

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 translates 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 forever.

And you, angels, praise GOD.

To you, O God, be highest glory and praise forever.

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 forever.

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 forever.

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 forever.

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 forever.

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 forever.

O let the earth praise GOD.

To you, O God, be highest glory and praise forever.

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 forever.

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 forever.

And you, every person on earth, praise GOD.

To you, O God, be highest glory and praise forever..

O Israel, praise GOD.

And you, priests, praise GOD.

And you, ministers, praise GOD.

To you, O God, be highest glory and praise forever.

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 forever.

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

To You be highest glory and praise forever.

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

To you, O God, be highest glory and praise forever.

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 forever 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, O 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 forever

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 forever. (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
forever 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 before GOD 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 forever.

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 forever. (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 Those 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 forever. (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 rejoice in the 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 forever.

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 forever 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 forever.

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 forever.

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:

⁹Do 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;
purify 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 forever.

¹³Praised be GOD, the God of Israel, forever 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 midst of 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 forever;
they are the joy of my heart.

¹¹²I incline my heart to perform your statutes
forever, 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

Sunday Morning Week 2

Hymn

Antiphon 1 Blessed is the one who comes from GOD.

Psalm 118

¹*Give thanks to GOD who is good.*

GOD's covenant love endures forever!

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.

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

¹⁵Glad shouts of victory ring out
in the tents of the righteous.
'With triumphant arm raised high,
¹⁶GOD 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 Blessed is the one who comes from GOD.

Antiphon 2 Let us sing a hymn to our God.

Daniel 3:52-57

Praised are you, God of our ancestors.

To you be glory and praise forevermore.

Praised are you in the temple of your glory.

To you be glory and praise forevermore.

Praised are you who gaze into the depths.

To you be glory and praise forevermore.

Praised are you in the heavens.

To you be glory and praise forevermore.

May the angels and saints praise you.

To you be glory and praise forevermore.

May the heavens the earth and the seas praise you.

To you be glory and praise forevermore.

Praised are you, God of our ancestors.

To you be glory and praise forevermore. (Glory be ...)

Antiphon 2 Let us sing a hymn to our God.

Antiphon 3 Praise GOD for GOD's covenant love.

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 Praise GOD for GOD's covenant love.

Scripture Reading (Ezekiel 36:25-27)

I will pour clean water over you, and you will be clean from all your defilement, 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.

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 2

Hymn

Antiphon 1 Christ is a priest forever according to the order of Melchizedek.

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 forever
a priest like Melchizedek of old.’

⁷The king will drink from a wayside stream,
and rise up refreshed. (Glory be ...)

Antiphon 1 Christ is a priest forever according to the order of Melchizedek

Antiphon 2 God has power to do whatever God wills.

Psalm 115

¹Not to us, O GOD, not to us, but to your name give glory,
because of your covenant love,
because of your faithfulness.

²Why do the nations say, 'Where is their God?'

³Our God is in the heavens and answers to no one.

⁴Their gods are crafted by hand, mere silver and gold.

⁵They have mouths, but do not speak; eyes, but do not see.

⁶They have ears, but do not hear; noses, but do not smell.

⁷They have hands, but do not feel; feet, but do not walk.

No sound comes forth from their hollow throats.

⁸Those who make them are like them;

as are all who trust in them.

⁹Israel, trust in GOD, your strength and your shield.

¹⁰House of Aaron, trust in GOD,
your strength and your shield.

¹¹All who revere ['fear'] GOD, trust in GOD,
your strength and your shield.

¹²Always mindful of us, GOD will bless us all:
the house of Israel; the house of Aaron;

¹³all who revere GOD, both small and great.

¹⁴May GOD bless you more and more,
you and your children.

¹⁵May you be truly blessed
by the Maker of heaven and earth.

¹⁶The heavens belong to GOD,
who has entrusted the earth to you.

¹⁷The dead go down into silence.
They do not praise GOD.

¹⁸But we, the living, bless GOD,
now and forever. Amen! Praise GOD! [Alleluia] (Glory be ...)

Antiphon 2 God has power to do whatever God wills.

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)

We must always give thanks to God for you, brothers and sisters beloved by GOD, because God chose you as the first fruits for salvation through sanctification by the Spirit and through belief in the truth. You were called for this through our proclamation of the good news, so that you may obtain the glory of our Lord Jesus Christ.

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 (page 11)

Intercessions, Our Father and Concluding Prayer

Monday Morning Week 2

Hymn

Antiphon 1 When can I enter and see the face of God?

Psalm 42

¹As the deer longs for running streams,
so my whole being longs for you, my God.

²With all the yearning of my soul
I thirst for you, the living God.
When will I come and see your face?

³My tears have been my food by day and by night,
as I hear it said all the day long: 'Where is your God?'

⁴These things I remember, as I pour out my soul:
how I would lead the rejoicing crowd into the house of God,
amid cries of gladness and thanksgiving, the throng wild with joy.

⁵*Why are you cast down, my soul? Why groan within me?
Hope in God. I will continue to praise you, my Saviour and my God.*

⁶My soul is cast down within me as I think of you,
from the region of the Jordan and Mount Hermon,
from the hill of Mizar.

⁷Deep calls to deep in the roaring of the waters.
All your waves and your billows crash over me.

⁸By day GOD sends forth such gracious love.
By night I keep singing, pleading to the living God.

⁹I say to God, my rock: *'Why have you forgotten me?
Why must I go mourning, oppressed by the foe?'*

¹⁰With cries that pierce me to the heart my enemies revile me,
saying to me all the day long: 'Where is your God?'

¹¹*Why are you cast down, my soul? Why groan within me?
Hope in God. I will continue to praise you, my Saviour and my God.*

(Glory be ...)

Antiphon 1 When can I enter and see the face of God?

Antiphon 2 Show us, O GOD, the light of your mercy.

Sirach 36:1-7, 13-16

Have mercy upon us, O God of all.

May all the nations revere you.

As you have used us to show your holiness to them,
so use them to show your glory to us.

Then they will know, as we have known,
that there is no God but you.

Give new signs, and work other wonders;
make your hand and right arm glorious.

Gather all the tribes of Jacob,
and give them their inheritance, as at the beginning. (Glory be...)

Antiphon 2 Show us, O GOD, the light of your mercy.

Antiphon 3 Praised are you, O GOD, in the vault of heaven.

Psalm 19A

¹The heavens proclaim the glory of God,
displaying the magnificence of God's creation.

²Day unto day takes up the story;
night unto night makes known the message.

³Without a word, without a sound, without a voice being heard,
⁴their announcement goes out through all the earth,
their proclamation to the utmost bounds of the world.

⁵In the heavens God has set a tent for the sun.
It comes forth like a bridegroom from his wedding canopy,
like an athlete eager to run the race.

⁶It rises in one extremity of the heavens,
and its course runs to the other.
Nothing escapes its burning heat. (Glory be ...)

Antiphon 3 Praised are you, O GOD, in the vault of heaven.

Scripture Reading (Jeremiah 15:16)

Your words came, and I devoured them, your word became to me a joy and the delight of my heart; for I am called by your name, O Mighty GOD.

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 2

Hymn

Antiphon 1 You are the fairest of the human race and graciousness is poured upon you.

Psalm 45 A (A Reflection)

¹My heart overflows with a noble theme.

I dedicate my verses to the king.

My tongue is as skilled as the pen of a scribe.

²You are the most handsome of men. How gracious is your speech.

How your God continues to bless you.

³O mighty one, gird your sword upon your thigh.

⁴In splendour and majesty ride on victorious,
for the cause of truth and goodness and right.

In defence of justice let your right hand show your dread deeds.

⁵Your arrows are keen. To you armies surrender.

The king's enemies lose heart.

⁶Your throne is the throne of God. Your reign endures forever.

Your royal sceptre is a sceptre of equity.

⁷You love justice and hate what is evil.

Therefore God, your God, has anointed you
with oil of gladness beyond your companions.

⁸Your robes are fragrant with aloes and myrrh.

From the ivory palace you are greeted with music.

⁹Daughters of kings are among your loved ones.

On your right stands the queen mother in gold of Ophir. (Glory be)

Antiphon 1 You are the fairest of the human race and graciousness is poured upon you.

Antiphon 2 Behold, the Bridegroom is coming. Go out to meet him.

Psalm 45 B (A Reflection)

¹⁰Listen, O daughter, mark these words:

Leave your family behind, forget your father's house.

¹¹The king is infatuated with your beauty.

Since he is your lord, you must bow to him.

¹²The city of Tyre comes with gifts, seeking your favour.

¹³The richest of the peoples honour you.

¹⁴The king's daughter is clothed with splendour;

her robes embroidered with pearls set in gold.

They are leading her to the king.

¹⁵She and her maiden companions

are escorted amid gladness and joy into the palace of the king.

¹⁶In the place of your ancestors you will have sons.

They will be princes over all the land.

Your name will be celebrated forever.

¹⁷The peoples will never cease thanking you

from one generation to the next,

giving praise to you through this song. (Glory be ...)

Antiphon 2 Behold, the Bridegroom is coming. Go out to meet him.

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

Ephesians 1:3-10

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

Scripture Reading (1 Thessalonians 2:13)

We constantly give thanks to God for this, that when you received the word of God that you heard from us, you accepted it not as a human word but as what it really is, God's word, which is also at work in you who believe.

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 2

Hymn

Antiphon 1 O GOD, send forth your light and your truth.

Psalm 43

¹You be my judge, O God.

Defend my cause against a godless people.

Rescue me from the deceitful and unjust.

²You are God. I take refuge in you.

Why have you cast me off?

Why must I go mourning oppressed by the foe?

³Send forth your light and your truth;

let these be my guide;

let them bring me to your holy mountain,
to the place where you dwell.

⁴I will go to the altar of God,

to God, my exceeding joy;

and I will praise you on the harp,

O God, my God.

⁵*Why are you cast down, my soul?*

Why are you groaning within me?

*Hope in God. I will continue to praise you,
my Saviour and my God. (Glory be ...)*

Antiphon 1 O GOD, send forth your light and your truth.

Antiphon 2 Come to our aid all the days of our life.

Isaiah 38: 10-14, 17-20

I said: In the noontide of my days I must depart;
I am consigned to the realm of the dead for the rest of my years.

I said, I will not see GOD in the land of the living;
I will look upon mortal human beings no more
among the inhabitants of the world.

My dwelling is plucked up and removed from me
like a shepherd's tent;
like a weaver I have rolled up my life; you cut me off from the loom;

from day to night you bring me to an end;
I cry for help until morning;
like a lion you break all my bones;
from day to night you bring me to an end.

Like a swallow or a crane I clamour, I moan like a dove.
My eyes are weary with looking upward.
O God, I am oppressed; be my security!

Surely it was for my welfare that I had great bitterness;
but you have held back my life from the pit of destruction,
for you have cast all my sins behind your back.

For the realm of the dead cannot thank you, cannot praise you.
Those who go down to the Pit cannot hope for your faithfulness.

The living, the living, they thank you, as I do this day;
fathers make known to children your faithfulness.

GOD will save me, and we will sing to stringed instruments
all the days of our life in GOD's house. (Glory be ...)

Antiphon 2 Come to our aid all the days of our life.

Antiphon 3 To you, O God, our praise is due in the community.

Psalm 65

¹To you our praise is due, to you who dwell in Zion.

²We make our vows to you, our God,
to you who answer our prayer.

³We come to you, all of us, with our burden of guilt.
Our transgressions overwhelm us,
but you continue to pardon.

⁴Blessed and happy are those whom you bring near
to live in your courts.

We are filled with the goodness of your house,
with the graces of your holy temple.

⁵By awesome deeds you answer us with justice,
O God our saviour.

You are the hope of the ends of the earth
and of the far distant isles.

⁶By your power you establish the mountains,
you who are girded with might.

⁷You silence the roaring of the seas,
the roaring of their waves, and the tumult of the peoples.

⁸Those who live at earth's farthest bounds
are overawed by your signs.

The lands of sunrise and sunset you fill with your joy.

⁹You tend the land, providing it with water.

How wonderful the harvest!

Your river in heaven brims over to give the earth what it needs.

¹⁰You water abundantly the furrows, levelling their ridges,
softening them with showers and blessing their growth.

¹¹You crown the year with your bounty.

Your furrows overflow with abundance.

¹²The pastures of the wilderness flourish.

The hills are girded with joy,

¹³the meadows are clothed with flocks,
the valleys are decked with grain.

They shout for joy. Yes, they sing. (Glory be ...)

Antiphon 3 To you, O God, our praise is due in the community.

Scripture Reading (Romans 13:11-13)

You, beloved, are not in the dark, for that day to surprise you like a thief. No, you are all children of light and children of the day. We are not of the night or of darkness.

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 2

Hymn

Antiphon 1 We cannot serve God and wealth.

Psalm 49 A (A reflection)

¹Hear this, all you peoples! Listen, inhabitants of the world,
²people both high and low, rich and poor alike.

³I have wisdom you need to hear. My heart is full of insight.
⁴I turn my mind to an enigma.
To the sound of the harp I will present my challenge.

⁵Why should I fear times of trouble,
when criminals track me down to destroy me,
⁶people who trust in their wealth
and boast of the abundance of their riches?

⁷Yes, none of us can buy our own freedom,
or pay a ransom to God for our lives.
⁸For the ransom is too high, well beyond our means.

⁹There is no escaping death, no avoiding the grave.
¹⁰Look, even the wisest die.
They perish just like the foolish and the stupid.

They have to leave their wealth to others.
¹¹The grave is their home forever, their final dwelling,
even if their names spread wide through the land. (Glory be ...)

Antiphon 1 We cannot serve God and wealth.

Antiphon 2 Store up treasure for yourself in heaven.

Psalm 49 B (A Reflection)

¹²*Human beings in their opulence cannot endure;
like the animals they must succumb to silence.*

¹³Such is the lot of those who find their security in themselves:
just like sheep they are being driven to the grave.

¹⁴Death shepherds them. Straight to the grave they descend,
and their form wastes away. The realm of the dead is their home.

¹⁵But I know God will rescue me, snatching me from the grip of death.

¹⁶Do not be concerned when people become rich,
when the wealth of their house increases.

¹⁷When we die we will take nothing with us.
There is no place for wealth in the grave.

¹⁸Though in their life they consider themselves blessed –
for you are praised when you do well for yourself –

¹⁹they will go down to join their ancestors,
and will never again see the light.

²⁰*Human beings in their opulence cannot endure;
like the animals they must succumb to silence. (Glory be ...)*

Antiphon 2 Store up treasure for yourself in heaven.

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 (Romans 3:23-25)

Since all have sinned and fall short of the glory of God; they are now justified by God's grace as a gift, through the redemption that is in Christ Jesus, whom God put forward as a sacrifice of atonement by his blood, effective through faith. God did this to show righteousness, because in divine forbearance God had passed over the sins previously committed.

Responsory

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

I will find happiness with you forever. (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 2

Hymn

Antiphon 1 Your ways, O God, are holy. How great you are.

Psalm 77

¹I cry aloud to God, cry aloud that God might hear me.

²In my anguish, I search for you, my God*.

My hands are raised at night without ceasing;
my soul refuses to be comforted.

³I remember God, and I moan; I reflect, and my spirit faints.

⁴You withhold sleep from my eyes. I am troubled and cannot speak.

⁵I consider the days of old, remembering years long gone.

⁶All night memories fill my heart,
I ponder and my spirit keeps on questioning.

⁷Perhaps God* will always reject me,
and will never again turn and grace me?

⁸Perhaps God's covenant love to me is exhausted,
God's promises have come to an end?

⁹Has God forgotten to be gracious? Can anger block God's mercy?

¹⁰I find myself saying: 'Woe is me!
The power of the Most High has altered!'

¹¹I remember your deeds, O GOD; yes, I recall your wonders of old.

¹²I reflect on all that you have done, and muse on your mighty deeds.

¹³Your way, my God, is holy. What god is great like you?

¹⁴You are God who works wonders;
you display your might among the peoples.

¹⁵With your strong arm you redeem your people,
the descendants of Jacob and Joseph.

¹⁶Seeing you the waters churned,
shuddering, writhing, convulsed to the depths.

¹⁷Clouds poured down rain. Thunder shook the heavens,
Lightning darted like arrows.

¹⁸Your thunder rolled round the sky,
your lightning lit up the world. The earth trembled and shook.

¹⁹Your way led through the sea,
your path through the mighty waters;
yet no one saw your footprints.

²⁰You led your people like a flock
by the hand of Moses and Aaron. (Glory be ...)

Antiphon 1 Your ways, O God, are holy. How great you are.

Antiphon 2 My heart exults in GOD, who humbles and exalts.

1 Samuel 2:1-10

My heart exults in GOD; I find my strength in my God. I am not
afraid of my enemies, because I rejoice in God's saving help.
There is none like GOD, no one besides you;
there is no Rock like our God.

Talk no more so proudly, let not arrogance come from your mouth;
for GOD knows all, and weighs our deeds.

The bows of the mighty are broken,
but the feeble are clothed with strength.
Those who were full have hired themselves out for bread,
but those who were hungry need labour no more.
The childless wife has children now;
she who has many children is forlorn.

It is GOD who gives life and death;
brings down to the grave and raises up.
It is GOD who makes poor and makes rich;
who brings low and exalts.

GOD raises up the poor from the dust;
and lifts the needy from the ash heap,
to make them sit with princes and inherit a seat of honour.

For the pillars of the earth are GOD's; on them he has set the world.
God guards the steps of the faithful,
but the wicked will perish in darkness;
it is not our power that gives us victory.
GOD's adversaries will be shattered.

The Most High will thunder in heaven.
GOD will judge the ends of the earth;
GOD will give strength to his king,
and exalt the power of his anointed. (Glory be ...)

Antiphon 2 My heart exults in GOD, who humbles and exalts.

Antiphon 3 God reigns. Let us rejoice.

Psalm 97

¹GOD is king! Let the earth rejoice. Let all the coastlands be glad.

²Cloud and darkness are God's raiment,
Justice and right are the foundations of God's kingdom.

³Fire consumes all resistance.

⁴God's lightning lights up the world.

The earth sees and trembles.

⁵Mountains melt like wax before GOD,
before the God* of all the earth.

⁶The heavens proclaim the justice of God.

All the peoples behold God's glory.

⁷Worshippers of images are put to shame,
those who boast of their worthless idols.

You gods, bow down before GOD!

⁸Zion hears and is glad, the towns of Judah rejoice
because of your judgments, O God.

⁹For you indeed are GOD, Most High over all the earth;
exalted far above any god.

¹⁰GOD loves those who hate evil,
guards the lives of the faithful,
and rescues them from the power of the wicked.

¹¹Light dawns for the righteous,
and joy for the upright of heart.

¹²Rejoice in GOD! Praise God's holy name. (Glory be ...)

Antiphon 3 God reigns. Let us rejoice.

Scripture Reading (Romans 8:35-37)

Who will separate us from the love of Christ? Will hardship, or distress, or persecution, or famine, or nakedness, or peril, or sword? No, in all these things we are more than conquerors through him who is loving us.

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 2

Hymn

Antiphon 1 We are waiting in hope for the blessings of the glorious coming of our Saviour.

Psalm 62

¹*Only in God can my soul find rest. In God alone is my salvation.*

²*God is my rock, my safety, my fortress. I will not be shaken.*

³How long will you keep up your attack?
How long will you batter your victim
as you batter a leaning wall, or a tottering fence?

⁴Their only plan is to bring a person down.
They take pleasure in falsehood.
With their mouths they utter blessings, but in their hearts they curse.

⁵*Only in God can my soul find rest. In God alone is my hope.*

⁶*God is my rock, my safety, my fortress. I will not be shaken.*

⁷In God is my salvation and my glory, my stronghold, my haven.

⁸Trust God at all times, O people.

Before God, our refuge, pour out your hearts.

⁹Common folk are but a breath, those of high estate a delusion.
Placed in the scales, up they go; they weigh less than a breath.

¹⁰Put no trust in extortion. Set no vain hopes on fraud.
If your wealth increases, do not set your hearts on it.

¹¹Time and again God has said: 'Strength and love are mine to give.'
Covenant love belongs to you, O God*, our shield.

¹³You repay each of us according to what we have done. (Glory be ...)

Antiphon 1 We are waiting in hope for the blessings of the glorious coming of our Saviour.

Antiphon 2 May God bless us. May God's face shed its light upon us.

Psalm 67

¹O God be gracious to us and bless us,
show us the radiance of your face,
²that your way may be known on earth,
your saving power among the nations.

³*Let the nations praise you, O God; let all the nations praise you.*

⁴May the whole world be glad and sing for joy,
for you judge the peoples with equity,
you govern the nations of the earth.

⁵*Let the nations praise you, O God; let all the nations praise you.*

⁶The earth has yielded its harvest. Our God is blessing us.

⁷O God continue your blessing. Let the whole world revere you.

⁸*Let the nations praise you, O God; let all the nations praise you. (Glory be)*

Antiphon 2 May God bless us. May God's face shed its light upon us.

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 Peter 5:5-7)

Clothe yourselves with humility in your dealings with one another, for God opposes the proud, but gives grace to the humble. Humble yourselves therefore under the mighty hand of God, who may exalt you in due time. Cast all your anxiety on God, who cares for you.

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 2

Hymn

Antiphon 1 Rouse up your might, O God, and come to our aid.

Psalm 80

¹Listen, O Shepherd of Israel,
you who lead the flock of Joseph.
Shine forth from your cherubim throne,
²upon Ephraim, Benjamin and Manasseh.
Stir up your might! Come now and save us!

³*Restore us, O God; let your face shine on us and we will be saved.*

⁴Mighty GOD, how long will you frown on your people's plea?

⁵For food you give us weeping,
an abundance of tears for our drink.

⁶You make us the taunt of our neighbours
and our enemies laugh us to scorn.

⁷*Restore us, O God; let your face shine on us and we will be saved.*

⁸You brought a vine out of Egypt.
To plant it you drove out the nations.

⁹Before it you cleared the ground.
It took root and spread through the land.

¹⁰The mountains were covered with its shade,
the mighty cedars with its branches.

¹¹It sent out its branches to the sea,
its shoots even to the Euphrates.

¹²Why then have you broken down its walls?

It is plucked by all who pass by.

¹³It is ravaged by the boar from the forest,
devoured by the beasts of the field.

¹⁴Turn again, O mighty God, we implore,
look down from heaven, and see.

¹⁵Visit this vine and protect it,
the vine your right hand has planted.

¹⁶They have burned it with fire and destroyed it.
May they perish at the frown of your face.

¹⁷Let your right hand be upon the one you have chosen,
the one you have given your strength.

¹⁸And we will never again forsake you.

Give us life that we may call on your name.

¹⁹*Restore us, O mighty GOD; let your face shine on us and we will be saved.*

(Glory be ...)

Antiphon 1 Rouse up your might, O God, and come to our aid.

Antiphon 2 GOD has done marvellous things.

Let them be made known to the whole world.

Isaiah 12:1-6

I will give thanks to you, O GOD, for you comforted me.

Surely God is my salvation; I will trust, and not be afraid,
for GOD is my strength, my might and my salvation.

With joy you will draw water from the wells of salvation.

And you will say in that day: Give thanks to GOD;
make known God's deeds among the nations.

Sing praises to GOD, who has done gloriously;
let this be known in all the earth. (Glory be ...)

Antiphon 2 GOD has done marvellous things.

Let them be made known to the whole world.

Antiphon 3 Ring out your joy to God, our strength.

Psalm 81

¹Sing aloud to God, our strength;
shout for joy to the God of Jacob.

²Raise a song, and sound the timbrel,
the sweet sounding harp and the lute.

³Blow the trumpet at the new moon,
and when the moon is full, on our feast.

⁴For it is a statute for Israel,
a command of the God of Jacob,

⁵who decreed it for the house of Joseph,
when we marched from Egypt.

⁶I hear a voice I had not known:

'I relieved your shoulder of the burden;
your hands were freed from the load.

⁷You called in distress, and I rescued you.

I answered you, hidden within the thunder.

I tested you at the waters of Meribah.

⁸Hear, O my people, while I admonish you.

O Israel, if only you would heed!

⁹There are to be no strange gods among you;
you will not bow down to an alien god.

¹⁰I am your GOD. It was I who rescued you from Egypt,

I fed you when you were hungry.

¹¹But my people would not listen to my voice.

Israel, you would not obey.

¹²So I left you to your stubborn hearts,
to follow your own designs.

¹³O that my people would heed me.

Israel, if only you would walk in my ways!

¹⁴At once I would subdue your foes,
and use my power against your enemies.

¹⁵Those who hate me would cringe before you,
and their doom would last forever.

¹⁶And you, Israel, I would feed on the finest wheat,
and on honey from the rock.' (Glory be ...)

Antiphon 3 Ring out your joy to God, our strength.

Scripture Reading (Romans 14:17-19)

The kingdom of God is not food and drink but righteousness and peace and joy in the Holy Spirit. The one who thus serves Christ is acceptable to God and has human approval. Let us then pursue what makes for peace and for mutual upbuilding.

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 2

Hymn

Antiphon 1 I will make you the light of the nations,
to bring my salvation to the ends of the earth.

Psalm 72 A

¹O God, give *your* judgment to the king,
your justice to the king's son,
²that he may judge *your* people with justice,
and *your* poor with right judgment.

³May the mountains yield peace for the people.
⁴May the king defend the cause of the poor,
help needy families, and crush the oppressor.

⁵May he live while the sun endures,
as long as the moon lasts, from age to age.

⁶May he be like rain falling on the grass,
like showers that water the earth.

⁷In his days may justice flourish
and peace abound, until the moon fails. (Glory be ...)

Antiphon 1 I will make you the light of the nations.
to bring my salvation to the ends of the earth.

Antiphon 2 GOD saves the poor, rescuing their lives from oppression.

Psalm 72 B

¹²The king rescues the needy when they call,
and those who have no one to defend them.

¹³He has pity on the weak and needy, and saves them.

¹⁴He liberates them from oppression and violence
for they are precious to him.

¹⁵Long may he live!

May prayer be made for him continually,
and blessings invoked for him all day long.

¹⁶May there be abundance of grain in the land,
waving to and fro to the tops of the mountains.
May its fruit be luxuriant like that of Lebanon,
and its sheaves like the grasses of the field.

¹⁷May his name be blessed forever,
his fame endure like the sun.
May all nations in him be blessed,
as they call down blessings upon him.

¹⁸Praised be GOD, the God of Israel,
who alone does wondrous things.

¹⁹Praised be God's glorious name forever.

May God's glory fill all the earth. Amen. Amen. (Glory be ...)

Antiphon 2 GOD saves the poor, rescuing their lives from oppression.

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,
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 Our GOD is victorious.

Scripture Reading (1 Peter 1:22-23)

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

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 1

Hymn

Antiphon 1 O God, you will not spurn a humbled, contrite heart.

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;
purify 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 O God, you will not spurn a humbled, contrite heart.

Antiphon 2 We have done wrong, O God. We need your compassion.

Habakkuk 3

O GOD, I have heard of your renown,
and I stand in awe of all you have done.

In our own time revive it;

in our own time make it known; and remember your mercy.

God came from Teman, the Holy One from Mount Paran.

God's glory covered the heavens, and the earth was full of praise.
The brightness was like the sun; rays came forth from God,
from where God's power lay hidden.

You came forth to save your people, to save your anointed.
You trampled the sea with your horses, churning the mighty waters.

I hear, and I tremble; my lips quiver at the sound.
Weakness enters into my bones, and my steps tremble beneath me.
I wait quietly for the day of calamity
to come upon the people who attack us.

Though the fig tree does not blossom,
and there is no fruit on the vines;
though the produce of the olive fails,
and the fields yield no food;
though the flock is cut off from the fold,
and there is no herd in the stalls,

yet I will rejoice in GOD;
I will exult in God my Saviour. GOD is my strength;
who makes my feet like the feet of a deer,
and makes me tread upon the heights. (Glory be ...).

Antiphon 2 We have done wrong, O God. We need your compassion.

Antiphon 3 Praise God, all you people.

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.

Scripture Reading (Ephesians 2:13-16)

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

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 2

Hymn

Antiphon 1 Keep my soul from death and my feet from stumbling.

Psalm 116

¹I am filled with love for GOD who hears me when I call.

²I will continue to call on you, O GOD, as long as I live.

³Death's trap was set. The grave had me in its grip.

I was overcome with distress and anguish.

⁴I cried out to GOD: 'Rescue me, O GOD! Save me!'

⁵Gracious is GOD, and just, and tenderly compassionate.

⁶GOD shelters those who are weak.

When I was brought low, God saved me.

⁷Rest once more, my heart, for GOD has dealt bountifully with you.

⁸GOD, you have delivered me from death,
wiping my tears, steadying my feet.

⁹I am walking with YOU in the land of the living.

¹⁰I believe, even as I say, 'I am sorely afflicted.'

¹¹I believe, even as I cry, 'No one can be trusted.'

¹²How can I repay GOD for all the goodness I am shown?

¹³*I raise the cup of salvation and call on you, O GOD.*

¹⁴*I fulfil my vows to YOU in the presence of all your people.*

¹⁵O GOD, you hate to see your faithful die.

¹⁶I am your servant, the child of your serving girl.

You freed me from death's grip.

¹⁷*I offer a thanksgiving sacrifice, and call on you, O GOD.*

¹⁸*I fulfil my vows to YOU in the presence of all your people,*
¹⁹in the courts of the house of GOD,
in your midst, O Jerusalem. Praise GOD! (Glory be...)

Antiphon 1 Keep my soul from death and my feet from stumbling.

Antiphon 2 My help will come from God, the Maker of heaven and earth.

Psalm 121

¹I lift up my eyes to the mountains.

Will my help come from there?

²My help comes from GOD,
the Maker of heaven and earth.

³GOD will not let you stumble.

Your guard does not sleep.

⁴Israel's guard neither slumbers nor sleeps.

⁵GOD is your guard, your shade,
always at your side.

⁶The sun will not harm you in the day,
nor the moon in the night.

⁷GOD will keep you from evil,
watching over you always.

⁸GOD will watch over you
as you go out and as you return,
now and forever. (Glory be ...)

Antiphon 2 My help will come from God, the Maker of heaven and earth.

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 (1 Corinthians 2:7-10)

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

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 2

Hymn

Antiphon 1 We proclaim your love in the morning
and your faithfulness in the watches of the night.

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 forever 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 We proclaim your love in the morning
and your faithfulness in the watches of the night.

Antiphon 2 Proclaim the greatness of our God.

Deuteronomy 32:1-12

Give ear, O heavens, and I will speak;
let the earth hear the words of my mouth.
May my teaching drop like the rain,
my speech condense like the dew;
like gentle rain on the grass, like showers on new growth.

For I will proclaim our great GOD,
the Rock, whose work is perfect, and whose ways are just,
a faithful God, without deceit, just and righteous.

Yet God's degenerate children have dealt falsely,
a perverse and crooked generation.
Do you thus repay GOD, O foolish and senseless people?
Is not God your father, who created you,
who made you and established you?

Remember the days of old, consider the years long past;
ask your father, and he will inform you;
your elders, and they will tell you.

When the Most High apportioned the nations,
and divided humankind according to God's design,
in fixing the boundaries of the peoples God thought first of Israel.
GOD's own portion was Jacob, the chosen one.

God sustained him in a desert land, in a howling wilderness waste.
God shielded him, cared for him,
guarded him as the apple of God's eye.

As an eagle stirs up its nest, and hovers over its young;
as it spreads its wings, takes them up,
and bears them aloft on its pinions,
so GOD alone carried him. (Glory be ...)

Antiphon 2 Proclaim the greatness of our God.

Antiphon 3 How renowned you are, O God, through all the world.

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.

⁹O GOD of the universe,

all your creation proclaims how wonderful you are. (Glory be ...)

Antiphon 3 How renowned you are, O God, through all the world.

Scripture Reading (Romans 12:14-16)

Bless those who persecute you; bless and do not curse them. Rejoice with those who rejoice, weep with those who weep. Live in harmony with one another; do not be haughty, but associate with the lowly; do not claim to be wiser than you are.

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 2

Hymn

Antiphon 1 GOD is praised from the rising of the sun to its setting.

Psalm 113

¹Praise GOD! [Alleluia].

²O servants of GOD, praise GOD now and forever.

³From the rising of the sun to its setting,
praised be GOD, who is on high, above all nations.

⁴GOD's glory shines over the heavens.

⁵Who is like our GOD, enthroned on high?

⁶GOD looks down upon heaven and earth,
to raise the poor from the dust.

⁷GOD raises the needy from their misery,

⁸to seat them with princes, with the leaders of the people.

⁹It is God who gives a home to the barren woman,
and gladdens her heart with children.

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

Antiphon 1 GOD is praised from the rising of the sun to its setting.

Antiphon 2 I will take the chalice of salvation and call on God.

Psalm 116: 10-19

¹⁰I believe, even as I say, 'I am sorely afflicted.'

¹¹I believe, even as I cry, 'No one can be trusted.'

¹²How can I repay GOD for all the goodness I am shown?

¹³*I raise the cup of salvation and call on you, O GOD.*

¹⁴*I fulfill my vows to YOU in the presence of all your people.*

¹⁵O GOD, you hate to see your faithful die.

¹⁶I am your servant, the child of your serving girl.

You freed me from death's grip.

¹⁷*I offer a thanksgiving sacrifice, and call on you, O GOD.*

¹⁸*I fulfill my vows to YOU in the presence of all your people,*

¹⁹in the courts of the house of GOD,

in your midst, O Jerusalem. Praise GOD! [Alleluia] (Glory be ...)

Antiphon 2 I will take the chalice of salvation and call on God.

Antiphon 3 Jesus humbled himself. God raised him on high forever.

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 forever.

Scripture Reading (Hebrews 13:20-21)

May the God of peace, who brought back from the dead our Lord Jesus, the great shepherd of the sheep, by the blood of the eternal covenant, make you complete in everything good so that you may do God's will, working among us that which is pleasing in God's sight, through Jesus Christ, to whom be the glory forever and ever. 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

Sunday Morning Week 3

Hymn

Antiphon 1 Our GOD is wonderful.

Psalm 93

¹GOD is king, with majesty enrobed,
robed with might, girded with power.

The world you established, not to be moved.

²Your throne, O GOD, has stood firm from of old.

You are from all eternity.

³The torrents swell, the waters roar.

Hear the crashing of their waves.

⁴More majestic than the roar of mighty waters,

more glorious than the surging of the sea,

GOD is glorious on high.

⁵Truly your decrees are to be trusted.

Holiness is fitting to your house, O GOD,

until the end of time. (Glory be ...)

Antiphon 1 Our GOD is wonderful.

Antiphon 2 May you be praised, O GOD, and extolled forever.

Daniel 3:57-88

Praise GOD, all creation.

To you, O God, be highest glory and praise forever.

And you, angels, praise GOD.

To you, O God, be highest glory and praise forever.

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 forever.

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 forever.

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 forever.

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 forever.

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 forever.

O let the earth praise GOD.
To you, O God, be highest glory and praise forever.

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 forever.

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 forever.

And you, every person on earth, praise GOD.
To you, O God, be highest glory and praise forever..

O Israel, praise GOD.
And you, priests, praise GOD.
And you, ministers, praise GOD.
To you, O God, be highest glory and praise forever.

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 forever.

Let us praise the Father, the Son, and the Holy Spirit.
To You be highest glory and praise forever.
May You be praised, O GOD, in the heavens.
To you, O God, be highest glory and praise forever.

Antiphon 2 May you be praised, O GOD, and extolled forever.

Antiphon 3 Praise GOD from the heavens.

Psalm 148

¹Praise GOD (Alleluia)! Praise GOD from the heavens,
from the heights.

²Praise GOD, all you angels,
all you heavenly beings!

³Praise GOD, sun and moon.
Praise GOD, you glittering stars.

⁴Praise GOD, you highest heavens
and you waters above the heavens!

⁵Let them praise GOD,
for GOD commanded and they were created.

⁶It was GOD who established them,
fixing their place for ever and ever.

⁷Praise GOD from the earth!
you creatures of the deep,
⁸fire and hail, snow and frost,
storms and winds, carrying out GOD's commands.

⁹Praise GOD you mountains and hills,
you fruit trees and cedars,
¹⁰you wild beasts and tame, reptiles and birds.

¹¹Praise GOD you princes and judges,
you rulers and subjects,
¹²men and women, old and young.

¹³Let them praise GOD, who alone is exalted,
whose glory is above the earth and the heavens.

¹⁴GOD gives strength to the nation,
and glory to the faithful of Israel,
a people who are close to GOD.
Praise GOD (Alleluia)! (Glory be ...)

Antiphon 3 Praise GOD from the heavens..

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 forever 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 (page 7)

Intercessions, Our Father, and Concluding Prayer

Sunday Evening Week 3

Hymn

Antiphon 1 GOD's revelation to my master: 'Sit on my right.'

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 forever
a priest like Melchizedek of old.'

⁷The king will drink from a wayside stream,
and rise up refreshed. (Glory be ...)

Antiphon 1 GOD's revelation to my master: 'Sit on my right.'

Antiphon 2 GOD is full of merciful love.

Psalm 111

¹Praise GOD (Alleluia)!

I give thanks to GOD with all my heart,
in the assembly of the upright.

²Look at what GOD has done. Reflect upon it with admiration.

³Glorious and majestic are the deeds of GOD,
whose justice endures forever.

⁴Who can fail to acclaim GOD's wonderful deeds?
GOD is gracious and tenderly compassionate,

⁵nourishing the faithful,
ever mindful of the covenant,

⁶demonstrating mighty deeds,
giving them a land, the heritage of the nations.

⁷GOD's deeds are according to truth and right judgment.
All GOD's precepts can be trusted.

⁸Enacted in justice and truth,
they are established forever.

⁹GOD has redeemed the chosen people,
ratifying the covenant for all time.
Holy and awesome is GOD's name.

¹⁰Reverence for ['fear of'] GOD is the beginning of wisdom.

Wise are those who live this way.

Praise of GOD will continue forever. (Glory be ...)

Antiphon 2 GOD is full of merciful love.

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 we ourselves are consoled by God.

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 (page 11)

Intercessions, Our Father and Concluding Prayer

Monday Morning Week 3

Hymn

Antiphon 1 They are happy who dwell in your house, O GOD.

Psalm 84

¹How lovely is your dwelling place, O mighty GOD!

²How I long, how I am yearning, for the courts of GOD.

My heart and my flesh sing for joy to the living God.

O Mighty GOD, my king and my God!

³Even the sparrow finds a home,
and the swallow a nest for her brood,
where she may lay her young by your altars.

⁴Blessed and happy are those who live in your house,
ever singing your praise.

⁵Blessed and happy are those who draw their strength from you
as they resolve to go to you on pilgrimage.

⁶As they go through the Baka' valley they enjoy a place of springs;
the early rains cover it with pools.

⁷They go from garrison to garrison.
In Zion they will see the God of gods.

⁸O Mighty GOD, hear my prayer; listen, O God of Jacob!

⁹God, our shield, look upon the face of your anointed.

¹⁰One day in your courts is better than a thousand elsewhere.
I would rather be a doorkeeper in the house of my God
than live in the tents of the wicked.

¹¹For GOD is our sun and shield, bestowing favour and glory.
GOD never fails to bless those who walk with integrity.

¹²O Mighty GOD, blessed and happy are they
who place their trust in you. (Glory be ...)

Antiphon 1 They are happy who dwell in your house, O GOD.

Antiphon 2 Come, let us go up to GOD's mountain.

Isaiah 2:2-5

In days to come the mountain of GOD's house
will be established as the highest of the mountains,
and will be raised above the hills;
all the nations will stream to it.

Many peoples will come and say,
"Come, let us go up to GOD's mountain,
to the house of the God of Jacob;
that we may learn GOD's ways and walk in GOD's paths."
For out of Zion will go forth instruction,
and the word of GOD from Jerusalem.

He will judge between the nations,
and will arbitrate for many peoples;
they will beat their swords into ploughshares,
and their spears into pruning hooks;
nation will not lift up sword against nation,
neither will they learn war any more.

O house of Jacob, come, let us walk into GOD's light!
(Glory be...)

Antiphon 2 Come, let us go up to GOD's mountain.

Antiphon 3 Sing praise to God.

Psalm 96

¹Sing to GOD a new song! Sing to GOD, all the earth.

²Bless GOD's holy name!

Proclaim God's saving presence from day to day.

³Tell among the nations God's glory,

God's marvellous deeds all over the world.

⁴Great is GOD, and greatly to be praised;
to be revered above all the gods.

⁵Yes, the gods of the world are idols.

It was GOD who made the heavens.

⁶It is the same GOD of majestic light
who fills the temple with beauty.

⁷Acknowledge GOD, you nations,
acknowledge GOD's glory and might.

⁸Acknowledge the glory due to GOD!

Bring an offering. Enter the courts.

⁹Worship GOD in holy splendour.

Tremble before God, all the earth.

¹⁰Say among the nations, 'GOD is king!'

The world is firmly established.

God will judge the peoples with equity.

¹¹Let the heavens rejoice and be glad, let the sea and all within it roar.

¹²Let the field and all it bears rejoice.

Then will all the trees of the forest sing for joy

¹³before GOD, who is coming to judge the nations.

God rules the world with justice,

and judges the nations in accord with the truth. (Glory be ...)

Antiphon 3 Sing praise to God.

Scripture Reading (James 2:12-13)

Speak and act like people who are going to be judged by the law of freedom, because there will be judgment without mercy for anyone who has shown no mercy. The merciful need have no fear of judgment.

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 3

Hymn

Antiphon 1 Our eyes are turned to GOD as we look for mercy.

Psalm 123

¹I lift up my eyes to you,
to you who are enthroned in the heavens.

²A male servant watches his master's hand,
a female servant, the hand of her mistress.
So our eyes look to our God,
waiting for a sign of God's favour.

³Have mercy upon us, O GOD, have mercy upon us.

⁴We have had more than we can take
of the scorn and contempt of the proud. (Glory be ...)

Antiphon 1 Our eyes are turned to GOD as we look for mercy.

Antiphon 2 It is GOD who comes to our aid, the Maker of heaven
and earth.

Psalm 124

¹If GOD had not been on our side –
this is Israel's song –

²if GOD had not been on our side,
when enemies attacked us,

³they would have swallowed us alive,
when their anger was kindled.

⁴The flood would have swept us away,
the torrent gone over us;
⁵we would have been overwhelmed
by the raging waters.

⁶Praised be GOD,
who did not give us as a prey to their teeth.
⁷We escaped like a bird from the snare of the fowler.
The snare was broken, and we escaped.
⁸We called on GOD, who came to our aid,
GOD, the Maker of heaven and earth. (Glory be ...)

Antiphon 2 It is GOD who comes to our aid, the Maker of heaven
and earth.

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

Ephesians 1:3-10

Blessed 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 (James 4:11-12)

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

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 3

Hymn

Antiphon 1 O GOD, you blessed our land;
you forgave the sins of your people.

Psalm 85

¹O GOD, you favoured your land;
you revived the fortunes of Jacob.

²You wiped away the guilt of your people.
You covered over all their sins.

⁴Revive us, O God our Saviour.

⁷Show us your covenant love, O GOD,
and grant us your salvation.

⁸Let me hear what GOD has to say,
a voice that speaks of peace:
peace to the people who turn to God in their hearts.

⁹Surely God's salvation is at hand for the faithful,
and God's glory will fill our land.

¹⁰Covenant love and faithfulness have met;
justice and peace have embraced.

¹¹Faithfulness springs up from the ground,
and justice looks down from heaven.

¹²GOD will give prosperity,
and our land will yield its harvest.

¹³Justice clears a path for God.
Justice points the way to peace. (Glory be ...)

Antiphon 1 O GOD, you blessed our land;
you forgave the sins of your people.

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

Isaiah 26

We have a strong city; you set up salvation like walls and bulwarks.
Open the gates,
so that the righteous nation that keeps faith may enter in.

Those of steadfast mind you keep in peace –
in peace because they trust in you.
Trust in GOD forever, for in GOD you have an everlasting rock.

The way of the righteous is level;
O Just One, you make smooth the path of the righteous.
In the path of your judgments, O GOD, we wait for you;
your name and your renown are the soul's desire.

My soul yearns for you in the night,
my spirit within me earnestly seeks you.
For when your judgments are in the earth,
the inhabitants of the world learn righteousness.

O GOD, you will ordain peace for us,
for all that we have done, you have done for us. (Glory be ...)

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

Antiphon 3 Let your face shed its light upon us.

Psalm 67

¹O God be gracious to us and bless us,
show us the radiance of your face,
²that your way may be known on earth,
your saving power among the nations.

³*Let the nations praise you, O God;
let all the nations praise you.*

⁴May the whole world be glad
and sing for joy,
for you judge the peoples with equity,
you govern the nations of the earth.

⁵*Let the nations praise you, O God;
let all the nations praise you.*

⁶The earth has yielded its harvest.

Our God is blessing us.

⁷O God continue your blessing.
Let the whole world revere you.

⁸*Let the nations praise you, O God;
let all the nations praise you. (Glory be ...)*

Antiphon 3 Let your face shed its light upon us.

Scripture Reading (1 John 4:14-15)

We have seen and we testify that the Father has sent the Son as the Saviour of the world. God abides in those who confess that Jesus is the Son of God, and they abide in God.

Responsory

God comes to my aid. I place my trust in God. (R.)

God is my refuge. God sets 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 3

Hymn

Antiphon 1 GOD surrounds the people with love.

Psalm 125

¹Those who trust in GOD are like Mount Zion.
They stand firm forever.

²As the mountains encircle Jerusalem,
so you, Lord, embrace your people, now and always.

³The rule of the wicked will not rest
on the land allotted to the just, lest the righteous turn to evil.

⁴Do good, O GOD, to those who are good, whose hearts are true.

⁵Peace be upon Israel! (Glory be ...)

Antiphon 1 GOD surrounds the people with love.

Antiphon 2 If you do not become like a little child
you will not enter the kingdom of God.

Psalm 131

¹O GOD, I am not proud,
holding my head too high,
reaching beyond my grasp.

²I have calmed myself and stilled my longing.
I am at peace, like a weaned child
resting in its mother's arms.
My whole being is at rest.

³O Israel, hope in GOD, now and forever. (Glory be ...)

Antiphon 2 If you do not become like a little child
you will not enter the kingdom of 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 (Romans 12:9-12)

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

Responsory

Your word, O God, will endure forever. (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 3

Hymn

Antiphon 1 Give joy to your servant for to you I lift up my soul.

Psalm 86

¹Listen closely to me, O GOD,
answer me, for I am poor and needy.

²Watch over me, for to you I am devoted.
Save your servant, for I put my trust in you.

You are my God.

³Be gracious to me for to you I cry all day long.

⁴Give joy to your servant,
for to you, God*, I lift up my soul.

⁵You, my God*, are good and forgiving,
abounding in covenant love to all who call.

⁶Listen to my prayer; attend to my cry.

⁷In the day of my trouble I call on you,
knowing you will answer me.

⁸There is none like you among the gods, O God*.
There are no deeds like yours.

⁹All the nations you formed will come
and bow down before you.

They will glorify your name.

¹⁰For indeed you are great.

You do wondrous things; you who alone are God.

¹¹Teach me your way, O GOD, that I may walk in your truth.
Give me an undivided heart that I may revere your name.

¹²I thank you, my God, with all my heart,
and I will honour you forever.

¹³For great is your covenant love toward me.
You have rescued me from the grave.

¹⁴The insolent rise up against me;
a band of ruffians seeks my life.
They give no thought to you.

¹⁵But you are God.
You are tenderly compassionate. You are gracious.
You are slow to anger,
abounding in covenant love and faithfulness.

¹⁶Turn to me and be gracious.
Give your strength to your servant.
Save the child of your serving girl.

¹⁷Show me a sign of your favour.
So that those who hate me may see and be put to shame,
because you, O GOD, are my salvation and my comfort. (Glory be ...)

Antiphon 1 Give joy to your servant for to you I lift up my soul.

Antiphon 2 Blessed is the person who is just and speaks the truth.

Isaiah 33:13-16

Hear, you who are far away, what I have done;
and you who are near, acknowledge my might.

The sinners in Zion are afraid; trembling has seized the godless:
“Who among us can live with the devouring fire?
Who among us can live with everlasting flames?”

Those who walk righteously and speak uprightly,
who despise the gain of oppression,
who wave away a bribe instead of accepting it,
who stop their ears from hearing of bloodshed
and shut their eyes from looking on evil.

They will live on the heights;
their refuge will be the fortresses of rocks;
their food will be supplied, their water assured. (Glory be ...)

Antiphon 2 Blessed is the person who is just and speaks the truth.

Antiphon 3 Cry to God with shouts of joy.

Psalm 98

¹Sing a new song to GOD.

Celebrate the wonderful deeds wrought by God's hand.

God's holy arm has achieved victory.

²You, O GOD, make known your saving action,
revealing justice to the nations,

³remembering your covenant love and faithfulness
to the house of Israel.

The ends of the earth have seen the victory of our God.

⁴Shout with joy to GOD, all the earth!

Break forth into joyous songs of praise!

⁵Sing praises to GOD with the lyre,
with the sound of instruments.

⁶With trumpets and the sound of the horn
shout with joy before GOD, our king.

⁷Let the sea roar, and all that fills it,
the world and those who live in it.

⁸Rivers clap your hands! Hills ring out your joy!

⁹For GOD is coming, coming to judge the earth,
to rule the world justly, to govern the peoples with equity.

(Glory be ...)

Antiphon 3 Cry to God with shouts of joy.

Scripture Reading (Job 1:21; 2:10)

Naked I came from my mother's womb, and naked will I return there; GOD gave, and GOD has taken away; praised be GOD. If we take happiness from GOD, must we not take sorrow too?

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 3

Hymn

Antiphon 1 Those who are sowing in tears will sing when they reap.

Psalm 126

¹When GOD restored the fortunes of Zion,
it seemed like a dream.

²Then was our mouth filled with laughter,
on our lips there were songs.

It was said among the nations,
'What marvels GOD worked for them.'

³Indeed, GOD has done great things for us.
We celebrate with joy.

⁴Restore our fortunes, O GOD,
like the watercourses in the desert.

⁵May those who are sowing in tears
reap with shouts of joy.

⁶They went out weeping,
bearing seed for sowing.
They come back, they come back, full of song,
carrying their sheaves. (Glory be ...)

Antiphon 1 Those who are sowing in tears will sing when they reap.

Antiphon 2 GOD will watch over our city.

Psalm 127

¹If GOD does not build the house, in vain do its builders labour.
If GOD does not guard the city, in vain do the guards keep vigil.

²In vain is your earlier rising, your going later to rest,
you who toil for the bread you eat.
Those loved by GOD receive love's gifts even while they slumber.

³Children are a gift from GOD, a blessing for those who bear them.
⁴Like arrows in the hand of an archer are children born to the young.

⁵Blessed and happy are those whose quiver is filled with these arrows.
They will have no cause for shame
when they face their foes at the gate. (Glory be ...)

Antiphon 2 GOD will watch over our city.

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 all things,
whether on earth or in heaven,
by making peace through the blood of his cross. (Glory be ...)

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

Scripture Reading (Ephesians 3:20-21)

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

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 3

Hymn

Antiphon 1 Glorious things are told of you, city of God.

Psalm 87

¹Zion is established on the holy mountain cherished by GOD,

²who prefers her gates to all the dwellings of Jacob.

³Glorious things are spoken of you, O city of God.

⁴Egypt and Babylon I will count among her citizens;

Philistia, Tyre and Ethiopia are registered among her children.

⁵Zion will be called 'mother', for all will be her children.

It is the Most High who assigns each their place.

⁶ GOD inscribes in the register of peoples:

'These are her children.'

⁷While they dance, they will sing:

'In you all find their home.' (Glory be ...)

Antiphon 1 Glorious things are told of you, city of God.

Antiphon 2 GOD is coming in power.

Isaiah 40:10-17

GOD will feed the flock like a shepherd;
gather the lambs, and carry them in God's bosom,
gently leading the mother sheep.

Who has measured the waters in the hollow of the hand
and marked off the heavens with a span,

enclosed the dust of the earth in a measure,
and weighed the mountains in scales
and the hills in a balance?

Who has directed the spirit of GOD,
or as a counselor has instructed God?
Whom did God consult for enlightenment,
and who taught God the path of justice?
Who taught God knowledge,
and showed God the way of understanding?

The nations are like a drop from a bucket,
and are accounted as dust on the scales.

See, God takes up the isles like fine dust.
Lebanon would not provide fuel enough,
nor are its animals enough for a burnt offering.
All the nations are as nothing before God;
they are accounted as less than nothing and emptiness. (Glory be ...)

Antiphon 2 GOD is coming in power.

Antiphon 3 Praise GOD. Bow down before God's holy mountain.

Psalm 99

¹GOD is king; let the nations tremble!
GOD sits enthroned upon the cherubim. Let the earth quake!

²YOU are great in Zion, exalted over all the peoples.

³Let them praise your great and awesome name!
'GOD is Holy!'

⁴Mighty King, lover of right judgment,
you have established equity.
You have executed justice and righteousness in Jacob.

⁵Praise GOD, our God.

Bow down before Zion, God's footstool. '*GOD is Holy!*'

⁶Moses and Aaron were GOD's priests.

Samuel was among those who called on GOD's name.

They cried to GOD, and were answered.

⁷GOD spoke in the pillar of cloud.

They kept the decrees and statutes given them by GOD.

⁸O GOD, you answered them.

For them you were a God who forgives;

Yet you punished all their offences.

⁹Praise GOD and worship at his holy mountain.

For *GOD, our God, is holy.* (Glory be ...)

Antiphon 3 Praise GOD. Bow down before God's holy mountain.

Scripture Reading (1 Peter 4:10-11)

Like good stewards of the manifold grace of God, serve one another with whatever gift each of you has received. Whoever speaks must do so as speaking the very words of God; whoever serves must do so with the strength that God supplies, so that God may be glorified in all things through Jesus Christ. To God belong the glory and the power forever and ever.

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 3

Hymn

Antiphon 1 Your faithful will ring out their joy
as they enter your dwelling place.

Psalm 132 A

¹O GOD, remember David
and the many hardships he endured;

²and how he swore an oath to you,
O Mighty One of Jacob:

³I will not enter my house
or lie down on my bed;

⁴I will not close my eyes, nor will I sleep,

⁵till I find a place for GOD,
a dwelling place for the Mighty One of Jacob.'

⁶We heard of the ark in Ephrathah;
we found it in the fields of Yearim.

⁷Let us go to GOD's house;
let us kneel at GOD's footstool.'

⁸Rise up, O GOD, and go to your resting place,
you and the ark of your might.

⁹Let your priests be properly attired,
and your faithful shout for joy.

¹⁰For your servant David's sake
do not deny audience to your anointed one. (Glory be ...)

Antiphon 1 Your faithful will ring out their joy
as they enter your dwelling place.

Antiphon 2 GOD has chosen to dwell in Zion.

Psalm 132 B

¹¹You once swore to David
and you do not break your word:
'A son of yours I will set on your throne.
¹²If your heirs keep my covenant
and the decrees that I have made,
their sons also, forever more, will sit on your throne.'

¹³ GOD has chosen Zion for his residence:
¹⁴'This is my resting place,
I have chosen to live here forever.

¹⁵I will bless it abundantly.
Its poor will have food.
¹⁶Its priests I will clothe with salvation.
Its faithful will shout for joy.

¹⁷Here David's stock will flower.
I have prepared a lamp for my anointed.
¹⁸His enemies I will cover with disgrace,
but on him the royal crown will shine.' (Glory be ...)

Antiphon 2 GOD has chosen to dwell in Zion.

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 3:8-9)

Have unity of spirit among yourselves, and sympathy, love for one another, a tender heart, and a humble mind. Do not repay evil for evil or abuse for abuse; but, on the contrary, repay with a blessing. It is for this that you were called – that you might inherit a blessing.

Responsory

God fed us with finest wheat. (R.)

God 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 3

Hymn

Antiphon 1 Against you I have sinned. Have mercy on 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;
purify 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 Against you I have sinned. Have mercy on me.

Antiphon 2 We know our offences. We have sinned against you.

Jeremiah 14:17-21

Let my eyes run down with tears night and day,
and let them not cease, for the virgin daughter, my people,
is struck down with a crushing blow, with a very grievous wound.

If I go out into the field, look – those killed by the sword!
And if I enter the city, look – those sick with famine!
For both prophet and priest ply their trade throughout the land,
and have no knowledge.

Have you completely rejected Judah?
Does your heart loathe Zion?
Why have you struck us down so that there is no healing for us?

We look for peace, but find no good;
for a time of healing, but there is terror instead.

We acknowledge our wickedness, O GOD,
the iniquity of our ancestors, for we have sinned against you.
Do not spurn us, for your name's sake;
do not dishonor your glorious throne;
remember and do not break your covenant with us. (Glory be ...)

Antiphon 2 We know our offences. We have sinned against you.

Antiphon 3 We are GOD's people, the sheep of God's flock.

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 We are GOD's people, the sheep of God's flock.

Scripture Reading (2 Corinthians 12:9-10)

He said to me, "My grace is sufficient for you, for power is made perfect in weakness." So, I will boast all the more gladly of my weaknesses, so that the power of Christ may dwell in me. Therefore I am content with weaknesses, insults, hardships, persecutions, and calamities for the sake of Christ; for whenever I am weak, then I am strong.

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 3

Hymn

Antiphon 1 How wonderful is our GOD.

Psalm 134

¹Come, praise GOD you who minister in GOD's house,
who stand watch throughout the night.

²Lift up your hands in the holy place, and praise GOD.

³I pray that GOD, the Maker of heaven and earth,
will bless you from Zion. (Glory be ...)

Antiphon 1 How wonderful is our GOD.

Antiphon 2 Sing a psalm to GOD, for GOD is loving.

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, rain, and wind from their storehouse. (Glory be)

Antiphon 2 Sing a psalm to GOD, for GOD is loving.

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 (James 1:2-4)

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

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 3

Hymn

Antiphon 1 You, O God, are close, your ways are true.

Psalm 119: 145-152

¹⁴⁵With all my heart I cry:

answer me, O GOD, so that I 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 You, O God, are close, your ways are true.

Antiphon 2 Let your wisdom be with me to guide me.

Wisdom 9:1-6, 9-11

O God of my ancestors and Lord of mercy,
you have made all things by your word,
and by your wisdom have formed humankind
to have dominion over the creatures you have made,

and rule the world in holiness and righteousness,
and pronounce judgment in uprightness of soul.
Give me the wisdom that sits by your throne,
and do not reject me from among your servants.

For I am your servant the son of your serving girl,
a person who is weak and short-lived,
with little understanding of judgment and laws;
for even one who is perfect among human beings
will be regarded as nothing without wisdom from you.

With you is wisdom, she who knows your works
and was present when you made the world;
she understands what is pleasing in your sight
and what is right according to your commandments.

Send her forth from your holy heavens,
and from the throne of your glory send her,
that she may labour at my side,
and that I may learn what is pleasing to you.
For she knows and understands all things,
and she will guide me wisely in my actions
and guard me with her glory. (Glory be ...)

Antiphon 2 Let your wisdom be with me to guide me.

Antiphon 3 GOD's truth will stand forever

Psalm 117

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 GOD's truth will stand forever.

Scripture Reading (Philippians 2:14-15)

Do all things without murmuring and arguing, so that you may be blameless and innocent, children of God without blemish in the midst of a crooked and perverse generation, in which you shine like stars in the world.

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 3

Hymn

Antiphon 1 We pray for peace in the world.

Psalm 122

¹What joy when I heard them say,
'Let us go to GOD's house.'

²And now we are standing
within your gates, O Jerusalem.

³Jerusalem, you are built as a city
so integrated and compact.

⁴To you the tribes go up, the tribes of GOD.
Israel's law it is, there to praise GOD.

⁵There is the seat of judgment,
the throne of the house of David.

⁶For the peace of Jerusalem pray:
'Prosperity for all who love you!

⁷May there be peace within your walls,
security within your towers.'

⁸For love of family and friends
I pray: 'Peace be within you!'

⁹For love of the house of GOD,
I pray for your welfare. (Glory be ...)

Antiphon 1 We pray for peace in the world.

Antiphon 2 From the morning watch even till night
I long for you, O GOD.

Psalm 130

¹Out of the depths I cry to you, O GOD.

²God*, hear my voice!

Let your ears be attentive to my pleading!

³If you, O GOD, should mark our guilt,
who would survive?

⁴But with you there is forgiveness.

For this we revere you.

⁵I wait for you, I long for you, O GOD.

I count on your word.

⁶I am longing for you,

more than watchmen for daybreak,

more than watchmen for daybreak.

⁷O Israel, hope in GOD

For with GOD there is covenant love,

and great power to redeem.

⁸Israel indeed will be redeemed

from all its iniquity. (Glory be ...)

Antiphon 2 From the morning watch even till night
I long for you, O GOD.

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 (2 Peter 1:19-21)

We have the prophetic message more fully confirmed. You will do well to be attentive to this as to a lamp shining in a dark place, until the day dawns and the morning star rises in your hearts. First of all you must understand this, that no prophecy of scripture is a matter of one's own interpretation, because no prophecy ever came by human will, but men and women moved by the Holy Spirit spoke from 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

Sunday Morning Week 4

Hymn

Antiphon 1 Give thanks to GOD, whose love endures forever.

Psalm 118

¹*Give thanks to GOD who is good.*

GOD's covenant love endures forever!

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 forever.

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 forever
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 forever.

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 forever.

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 forever.

Psalm 136 A

¹Give thanks to GOD who is good!

Your covenant love endures forever!

²Give thanks to the God of gods!

Your covenant love endures forever!

⁴You alone create all that is!

Your covenant love endures forever!

⁵Your wisdom it was made the skies!

Your covenant love endures forever!

⁶You established the earth on the seas!

Your covenant love endures forever!

⁷It was you who made the great lights!

Your covenant love endures forever!

⁸The sun to rule in the day!

Your covenant love endures forever!

⁹The moon and stars in the night!

Your covenant love endures forever! (Glory be ...)

Antiphon 1 Give thanks to GOD, whose great love endures forever

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

Psalm 136 B

¹¹You brought Israel out from Egypt!

Your covenant love endures forever!

¹²All with your mighty power!
Your covenant love endures forever!

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

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

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

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

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

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

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

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

²⁶We give thanks to our God in heaven,
Your covenant love endures forever! (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 forever.
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 forever. (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 commandments. Whoever says, "I have come to know him," but does not obey his commandments, is a liar, and in such a person the truth does not exist; but whoever obeys his word, truly in this person the love of God has reached perfection. By this we may be sure that we are in him: whoever says, "I abide in him," ought to walk just as he walked.

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;
purify 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 forever 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 forever.

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 forever.

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