thank you, O God*, among the peoples;
among the nations I will sing your praises.

¹⁰For your covenant love is as encompassing

as the heavens; your faithfulness as the skies.

¹¹*Arise, O God, above the heavens. Let your glory shine on earth. (Glory be)*

Antiphon 1 Awake, lyre and harp, I will awake the dawn.

Antiphon 2 GOD says: 'My people will be filled with my good things.'

Jeremiah 31:10-14

Hear the word of GOD, O nations,
and declare it in the coastlands far away;
say, "God who scattered Israel will gather him,
and will keep him as a shepherd watches over a flock."
For GOD has ransomed Jacob,
and has redeemed him from hands too strong for him.

They will come and sing aloud on the height of Zion,
and they will be radiant over the goodness of GOD,
over the grain, the wine, and the oil,
and over the young of the flock and the herd;
their life will become like a watered garden,
and they will never languish again.

Then will the young women and dance,
and the young men and the old will be merry.
I will turn their mourning into joy,
I will comfort them, and give them gladness for sorrow.
I will give the priests their fill,
and my people will be satisfied with my bounty. (Glory be ...)

Antiphon 2 GOD says: 'My people will be filled
with my good things.'

Antiphon 3 GOD is great and worthy to be praised in God's city.

Psalm 48

¹Great is GOD and most worthy of praise
in the city of our God.

²God's holy mountain rises in beauty,
the crowning joy of all the earth.

Mount Zion, true pole of the earth, city of the great King.

³God, in the midst of its citadels, is its sure defence.

⁴Look, the kings are assembling, they advance together.

⁵As soon as they see it, they are astounded;
they panic, and take to flight.

⁶Trembling takes hold of them,
like the pangs of a woman in labour,

⁷as when the east wind causes shipwreck
to a merchant fleet.

⁸As we have heard, so we have seen:
this is the city of the Mighty GOD,
the city of our God,
who has established it for ever.

⁹In your temple, O God, we ponder your covenant love.

¹⁰Your praise, O God, like your reputation,
reaches to the ends of the earth.

Your right hand is filled with justice.

¹¹May Mount Zion be glad.
At the sight of your judgments
may the towns of Judah rejoice.

¹²Walk through Zion, walk all around it,
count its towers, admire its ramparts,
¹³take note of its citadels,
that you may tell the next generation:

¹⁴'This is God, our eternal God,
who is for ever our guide.' (Glory be ...)

Antiphon 3 GOD is great and worthy to be praised in God's city.

Scripture Reading (Isaiah 66:1-2)

The words of GOD: 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. All these things are mine. This is the one to whom I will look, to the humble and contrite in spirit, who trembles at my word.

Responsory

I called with all my heart: 'Hear me, O GOD.' (R.)

I will do your will. (R.)

Glory be to the Father, and the Son, and the Holy Spirit. (R.)

The Benedictus (page 7)

Intercessions, Our Father, and Concluding Prayer

Thursday Evening Week 1

Hymn

Antiphon 1 I cried to YOU for help. And you healed me.
I will thank you for ever.

Psalm 30

¹I will praise you, GOD, for you have raised me up.
You have not let my foes gloat over me.

²I cried to you for help, O GOD.

³I was dying and you restored me to life.

⁴Sing praises to GOD, you faithful,
give thanks as you shout aloud the holy name.

⁵GOD's favour lasts a lifetime.

Weeping may linger for the night,
but joy comes with the dawn.

⁶When all was going well,

⁷I thought that, with God's powerful blessing,
I could stand as secure as a mountain.

Then you hid your face and I shook with fear.

⁸I cried out, 'O GOD! O GOD!' I begged, I pleaded:

⁹What good is there in my death,
in my going down to the grave?

¹⁰GOD listened, was moved with pity, and came to my help.

¹¹You turned my mourning into dancing. You clothed me with joy.

¹²I witness to your glory.

I praise you and will not be silent.

O GOD, I will never stop thanking you. (Glory be ...)

Antiphon 1 I cried to YOU for help. And you healed me.

I will thank you for ever.

Antiphon 2 Happy the person to whom GOD imputes no guilt.

Psalm 32

¹Blessed and happy are they whose sins are forgiven.

²Blessed and happy are they
to whom GOD imputes no guilt,
whose spirit is no longer darkened by sin.

³If you remain silent, you will waste away,
⁴weighed down by sin day and night,
your strength dried up as in a summer drought.

⁵If you acknowledge your sin and stop hiding your guilt,
if you confess your transgressions,
your God will forgive your sin and remove your guilt.

⁶This is why the faithful pray to GOD in danger.
Even the rush of a mighty flood will not touch them.

⁷You, O God, are my hiding place;
you free me from danger.
When I cry for help you encircle me with love.

⁸I will instruct you
and show you the road you must follow.

I will watch over you and give you counsel:

⁹'Do not be a horse or mule, without understanding,
needing bridle and bit before anyone can approach you.'

¹⁰Many are the torments of the wicked,
but kindness surrounds those who trust in GOD.

¹¹Be glad and rejoice in GOD, O you just.
Shout for joy, all you upright of heart. (Glory be ...)

Antiphon 2 Happy the person to whom GOD imputes no guilt.

Antiphon 3 GOD has given him power and honour and a kingdom,
and all people will serve him.

Revelation (11:17-18; 12:10-12)

We give thanks to you, all-powerful GOD, who are and who were,
that you have taken your great power and begun to reign.

It is the time for the dead to be judged,
the time for rewarding your servants, the prophets and saints,
and those who revere you, both small and great.

Now the salvation and the power and the reign of our God,
and the authority of the Messiah have come,
for the accuser of our brothers and sisters has been overcome.

He has been conquered by the blood of the Lamb and his testimony,
for they gave their lives even unto death.

Rejoice then, you heavens, and you that dwell therein. (Glory be ...)

Antiphon 3 GOD has given him power and honour and a kingdom,
and all people will serve him.

Scripture Reading (1 Peter 1:6-9)

This is a cause of great joy for you, 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.

Responsory

He fed us with finest wheat. (R.)

He filled us with honey from the rock. (R.)

Glory be to the Father, and the Son, and the Holy Spirit. (R.)

The Magnificat (page 11)

Intercessions, Our Father, and Concluding Prayer

Friday Morning Week 1

Hymn

Antiphon 1 Have mercy on me, God, in your kindness.

Psalm 51

¹Be gracious to me, O God,
according to your covenant love.
According to your tender compassion,
blot out my transgressions.

²Wash me more and more from my guilt;
cleanse me from my sin.

³I know my transgressions;
my sin is always before me.

⁴Against you, against you, I have sinned.
What is evil in your sight I have done.

You are just in your sentence,
blameless when you pass judgment.

⁵For it was into sin, into guilt, that I was born.

⁶Indeed you desire truth in the heart;
then in the secret of my heart make me know wisdom.

⁷If you purge me, I will be purified.
If you wash me, I will be whiter than snow.

⁸Let me hear rejoicing and gladness;
let the bones you have crushed exult.

⁹Turn your face away from my sins,
and blot out all my guilt.

¹⁰Create in me, O God, a purified heart,
put a new and steadfast spirit within me.

¹¹Do not cast me away from your presence.
Do not take from me your holy spirit.

¹²Give me again the joy of your salvation,
and sustain in me a generous spirit.

¹³Then I will teach transgressors your ways,
and sinners will return to you.

¹⁴Rescue me, O God, my saviour,
and I will sing aloud of your justice.

¹⁵O God*, open my lips,
and I will declare your praise.

¹⁶For you have no desire for sacrifice;
if I were to give a burnt offering,
you would not be pleased.

¹⁷My sacrifice is a contrite spirit;
a broken, a crushed heart, O God, you will not spurn.

¹⁸In your goodness show favour to Zion.
Rebuild the walls of Jerusalem.

¹⁹Then you will delight in proper sacrifices,
holocausts offered on your altar. (Glory be ...)

Antiphon 1 Have mercy on me, God, in your kindness.

Antiphon 2 I am GOD, I speak the truth, I proclaim what is right.

Isaiah 45:15-26

Truly, you are a God who lies hidden,
O God of Israel, the Saviour.
All of them are put to shame and confounded,

the makers of idols go in confusion together.
But Israel is saved by GOD with everlasting salvation;
you will not be put to shame or confounded to all eternity.

For thus says GOD, who created the heavens
who formed the earth and made it.

‘I did not create it a chaos, but formed it to be lived in.

I am GOD and there is no other.

I did not speak in secret, in some dark place.

I did not say to the offspring of Jacob, “Seek me in vain.”

I am GOD, I speak the truth. I declare what is right.

Assemble all of you, draw near, you survivors of the nations.

They know nothing, who carry about their wooden idols,
and keep on praying to a god that cannot save.

State your case and bring your proofs, consult among yourselves.

Who foretold this? Who declared it long ago?

Was it not I, GOD? There is no other god besides me,
a righteous God and a Saviour; there is no one besides me.

Turn to me and be saved, all the ends of the earth!

For I am God, and there is no other. I swear it.

From my mouth has gone forth in righteousness

a word that will not return:

to me every knee will bow, every tongue will swear.’

They will say: ‘In GOD alone are victory and power.

To GOD will come in dismay all who have resisted.

In GOD all the offspring of Israel will triumph and glory. (Glory be)

Antiphon 2 I am GOD, I speak the truth, I proclaim what is right.

Antiphon 3 Come before GOD singing for joy.

Psalm 100

¹Cry out with joy to GOD all the earth.

²Serve GOD with gladness.

Come into the Presence singing for joy.

³Know that GOD is God,
our maker, to whom we belong.

We are the flock. GOD is our shepherd.

⁴Enter the temple gates with thanksgiving,
Enter the courts with songs of praise.

Give thanks and bless God's name.

⁵Indeed how good is GOD,
whose covenant love is eternal,
who is faithful from age to age. (Glory be ...)

Antiphon 3 Come before GOD singing for joy.

Scripture Reading (Ephesians 4:29-32)

Do not speak harmful words, but only what is useful for building up, 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 all bitterness and anger and wrangling and slander, and malice, and be kind to one another, tenderhearted, forgiving one another, as God in Christ forgives you.

Responsory

In the morning let me know your love. (R.)

Show me the way I should walk. (R.)

Glory be to the Father, and the Son, and the Holy Spirit. (R.)

The Benedictus (page 7)

Intercessions, Our Father, and Concluding Prayer

Friday Evening Week 1

Hymn

Antiphon 1 Heal my soul, for I have sinned against you.

Psalm 41

¹Blessed and happy are those who care for the poor.
When times are hard, GOD will rescue them.

²GOD protects them, preserves their life,
and blesses them in the land.

GOD will not give them up to the will of their enemies,
³but on their sick bed will sustain them,
restoring them from sickness to health.

⁴I said, 'GOD, be gracious to me; heal me.'

⁵Enemies wish evil upon me:

'When will you die? When will your name be forgotten?'

⁶When they come to see me, they pretend to be friendly
but they are planning mischief in their hearts.

When they leave, they gossip about me.

⁷All who hate me gang up and plot evil against me.

⁸They say: 'He has contracted an incurable sickness;
Confined to bed he will never rise.'

⁹Even my bosom friend in whom I trusted,
who shared my table, has abandoned me.

¹⁰But you, O GOD, be gracious to me. Restore me to health,
so that I can show them how wrong they are.

¹¹I will know that you are pleased with me,
when my enemies do not triumph over me.

¹²You have restored my health.

Keep me in your presence for ever.

¹³Praised be GOD, the God of Israel, for ever and ever.

Amen! Amen! (Glory be...)

Antiphon 1 Heal my soul, for I have sinned against you.

Antiphon 2 GOD is with us: the God of Jacob is our strength.

Psalm 46

¹God is our refuge and strength,
a helper close at hand in time of trouble.

²So we will not fear, though the earth should tremble,
though mountains collapse into the sea,
³though waters roar and foam,
though the mountains shudder before the crashing waves.

The Mighty GOD is with us; the God of Jacob is our refuge.

⁴There is a river whose streams gladden the city of God,
home of the Holy One, our God, the Most High.

⁵God is in the city. It cannot be shaken.
God will be its help when the morning dawns.

⁶Peoples revolt. Kings mobilise their armies.
The earth shudders whenever God thunders.

⁷The Mighty GOD is with us; the God of Jacob is our refuge.

⁸Come, behold the formidable things
GOD has brought about on the earth:
⁹everywhere God puts an end to war, breaking the bow.

God shatters the spear,
burns the chariot in a pyre.
An end to your fighting!

¹⁰Be still and know that I am God.

I am exalted above the nations,
supreme on the earth.

¹¹*The Mighty GOD is with us; the God of Jacob is our refuge. (Glory be ...)*

Antiphon 2 GOD is with us: the God of Jacob is our strength.

Antiphon 3 All peoples will come and adore you, O GOD.

Revelation 15:3-4

Great and amazing are your deeds, O Almighty GOD.
Just and true are your ways, you who reign over the nations!

O GOD, who will not worship and praise you?
For you alone are holy.
All nations will come and worship before you,
for your judgments have been revealed. (Glory be ...)

Antiphon 3 All peoples will come and adore you, O GOD.

Scripture Reading (Romans 15:1-3)

We who are strong ought to put up with the failings of the weak, and not 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."

Responsory

Christ loves us and has washed away our sins with his blood. (R.)
He made us kings, priests to serve our God. (R.)
Glory be to the Father, and the Son, and the Holy Spirit. (R.)

The Magnificat (page 11)

Intercessions, Our Father, and Concluding Prayer

Saturday Morning Week 1

Hymn

Antiphon 1 My eyes watch for you before dawn.

Psalm 119: 145-152

¹⁴⁵With all my heart I cry.

Answer me, O GOD. I will keep your statutes.

¹⁴⁶I cry to you; save me, that I may observe your decrees.

¹⁴⁷I rise before dawn and cry for help;

I hope in your word.

¹⁴⁸I am awake through the night,
meditating on your promise.

¹⁴⁹In your covenant love hear my voice, O GOD;
in your justice preserve my life.

¹⁵⁰Those who want to harm me draw near;
they are far from your law.

¹⁵¹But you, O GOD, are close,
your commandments are true.

¹⁵²Long ago I learned about your decrees
that you fixed for all time. (Glory be ...)

Antiphon 1 My eyes watch for you before dawn.

Antiphon 2 I will praise GOD, who saves me.

Exodus 15

I will sing to GOD, who has triumphed gloriously;
horse and rider are thrown into the sea.
GOD is my strength, my song, my salvation;
I will praise my father's God.

Pharaoh's chariots and his army are cast into the sea.
At your breath the waters piled high,
and overwhelmed them.

The enemy said, 'I will pursue and overtake them,
I will divide the spoil, my desire will have its fill of them.
I will draw my sword, my hand will destroy them.'

Then you blew with your wind, the sea covered them;
they sank like lead in the mighty waters.
Who is like you, O GOD, among the gods?
Who is like you, majestic in holiness,
awesome in splendour, doing wonders?

You stretched out your right hand, the earth swallowed them.
In your covenant love you led the people whom you redeemed;
you guided them by your strength to your holy abode.

You brought them in and planted them on your mountain,
the place that you made your abode,
the sanctuary that your hands have established.
GOD will reign forever and ever. (Glory be ...)

Antiphon 2 I will praise GOD, who saves me.

Antiphon 3 Praise GOD, all you nations.

¹Praise GOD, all you nations!
Extol our God, all you peoples!

²Great is GOD's covenant love for us.
GOD is forever faithful.
Praise GOD! [Alleluia] (Glory be ...)

Antiphon 3 Praise GOD, all you nations.

Scripture Reading (2 Peter 1:10-11)

Brothers and sisters, you have been called and chosen: work all the more eagerly to confirm it by good deeds. 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.

Responsory

I call to you, O GOD, you are my refuge (R.)
You are all I have in the land of the living. (R.)
Glory be to the Father, and the Son, and the Holy Spirit. (R.)

The Benedictus (page 7)

Intercessions, Our Father, and Concluding Prayer

Saturday Evening Week 1

Hymn

Antiphon 1 Your word, O GOD, is a light for my path.

Psalm 119: 105-112

¹⁰⁵Your word is a lamp for my feet
a light for my path.

¹⁰⁶I have sworn an oath and confirmed it,
to observe your righteous judgments.

¹⁰⁷I am severely afflicted.
Give me, O GOD, the life you promise.

¹⁰⁸Accept, O GOD, my offerings of praise,
and teach me your judgments.

¹⁰⁹My life is continually at risk,
but I do not forget your law.

¹¹⁰For me the wicked lay snares,
but I do not stray from your precepts.

¹¹¹Your decrees are my heritage for ever;
they are the joy of my heart.

¹¹²I incline my heart to perform your statutes
for ever, to the end. (Glory be ...)

Antiphon 1 Your word, O GOD, is a light for my path.

Antiphon 2 You will show me the fullness of joy in your presence.

Psalm 16

¹Protect me, O GOD. I turn to you for help.

²You are my greatest good.

³You have put into my heart a marvellous love
for the faithful who dwell in the land.

⁴Those who run after strange gods
multiply their sorrows.

⁵You, O GOD, are my chosen portion and my cup.
It is you yourself who are my prize.

⁶The lot marked out for me is my delight.
Welcome indeed the heritage that is mine.

⁷I thank you for all your blessings.
It is you who give me counsel.
Even at night you direct my heart.

⁸O GOD, I keep you always before me.
With you at my side I will not waver.

⁹Therefore my heart is glad.
A profound joy wells up within me.
Even my flesh rests secure,
for in You I place my trust.

¹⁰You do not abandon me to death.
You do not let your faithful see the grave.

¹¹You show me the path to life.
Your presence fills me with joy. (Glory be ...)

Antiphon 2 You will show me the fullness of joy in your presence.

Antiphon 3 Let every creature bend the knee to Jesus.

Philippians 2:6-11

Being in the form of God, Jesus did not regard equality with God as something to be grasped.

He emptied himself, taking the form of a slave,
being born in human likeness.

And being found in human form, he humbled himself
and became obedient to the point of death – even death on a cross.

Therefore God highly exalted him
and gave him the name that is above every name,
so that at Jesus' name every knee should bend,
in heaven and on earth and under the earth,
and every tongue should confess that Jesus Christ is Lord,
to the glory of God the Father. (Glory be ...)

Antiphon 3 Let every creature bend the knee to Jesus.

Scripture Reading (Colossians 1:3-6)

Grace to you and peace from God our Father.

In our prayers for you we always thank God,
the Father of our Lord Jesus Christ,

for we have heard of your faith in Christ Jesus
and of the love that you have for all God's people,
because of the hope laid up for you in heaven.

You have heard of this hope before in the word of the truth,
the gospel that has come to you.

Just as it is bearing fruit and growing in the whole world,
so it has been bearing fruit among yourselves

from the day you heard it and truly comprehended the grace of God.

Responsory

From the rising of the sun to its setting, praised be GOD. (R.)

The universe proclaims God's glory. (R.)

Glory be to the Father, and the Son, and the Holy Spirit (R.)

The Magnificat (page 11)

Intercessions, Our Father, and Concluding Prayer