

Sunday Morning Week 4

Hymn

Antiphon 1 Give thanks to GOD, whose love endures for ever.

Psalm 118

¹*Give thanks to GOD who is good.*

GOD's covenant love endures for ever!

²Let the people proclaim:

'GOD's covenant love endures forever.'

³Let the priests proclaim:

'GOD's covenant love endures forever.'

⁴Let all who revere ['fear'] GOD proclaim:

'GOD's covenant love endures forever.'

⁵I called to GOD in my distress.

GOD answered and set me free.

⁶With GOD on my side,

I do not fear what people can do to me.

⁷GOD is with me to help me.

I will see my enemies defeated.

⁸It is better to take refuge in GOD
than to rely on human help.

⁹It is better to take refuge in GOD
than to trust in princes.

¹⁰The nations surrounded me.

Calling on GOD, I drove them back!

¹¹They surrounded me on every side.

Calling on GOD, I drove them back!

¹²They swarmed like bees,
and blazed like a brushwood fire.
Calling on GOD, I drove them back!

¹³I was hard pressed and falling.
GOD came to my help.

¹⁴GOD is my strength, my song, my saviour.

¹⁵Glad shouts of victory ring out
in the tents of the righteous.
'With triumphant arm raised high,
¹⁶ GOD has conquered!'

¹⁷I will not die.
I will live to recount GOD's deeds.

[¹⁸GOD punished me severely,]
but did not leave me to die.

¹⁹Open to me the gates of righteousness,
that I may enter and give thanks.

²⁰This is GOD's gate.
Through it only the righteous can enter.

²¹I thank you that you have answered me.
You have become my saviour.

²²The stone that the builders rejected
has become the corner stone.

²³This is GOD's doing;
it is marvellous in our eyes.

²⁴This is the day GOD has made;
let us rejoice in it and be glad.

²⁵Save us, we beseech you, O GOD!

O GOD, grant us success!

²⁶Blessed is the one who comes in GOD's name.

We bless you from GOD's house.

GOD is our light.

²⁷On this our festival go forward with branches
even to the altar.

²⁸You are my God. I give you thanks.

You are my God. I extol you.

²⁹*Give thanks to GOD who is good.*

GOD's covenant love endures forever! (Glory be ...)

Antiphon 1 Give thanks to GOD, whose love endures for ever.

Antiphon 2 All creation praise GOD.

Daniel 3:52-57

Praised are you, God of our ancestors,
To you be glory and praise for evermore.

Praised are you in the temple of your glory
To you be glory and praise for evermore.

Praised are you who gaze into the depths
To you be glory and praise for evermore.

Praised are you in the heavens
To you be glory and praise for evermore.

May the angels and saints praise you
To you be glory and praise for evermore.

May the heavens the earth and the seas praise you.
To you be glory and praise for evermore.

Praised are you, God of our ancestors,
To you be glory and praise for evermore. (Glory be ...)

Antiphon 2 All creation praise GOD.

Antiphon 3 Let everything that breathes give praise to GOD.

Psalm 150

¹Praise GOD (Alleluia)! Praise God in the sanctuary!
Praise God in the mighty firmament!

²Praise God's mighty deeds!
Praise God's surpassing greatness!

³Praise God with trumpet blast!
Praise God with lute and harp!

⁴Praise God with tambourine and dance!
Praise God with strings and pipe!

⁵Praise God with the beating of drums!
Praise God with the clashing of cymbals!

⁶Let everything that lives and breathes praise GOD!
Praise GOD (Alleluia)! (Glory be ...)

Antiphon 3 Let everything that breathes give praise to GOD.

Scripture Reading (2 Timothy 2:8, 11-13)

Remember Jesus Christ, raised from the dead, a descendant of David – that is my gospel. The saying is sure: If we have died with him, we will also live with him; if we endure, we will also reign with him; if we deny him, he will also deny us; if we are faithless, he remains faithful – for he cannot deny himself.

Responsory

We give thanks to you, O God, and call upon you. (R.)

We recount your wonderful deeds. (R.)

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

The Benedictus (page 7)

Intercessions, Our Father, and Concluding Prayer

Sunday Evening Week 4

Hymn

Antiphon 1 In holy splendour I begot you, before the dawn.

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 In holy splendour I begot you, before the dawn.

Antiphon 2 Blessed are those who hunger and thirst for justice.

They will be satisfied.

Psalm 112

¹Blessed and happy are those who revere GOD,
and delight in GOD’s law.

²Their descendants too will be blessed.

They will be mighty in the land.

³Their households thrive,
their righteousness endures for ever.

⁴When they find themselves in the dark,
a light is shining for them:
the light of their GOD who is gracious,
tenderly compassionate and just.

⁵All goes well for those
who deal generously and lend,
who conduct their affairs with justice.

⁶They will never falter and will be remembered for ever.

⁷They are not afraid of evil tidings.
Their hearts are secure in GOD.

⁸Steady and fearless, they are not afraid of their enemy.

⁹They give generously to the poor.
Their righteousness endures.
Their strength brings them honour.
They will never falter.

¹⁰The wicked are angry on seeing the prosperity of the just.
Their hatred eats them up.
Their desires will be thwarted. (Glory be ...)

Antiphon 2 Blessed are those who hunger and thirst for justice.
They will be satisfied.

Antiphon 3 Praise God, all you servants of God, both great and small.

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. 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 Praise God, all you servants of God, both great and small.

Scripture Reading (Hebrews 12:22-24)

You have come to Mount Zion and to the city of the living God, the heavenly Jerusalem, and to innumerable angels in festal gathering, and to the assembly of the firstborn who are enrolled in heaven, and to God the judge of all, and to the spirits of the righteous made perfect, and to Jesus, the mediator of a new covenant, and to the sprinkled blood that speaks a better word than the blood of Abel.

Responsory

Great is GOD's power. (R.)

GOD's wisdom can never be measured. (R.)

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

The Magnificat (page 11)

Intercessions, Our Father and Concluding Prayer

Monday Morning Week 4

Hymn

Antiphon 1 In the morning you fill us with your love.

Psalm 90

¹O God*, you have been our refuge
from one generation to the next.

²Before there were mountains,
before you formed the earth and its continents,
you are our God, without beginning or end.

³You return us back to dust, children of earth back to earth.

⁴For you a thousand years are like yesterday come and gone,
passing like a watch in the night.

⁵You sweep away the years.

They pass like a dream upon awakening.

⁶They are like grass that springs up in the morning,
to wither and fade by the evening.

⁸You lay bare our guilt,
our secret sins in the light of your countenance.

⁹Our years come to an end like a sigh.

¹⁰Even if we live seventy years, or eighty if we are strong,
life is toil and trouble;
the years soon pass, and we are gone.

¹²Teach us to make use of our days
that we may gain wisdom of heart.

¹³How long, O GOD, before you turn back to us?
Have compassion on your servants!

¹⁴Fill us in the morning with your covenant love,
that we may rejoice and be glad all our days.

¹⁵Give us joy to balance our affliction,
for the years when we have suffered misfortune.

¹⁶Let your servants, young and old,
witness the splendour of your action in our lives.

¹⁷Let the favour of our God, be upon us.
Give success to the work of our hands.
Give success to the work of our hands. (Glory be ...)

Antiphon 1 In the morning you fill us with your love.

Antiphon 2 Let the praise of God resound from the ends of the earth.

Isaiah 42:10-16

Sing to GOD a new song, with praise from the end of the earth!
Let the sea roar and all that fills it,
the coastlands and their inhabitants.
Let the desert and its towns lift up their voice,
the villages that Kedar inhabits.

Let the inhabitants of Sela sing for joy,
let them shout from the tops of the mountains.
Let them give glory and praise to GOD in the coastlands.

For a long time I have held my peace,
I have kept still and restrained myself;
now I will cry out like a woman in labour, I will gasp and pant.

I will lay waste mountains and hills,
and dry up all their herbage;
I will turn the rivers into islands, and dry up the pools.

I will lead the blind by a road they do not know,
by paths they have not known I will guide them.
I will turn the darkness before them into light,
the rough places into level ground.
These are the things I will do,
and I will not forsake them. (Glory be...)

Antiphon 2 Let the praise of God resound from the ends of the earth.

Antiphon 3 Praise GOD, you who stand in God's house.

Psalm 135

¹Praise GOD (Alleluia!), O servants of GOD,
²you who stand in the house of GOD,
in the courts of the house of our God.

³Praise GOD who is good;
sing to our beautiful GOD,
⁴who has chosen Israel as a treasured possession.

⁵I know GOD is great;
our God*, the greatest of the gods.
⁶Whatever GOD wills GOD does,
in heaven and on earth, and in the depths of the sea.

⁷GOD summons the clouds from the ends of the earth;
releasing lightning and rain,
and wind from its storehouse. (Glory be ...)

Antiphon 3 Praise GOD, you who stand in God's house.

Scripture Reading (Judith 8:26 in Latin Version)

Remember that our ancestors were put to the test to prove their love of God. Remember how our father, Abraham was tested and became the friend of God after many trials and tribulations. The same was true of Isaac, Jacob, Moses, and all those who met with God's favour. They remained steadfast in the face of tribulations of every kind.

Responsory

Rejoice in GOD, for praise is fitting for loyal hearts. (R.)

Sing to God a new song. (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 4

Hymn

Antiphon 1 Give thanks to GOD, whose great love endures for ever.

Psalm 136 A

¹Give thanks to GOD who is good!

Your covenant love endures for ever!

²Give thanks to the God of gods!

Your covenant love endures for ever!

⁴You alone create all that is!

Your covenant love endures for ever!

⁵Your wisdom it was made the skies!

Your covenant love endures for ever!

⁶You established the earth on the seas!

Your covenant love endures for ever!

⁷It was you who made the great lights!

Your covenant love endures for ever!

⁸The sun to rule in the day!

Your covenant love endures for ever!

⁹The moon and stars in the night!

Your covenant love endures for ever! (Glory be ...)

Antiphon 1 Give thanks to GOD, whose great love endures for ever

Antiphon 2 Great and wonderful are your deeds, O GOD.

Psalm 136 B

¹¹You brought Israel out from Egypt!

Your covenant love endures for ever!

¹²All with your mighty power!
Your covenant love endures for ever!

¹³You divided the Red Sea in two!
Your covenant love endures for ever!

¹⁴You made Israel pass through the midst!
Your covenant love endures for ever!

¹⁶Through the desert your people you led!
Your covenant love endures for ever!

²¹You let Israel inherit your land!
Your covenant love endures for ever!

²²To keep it as their own!
Your covenant love endures for ever!

²³You remembered us in our distress!
Your covenant love endures for ever!

²⁴You rescued us from our foes!
Your covenant love endures for ever!

²⁵You give food to all living things!
Your covenant love endures for ever!

²⁶We give thanks to our God in heaven,
Your covenant love endures for ever! (Glory be ...)

Antiphon 2 Great and wonderful are your deeds. O GOD

Antiphon 3 It is God's will to bring all things together under Christ.

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.

The Father destined us 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
God 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 It is God's will to bring all things together under Christ.

Scripture Reading (1 Thessalonians 3:12-13)

May God make you increase and abound in love for one another
and for all, just as we abound in love for you. And may God 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 the saints.

Responsory

Let my prayer come before you, O God. (R.)

Let it rise in your presence like incense. (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 4

Hymn

Antiphon 1 I will sing to you, O God, and walk in the way of perfection.

Psalm 101

¹I sing of covenant love and right judgment.

To you, O GOD, I make music.

²I live the truth I sing, as I come before you.

I show my royal household how to live a perfect life.

³I do not admire anything dishonourable.

I hate the ways of the wicked.

They will never attach themselves to me.

⁴Perverseness of heart will be far from me.

I want nothing to do with evil.

⁵I silence anyone who secretly slanders a neighbour.

I do not tolerate a haughty look or an arrogant heart.

⁶I look with favour on the faithful in the land.

Only they will share my palace.

Only those whose lives are upright

have a place in my service.

⁷No one who practises fraud will remain in my house.

No one who utters lies will continue in my presence.

⁸Morning by morning I put down the wicked in the land,

excluding all who do evil from the city of GOD. (Glory be ...)

Antiphon 1 I will sing to you, O God, and walk in the way of perfection.

Antiphon 2 O GOD, do not withdraw your favour from us.

Daniel 3:26-41 in the Greek Version

Praised are you, God of our ancestors;

glorious is your name forever!

For you are just in all you have done to us.

For we have sinned and broken your law in turning away from you;
in all matters we have sinned grievously.

Do not give us up forever, and do not annul your covenant.

Do not withdraw your mercy from us,

for the sake of Abraham your beloved

and for the sake of your servant Isaac and Israel your holy one,

to whom you promised to multiply their descendants

like the stars of heaven and like the sand on the shore of the sea.

For we have become fewer than any other nation,

and are brought low this day in all the world because of our sins.

In our day we have no ruler, or prophet, or leader, no burnt offering,
or sacrifice, or oblation, or incense,

no place to make an offering before you and to find mercy.

Yet with a contrite heart and a humble spirit may we be accepted,

as though it were with burnt offerings of rams and bulls,

or with tens of thousands of fat lambs.

Such may our sacrifice be in your sight today,

and may we unreservedly follow,

for no shame will come to those who trust in you.

And now with all our heart we follow you;

we revere you and seek your face. (Glory be ...)

Antiphon 2 O GOD, do not withdraw your favour from us.

Antiphon 3 I will sing a new song to you, O God.

Psalm 144

¹Blessed be GOD, my rock, who trains my arms for battle,
²my covenant Lover, my fortress, my stronghold,
my deliverer, my shield, my refuge. You give me victory.

³O GOD, what are we human beings?
Why do you care for us?
We are subject to death. Why do you think of us?
⁴We are no more than a breath;
our days like a passing shadow.

⁵Lower your heavens, O GOD, and come down.
Touch the mountains. Wreath them in smoke.
⁶Flash your lightning. Rout the foe.
Let fly your arrows. Put them to flight.

⁷Reach down from on high. Rescue me from alien foes,
⁸*who speak nothing but lies, and swear that their words are true.*

⁹I sing a new song to you, O God.
I play on a ten-stringed harp.
¹⁰You are the one who gives victory to kings.
You rescue your servant David. (Glory be ...)

Antiphon 3 I will sing a new song to you, O God.

Scripture Reading (Isaiah 55:1)

Come to the water, you who are thirsty. Though you have no money, come! Buy corn without money and eat, and at no cost, wine and milk.

Responsory

Hear my cry, O God, for I hope in your word. (R.)

I rise before dawn and call for your aid. (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 4

Hymn

Antiphon 1 If I forget you, Jerusalem, let my right hand wither.

Psalm 137

¹By the rivers of Babylon we sat and wept remembering Zion.

²On the willows we hung up our harps.

³Our captors called for songs of joy: 'Sing us a song of Zion!'

⁴How could we sing a song of our GOD on alien soil?

⁵If I forget you, O Jerusalem, let my right hand wither!

⁶If I fail to remember you, let my tongue cleave to my mouth –
if I do not set Jerusalem above my highest joy. (Glory be ...)

Antiphon 1 If I forget you, Jerusalem, let my right hand wither.

Antiphon 2 In the presence of the angels I will praise you, my God.

Psalm 138

¹I thank you, O GOD, with all my heart,
for you have heard me.

In the presence of the gods I sing of you.

²I bow toward your holy temple,
giving thanks for your covenant love and faithfulness.
You display to all the glory of your name and your word.

³On the day I called, you answered,
you increased the strength of my soul.

⁴All earth's kings will praise you, O GOD,
when they hear your word of command.

⁵They sing of your ways: 'How great is the glory of GOD.'

⁶Though high up, you watch over the lowly.
Though far away, you keep an eye on the haughty.
⁷Though I walk in the midst of trouble,
you reach out and save me.

⁸You, O GOD, will fulfil your purpose for me.
Your covenant love, O GOD, endures for ever.
Do not forsake the work of your hands. (Glory be ...)

Antiphon 2 In the presence of the angels I will praise you, my God.

Antiphon 3 Worthy is the Lamb that was slain to receive glory
and honour.

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 Worthy is the Lamb that was slain to receive glory
and honour.

Scripture Reading (Colossians 3:16)

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.

Responsory

You will give me the fullness of joy in your presence. (R.)

I will find happiness with you for ever. (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 4

Hymn

Antiphon 1 My heart is ready, O God, my heart is ready.

Psalm 108

¹My heart is steadfast, O God, my heart is steadfast.

I will sing and make melody. Awake, my soul!

²Awake, harp and lyre! I will awake the dawn.

³I will give thanks to you, O GOD, among the peoples.

I will sing praises to you among the nations.

⁴For your covenant love is as high as the heavens;
your faithfulness extends to the clouds.

⁵Rise up, O God, above the heavens.

Let your glory fill the earth. (Glory be ...)

Antiphon 1 My heart is ready, O God, my heart is ready.

Antiphon 2 God has clothed me in a garment of justice and salvation.

Isaiah 61:10 – 62:5

I will greatly rejoice in GOD, my whole being will exult in my God
who has clothed me with the garments of salvation,
and covered me with the robe of righteousness,
as a bridegroom decks himself with a garland,
and as a bride adorns herself with her jewels.

For as the earth brings forth its shoots,
and as a garden causes what is sown in it to spring up,
so GOD will cause righteousness and praise
to spring up before all the nations.

For Zion's sake I will not keep silent,
and for Jerusalem's sake I will not rest,
until her vindication shines out like the dawn,
and her salvation like a burning torch.

The nations will see your vindication, and all the kings your glory;
and you will be called by a new name that GOD will give.

You will be a crown of beauty in the hand of GOD,
and a royal diadem in the hand of your God.

You will no more be termed Forsaken,
and your land will no more be termed Desolate;
but you will be called My Delight Is in Her,
and your land Married;
for GOD delights in you, and your land will be married.

For as a young man marries a young woman,
so will your builder marry you,
and as the bridegroom rejoices over the bride,
so will your God rejoice over you. (Glory be ...)

Antiphon 2 God has clothed me in a garment of justice and salvation.

Antiphon 3 I will praise my God all my days.

Psalm 146

¹Praise GOD (Alleluia). Praise GOD, O my soul!

²I will sing praises to GOD all my life long,
making music to my God while I live.

³Put no trust in princes, in human beings who must die.

⁴When their breath departs, they return to the earth;
on that day their plans come to nothing.

⁵Blessed and happy are those who are helped
by Jacob's God, whose hope is in GOD,

⁶who made the heavens, the earth and the seas,
and all that is in them, who keeps faith forever.

⁷GOD keeps faith forever.

GOD is just to the oppressed,
gives food to the hungry, and sets prisoners free.

⁸GOD opens the eyes of the blind.

GOD lifts up those who are bowed down.

GOD loves the righteous.

⁹GOD watches over strangers

and upholds the orphan and the widow.

GOD thwarts the path of the wicked.

¹⁰GOD reigns forever,

your God, O Zion, for all generations.

Praise GOD (Alleluia)! (Glory be ...)

Antiphon 3 I will praise my God all my days.

Scripture Reading (Deuteronomy 4:39-40)

Acknowledge today and take to heart that GOD is in heaven above
and on the earth beneath; there is no other. Keep God's statutes and
commands, which I am commanding you today

Responsory

I will praise God at all times. (R.)

Praise of God will be always on my lips. (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 4

Hymn

Antiphon 1 How wonderful is the knowledge you have given to me.

Psalm 139 A

¹O GOD, you search me and you know me.

²It is you who know when I sit and when I stand.

You discern my inmost thoughts.

³You know if I am journeying or resting.

You know everything I do.

⁴Even before a word is on my tongue,
you know, O GOD, what I am about to say.

⁵You hem me in, behind and before, and lay your hand upon me.

⁶I find this overwhelming, beyond my understanding.

⁷Where can I go from your spirit?

Where can I flee from your presence?

⁸If I scale the heavens, you are there;
if I lie in the grave, you are there.

⁹If I were to take the wings of the dawn
and settle at the farthest limits of the sea,

¹⁰even there you would lead me,
your right hand would hold me fast.

¹¹If I think night will hide me, and darkness give me cover,

¹²to you darkness is not dark; the night is as bright as the day.

(Glory be ...)

Antiphon 1 How wonderful is the knowledge you have given to me.

Antiphon 2 I am GOD. I test the mind and heart.

I give to each what their conduct deserves.

Psalm 139 B

¹³It was you who formed every part of me,
you knit me together in my mother's womb.
I thank you for the wonder of my being,
for the wonders of all your creation.

¹⁴You watched my body taking shape,
when I was being formed in secret,

¹⁵You saw my body grow according to your design,
intricately woven, hidden from sight.

¹⁶All of my life was written in your book;
all the days that were prepared for me,
before any of them existed.

¹⁷How precious are your thoughts.
They are like countless grains of sand.

¹⁸To finish counting them
I would have to be, like you, eternal. (Glory be ...)

Antiphon 2 I am GOD. I test the mind and heart.

I give to each what their conduct deserves.

Antiphon 3 Everything was created in him; he holds all things in being.

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 ...)

Antiphon 3 Everything was created in him; he holds all things in being.

Scripture Reading (1 John 2:3-6)

By this we may be sure that we know Jesus, the Messiah, if we obey his command-ments. 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.

Responsory

Guard us, O GOD, as the apple of your eye. (R.)

Hide us in the shade of your wings. (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 4

Hymn

Antiphon 1 In the morning let me know your love.

Psalm 143

¹Hear my prayer, O GOD,

In your faithfulness be attentive to my prayer.

In your righteousness respond to my plea.

[²Do not judge me harshly, for no one is just in your sight.]

³The enemy pursues me, crushing my life to the ground,
making me sit in darkness like the dead, long forgotten.

⁴My spirit faints within me; my heart is numb.

⁵I remember the days of old. I ponder all your deeds.

I reflect on what you have done.

⁶To you I stretch out my hands.

For you I am thirsting like a parched and weary land.

⁷Answer me quickly, O GOD. My spirit is failing.

Do not hide your face, or I will be like those who go to the grave.

⁸Let me hear of your covenant love in the morning,
for in you I trust.

Teach me the way I should go, for to you I lift up my soul.

⁹Rescue me, O GOD, from my enemies.

I have fled to you for refuge.

¹⁰Teach me to do your will, for you are my God.

Let your good spirit lead me in ways that are level and smooth.

¹¹For your name's sake, O GOD, preserve my life.

In your righteousness rescue me from my troubles. (Glory be ...)

Antiphon 1 In the morning let me know your love.

Antiphon 2 GOD will send peace flowing like a river.

Isaiah 66:10-14

Rejoice with Jerusalem, and be glad for her, all you who love her;
rejoice with her in joy, all you who mourn over her,

that you may suckled and be satisfied
from her consoling breast;
that you may drink deeply with delight
from her glorious bosom.

For thus says GOD:

I will extend prosperity to her like a river,
and the wealth of the nations like an overflowing stream;
and you will be suckled and be carried on her arm,
and dandled on her knees.

As a mother comforts her child, so I will comfort you;
you will be comforted in Jerusalem.
You will see, and your heart will rejoice;
your bodies will flourish like the grass; (Glory be ...)

Antiphon 2 GOD will send peace flowing like a river.

Antiphon 3 To our God be joyful praise.

Psalm 147

¹Praise GOD (Alleluia)!

How good it is to sing praises to our God;
for our God is gracious. To God our praise is due.

²GOD builds up Jerusalem, and brings back Israel's exiles.

³GOD heals the broken hearted
and binds up their wounds.

⁴GOD determines the number of the stars,
calling each by name.

⁵Great and almighty is our God*,
with wisdom that can never be measured.

⁶GOD lifts up the oppressed,
⁷O praise GOD in song,
giving thanks with all your heart.
Make melody to our God on the lyre.

⁸It is GOD who covers the heavens with clouds,
preparing rain for the earth,
making grass grow on the hills.

⁹GOD gives the animals their food,
and the young ravens when they cry.

¹⁰GOD's delight is not in horses, or in a warrior's strength.

¹¹GOD takes pleasure in those who revere GOD
in those who trust in GOD's covenant love. (Glory be ...)

Antiphon 3 To our God be joyful praise.

Scripture Reading (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.

Responsory

Early in the morning I will think of you. (R.)

You have come to my aid. (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 4

Hymn

Antiphon 1 GOD is my love and my refuge; in GOD I place my trust.

Psalm 144 A

¹Blessed be GOD, my rock, who trains my arms for battle,
²my covenant Lover, my fortress, my stronghold,
my deliverer, my shield, my refuge. You give me victory.

³O GOD, what are we human beings?

Why do you care for us?

We are subject to death. Why do you think of us?

⁴We are no more than a breath;
our days like a passing shadow.

⁵Lower your heavens, O GOD, and come down.

Touch the mountains. Wreathe them in smoke.

⁶Flash your lightning. Rout the foe.

Let fly your arrows. Put them to flight.

⁷Reach down from on high. Rescue me from alien foes,

⁸*who speak nothing but lies, and swear that their words are true.*

(Glory be ...)

Antiphon 1 GOD is my love and my refuge; in GOD I place my trust.

Antiphon 2 How blessed are the people who know GOD!

Psalm 144 B

⁹I sing a new song to you, O God.

I play on a ten-stringed harp.

¹⁰You are the one who gives victory to kings.

You rescue your servant David.

¹¹Save me from the cruel sword,
deliver me from foreigners,
who speak nothing but lies, and swear that their words are true.

¹²May our sons flourish like saplings,
grown tall and strong from their youth.
May our daughters be graceful as columns,
adorned for a palace.

¹³May our barns be filled with produce of every kind.
May our sheep increase by thousands,
¹⁴and may our cattle be heavy with young.

May there be no breach in the walls,
no cry of distress in our streets.

¹⁵Blessed and happy are the people on whom such blessings fall,
the people whose God is GOD. (Glory be ...)

Antiphon 2 How blessed are the people who know GOD!

Antiphon 3 Our GOD is victorious.

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

We give thanks to you, all-powerful GOD, who are and who were,
because 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 his 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 martyrs,
for they gave their lives even unto death.

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

Antiphon 3 Our GOD is victorious.

Scripture Reading (Colossians 1:23)

You must continue faithful on a sure and firm foundation, and not allow yourselves to be shaken from the hope you gained when you heard the gospel which has been preached to all the world.

Responsory

GOD is my shepherd there is nothing I want. (R.)

Fresh and green are the pastures where GOD gives me repose. (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 4

Hymn

Antiphon 1 A pure heart create for me, O God,
put a steadfast spirit within me.

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 A pure heart create for me, O God,
put a steadfast spirit within me.

Antiphon 2 Rejoice, O Jerusalem, since through you the whole world
will be gathered together to GOD.

Tobit 13:8-11, 13-15

Let all people speak of God's majesty,
and acknowledge God in Jerusalem.

O Jerusalem, the holy city,
God afflicted you for the deeds of your hands,
but will again have mercy on the children of the righteous.

Acknowledge GOD, who is good,
and praise the King of the ages,
so that God's tent may be rebuilt in you in joy.

May God cheer all those within you who are captives,
and love all those within you who are distressed,
to all generations forever.

A bright light will shine to all the ends of the earth;
many nations will come to you from far away,
the inhabitants of the remotest parts of the earth to your holy name,
bearing gifts in their hands for the King of heaven.
Generation after generation will give joyful praise in you;
the name of the chosen city will endure forever.

Go, then, and rejoice over the children of the righteous,
for they will be gathered together
and will praise the God of the ages.

Blessed and happy are those who love you,
and rejoice in your prosperity.

Blessed and happy also are all people who grieve with you
because of your afflictions;
for they will rejoice with you
and witness all your glory forever.

My soul praises GOD, the great King! (Glory be ...).

Antiphon 2 Rejoice, O Jerusalem, since through you the whole world
will be gathered together to GOD.

Antiphon 3 Praise God all you people.
God's word is sent out to the world.

Psalm 147

¹²Praise GOD, Jerusalem! Zion, praise your God,
¹³who strengthens the bars of your gates,
and blesses your children within you.

¹⁴GOD grants peace on your borders,
and feeds you with finest wheat.

¹⁵GOD sends out a word to the earth,
¹⁶showers down snow like wool,
and scatters hoar-frost like ashes.

¹⁷GOD hurls down hail like crumbs.

The waters are frozen at GOD's touch.

¹⁸GOD sends out the command, and melts them.
At GOD's breath the ice melts and the rivers flow.

¹⁹GOD speaks words to Jacob,
statutes and ordinances to Israel,

²⁰words unknown to other nations. Praise GOD! (Glory be ...)

Antiphon 3 Praise God all you people.
God's word is sent out to the world.

Scripture Reading (Galatians 2:19-20)

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 of the Son of God, loving me and giving himself for me.

Responsory

I call to GOD the Most High, who has come to my aid. (R.)

May God send his grace from heaven and save me. (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 4

Hymn

Antiphon 1 I will praise you day after day
and tell of your wonderful deeds.

Psalm 145 A

¹I will extol you, my God and king,

²and never cease praising you.

³GOD is great and greatly to be praised;
a greatness that cannot be measured.

⁴One generation proclaims to the next
what you have done,
recounting your mighty deeds.

⁵I ponder on the glorious splendour of your majesty.
I tell the tale of your wonderful deeds.

⁶They manifest your awesome power,
revealing your greatness.

⁷They celebrate the fame of your abundant goodness,
and sing of your justice.

⁸GOD is gracious and tenderly compassionate,
long-suffering, abounding in covenant love.

⁹GOD is good to all,
tenderly compassionate to all creation.

¹⁰All your creation praises you, O GOD,
and all your faithful bless you.

¹¹They speak of the glory of your reign,
and tell of your might.

¹²They make known to all people your mighty deeds,
and the glorious splendour of your reign.

¹³Yours is an everlasting kingdom,
your dominion endures through all generations. (Glory be...)

Antiphon 1 I will praise you day after day
and tell of your wonderful deeds.

Antiphon 2 All creatures look to you, O GOD.
You are close to all who call on you.

Psalm 145 B

¹⁴YOU are faithful in all your words,
gracious in all your deeds.

¹⁴GOD upholds all who are falling,
and raises up all who are bowed down.

¹⁵The eyes of all creatures look to you,
and you give them their food in due season.

¹⁶You open wide your hand,
satisfying the desire of every living thing.

¹⁷GOD is just in every way,
offering covenant love in everything GOD does.

¹⁸GOD is near to all who call, who cry to God from their hearts.

¹⁹GOD fulfills all our desires; hears our cry and saves us.

²⁰GOD watches over all who love, but the wicked are destroyed.

²¹My lips will praise GOD, and everyone will bless GOD's holy name
forever, for ages unending. (Glory be...)

Antiphon 2 All creatures look to you, O GOD.
You are close to all who call on you.

Antiphon 3 Your ways, O God, are just and true.

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 Your ways, O God, are just and true.

Scripture Reading (Romans 8:1-2)

There is 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.

Responsory

Christ gave his life for us sinners that he might offer us to God. (R.)
In his body he was put to death, in the spirit he was raised to life. (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 4

Hymn

Antiphon 1 It is good to make music to you, Most High,
to proclaim your love in the morning.

Psalm 92

¹How good it is to give you thanks, O GOD,
to make music in your honour, O Most High,
²to proclaim your covenant love in the morning,
and in the night your faithfulness,
³to the music of the lute and the harp, to the strumming of the lyre.

⁴Your deeds, O GOD, make me glad.

I sing for joy at the works of your hands.

⁵How great are your works! How deep your designs!

⁶The foolish cannot understand

that though the wicked sprout like grass,

⁷though evildoers flourish, they are doomed to final destruction.

⁸You, O GOD, are for ever on high.

⁹Your enemies perish; all who do evil are scattered.

¹⁰To me you give the wild ox's strength.

You anoint me with the purest oil.

¹¹I have seen the downfall of my enemies.

I have heard the doom of my evil assailants.

¹²The righteous flourish like the palm tree,

and grow like a Lebanon cedar.

¹³They are planted in the house of GOD;

they flourish in the courts of our God.

¹⁴In old age the righteous still bear fruit;
they are always green and full of sap,
¹⁵proclaiming that GOD is upright;
my rock, in whom there is no wrong. (Glory be ...)

Antiphon 1 It is good to make music to you, Most High,
to proclaim your love in the morning.

Antiphon 2 I will give you a new heart, and put a new spirit in you.

Ezekiel 36:24-28

I will take you from the nations, and gather you
from all the countries, and bring you into your own land.

I will sprinkle clean water upon you, and you will be clean from
all your iniquity, and from all your idols I will cleanse you.

A new heart I will give you, and a new spirit I will put within you;
and I will remove from your body the heart of stone
and give you a heart of flesh.

I will put my spirit within you, and make you follow my statutes
and be careful to observe my ordinances.

Then you will live in the land that I gave to your ancestors; and you
will be my people, and I will be your God. (Glory be ...)

Antiphon 2 I will give you a new heart, and put a new spirit in you.

Antiphon 3 On the lips of children you have found praise.

Psalm 8

¹*O GOD of the universe,
all your creation proclaims how wonderful you are.*

²I want to worship you
with the worship of infants and babes at the breast.

They gaze with wonder at the star-studded heavens.
Their wonder reduces to silence the enemy and the rebel.

³When I look at your heavens, the work of your hands,
the moon and the stars that you have set in place,
⁴what are we, mortal human beings,
that you are mindful of us, that you care for us?

⁵You have made us a little lower than gods.
You have crowned us with glory and honour.
⁶To us you have entrusted the earth.
You have made us responsible for all you have made:

⁷sheep and oxen, wild beasts of the plain,
⁸birds of the air, and fish that make their way through the waters.
⁹*O GOD of the universe,*
all your creation proclaims how wonderful you are. (Glory be ...)

Antiphon 3 On the lips of children you have found praise.

Scripture Reading (2 Peter 3:13-15)

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 for your salvation.

Responsory

When I sing to you my heart rejoices. (R.)
I will tell the tale of your justice. (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 4

Hymn

Antiphon 1 Proclaim to the peoples: God will come and save us.

Psalm 141

¹I call upon you, O GOD; come quickly to me!

Listen, as I call to you.

²Let my prayer rise to you like incense,
the lifting up of my hands like an evening sacrifice.

³O GOD, set a guard on my lips. Watch my every word.

⁴Do not let my heart turn to any evil,
or consider doing what is wrong.

Let me never join the wicked to indulge in their feasting.

⁵If the just correct me, I take their rebuke as a kindness,
but the oil of the wicked will never anoint my head.
My prayer is continually against their wicked deeds.

⁶When they are handed over to those who will condemn them,
then they will learn that I have spoken the truth.

⁷Like a rock that one breaks apart and shatters on the ground,
so will their bones be strewn at the mouth of the grave.

⁸But my eyes are turned toward you, O GOD, my God*;
in you I seek refuge. Do not leave me defenceless.

⁹Keep me from the trap that they have laid for me,
from the snares of those who do evil. (Glory be ...)

Antiphon 1 Proclaim to the peoples: God will come and save us.

Antiphon 2 You, O GOD, are my refuge, my heritage.

Psalm 142

¹I pray, O GOD, I plead, I cry for mercy.

²I pour out all my troubles and tell of my distress.

³My spirit is faint. You know how I live.

You know the traps laid to ensnare me.

⁴See what they are doing!

There is no one who takes my part.

I have no means of escape.

I have no one to care for me.

⁵Urgently I cry to you, O GOD: 'You are my refuge.

You are all I have in the land of the living.'

⁶Give heed to my cry, for I am brought very low.

Rescue me from those who are hunting me down,
for they are too strong for me.

⁷Free me from this prison!

Then I will thank you.

The righteous will gather round me

to thank you for your kindness to me. (Glory be ...)

Antiphon 2 You, O GOD, are my refuge, my heritage.

Antiphon 3 Jesus humbled himself. God raised him on high for ever.

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 Jesus humbled himself. God raised him on high for ever.

Scripture Reading (Romans 11:33-36)

O the depth of the riches and wisdom and knowledge of God!
How unsearchable are God's judgments and how inscrutable
God's ways! "For who has known the mind of God? Or who has
been God's counselor?" "Or who has given a gift to God, to
receive a gift in return?" For from God and through God and to
God are all things. To God be the glory forever. Amen.

Responsory

How great are your deeds, O GOD. (R.)

In wisdom you have created the universe. (R.)

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

The Magnificat (page 11)

Intercessions, Our Father, and Concluding Prayer