

Proper of Seasons

ADVENT

FIRST SUNDAY OF ADVENT

Evening Prayer I

- Antiphon 1** Proclaim the good news *a-mong* the nations;
Our God will *come* to save us.
- Antiphon 2** Know that the Lord is coming and with him *all* his saints;
that day will dawn with a won-*der*-ful light, *al*-leluia.
- Antiphon 3** The Lord will come with *migh*-ty power;
all mortal *eyes* shall see him.

CANTICLE OF MARY

- Antiphon** See the Lord coming *from* afar;
his splendor *fills* the earth.

Morning Prayer

- Antiphon 1** On that day sweet wine will flow *from* the mountains,
milk and honey from the hills, *al*-leluia.
- Antiphon 2** The mountains and hills will sing *praise* to God;
all the trees of the forest will *clap* their hands,
for *he* is coming,
the Lord of a kingdom that lasts for ever, *al*-leluia.
- Antiphon 3** A great prophet will come *to* Jerusalem;
of that people he will make a *new* creation.

CANTICLE OF ZECHARIAH

- Antiphon** The Holy Spirit will come upon you, Mary; †
you have no need to *be* afraid.
You will carry in your womb the Son of God, *al*-leluia.

Evening Prayer II

- Antiphon 1** Rejoice, daugh-*ter* of Sion;
shout for joy, daughter of Jerusalem, *al*-leluia.
- Antiphon 2** Christ our King will *come* to us,
the Lamb of God fore-*told* by John.

Antiphon 3 I am coming soon, *says* the Lord;
I will give to everyone the reward his *deeds* deserve.

CANTICLE OF MARY

Antiphon Do not be afraid, Mary; †
you have found fa·*vor* with God;
you will conceive and give birth to a Son, *al*-leluia.

MONDAY

Morning Prayer

CANTICLE OF ZECHARIAH

Antiphon Lift up your eyes, Jerusalem, †
and see the great power *of* your King;
your Savior comes to *set* you free.

Evening Prayer

CANTICLE OF MARY

Antiphon The angel of the Lord brought God's mes·*sage* to Mary,
and she conceived by the power of the Holy Spirit, *al*-leluia.

TUESDAY

Morning Prayer

CANTICLE OF ZECHARIAH

Antiphon From the root of Jesse a flower will blossom, †
the glory of the Lord will *fill* the earth,
and all creation shall see the saving pow·*er* of God.

Evening Prayer

CANTICLE OF MARY

Antiphon Seek the Lord while he *may* be found;
call on him while he is near, *al*-leluia.

WEDNESDAY

Morning Prayer

CANTICLE OF ZECHARIAH

Antiphon The One who is coming after me is *great*-er than I;
I am not worthy to untie the strap *of* his sandals.

Evening Prayer

CANTICLE OF MARY

Antiphon The law will go *forth* from Sion;
the word of the Lord *from* Jerusalem.

THURSDAY

Morning Prayer

CANTICLE OF ZECHARIAH

Antiphon I shall wait for my *Lord* and Savior
and point him out when he is near, *al*-leluia.

Evening Prayer

CANTICLE OF MARY

Antiphon Blessed are you *a*-mong women,
and blessed is the fruit *of* your womb.

FRIDAY

Morning Prayer

CANTICLE OF ZECHARIAH

Antiphon Our God comes, born as man of *Dav*-id's line,
enthroned as king for ever, *al*-leluia.

Evening Prayer

CANTICLE OF MARY

Antiphon Out of Egypt I have *called* my Son;
he will come to *save* his people.

SATURDAY

Morning Prayer

CANTICLE OF ZECHARIAH

Antiphon Banish your fears, O peo-*ple* of Sion;
God, your own God, is coming to you, *al*-leluia.

SECOND SUNDAY OF ADVENT

Evening Prayer I

Antiphon 1 New city of Sion, let your heart *sing* for joy;
see how humbly your King *comes* to save you.

Antiphon 2 Have courage, all of you, *lost* and fearful;
take heart and say: †
Our God will come to save us, *al*-leluia.

Antiphon 3 The law was giv-*en* to Moses,
but grace and truth come through *Je*-sus Christ.

CANTICLE OF MARY

Antiphon Come to us, Lord, and may your presence *be* our peace;
with hearts made perfect we shall rejoice in your
companion-*ship* for ever.

Morning Prayer

Antiphon 1 Sion is our *might*-y citadel,
our saving Lord its wall and *its* defense;
throw o-*pen* the gates
for our God is here among us, *al*-leluia.

Antiphon 2 Come to the waters, all *you* who thirst;
seek the Lord while he can be found, *al*-leluia.

Antiphon 3 Our God will come *with* great power
to enlighten the eyes of his servants, *al*-leluia.

CANTICLE OF ZECHARIAH

Antiphon I am sending my an-*gel* before me
to prepare the way *for* my coming.

Evening Prayer II

- Antiphon 1** Rejoice, daugh-*ter* of Sion;
shout for joy, daughter of Jerusalem, *al·leluia*.
- Antiphon 2** Christ our King will *come* to us,
the Lamb of God fore-*told* by John.
- Antiphon 3** I am coming soon, *says* the Lord;
I will give to everyone the reward his *deeds* deserve.

CANTICLE OF MARY

- Antiphon** Blessed are you, O Virgin Mary, for *your* great faith;
all that the Lord promised you will come to pass through
you, *al·leluia*.

MONDAY

Morning Prayer

CANTICLE OF ZECHARIAH

- Antiphon** The *Lord* proclaims:
Repent, the kingdom of God is upon you, *al·leluia*.

Evening Prayer

CANTICLE OF MARY

- Antiphon** See, your King comes, the master *of* the earth;
he will shatter the yoke *of* our slavery.

TUESDAY

Morning Prayer

CANTICLE OF ZECHARIAH

- Antiphon** Rejoice and be glad, O daugh-*ter* of Sion;
I will come and make my dwelling in you, *says* the Lord.

Evening Prayer

CANTICLE OF MARY

- Antiphon** A voice is heard crying in the wilderness: †
Prepare the way *of* the Lord;
make straight the path *of* our God.

WEDNESDAY**Morning Prayer**

CANTICLE OF ZECHARIAH

Antiphon He will be enthroned in Da-*vid's* place
to be king for ever, *al-leluia*.

Evening Prayer

CANTICLE OF MARY

Antiphon Sion, you will *be* renewed,
and you will see the Just One who is com-*ing* to you.

THURSDAY**Morning Prayer**

CANTICLE OF ZECHARIAH

Antiphon I will help you, *says* the Lord.
I am your Savior, the Holy *One* of Israel.

Evening Prayer

CANTICLE OF MARY

Antiphon The one who is coming after me exist-*ed* before me;
I am not worthy to un-*tie* his sandals.

FRIDAY**Morning Prayer**

CANTICLE OF ZECHARIAH

Antiphon Say to the faintheart-*ed*: Take courage!
The Lord our God is com-*ing* to save us.

Evening Prayer

CANTICLE OF MARY

Antiphon Rejoicing you *shall* draw water
from the well-springs *of* the Savior.

SATURDAY

Morning Prayer

CANTICLE OF ZECHARIAH

Antiphon The Lord will set up his standard in the sight of *all* the nations,
and gather to himself the dis-*persed* of Israel.

THIRD SUNDAY OF ADVENT

Evening Prayer I

Antiphon 1 Rejoice, Jerusalem, let your joy *o*-verflow;
your Savior will come to you, *al*-leluia.

Antiphon 2 I, the Lord, am com-*ing* to save you;
already *I* am near;
soon I will free you *from* your sins.

Antiphon 3 Lord, send the Lamb, the ruler *of* the earth,
from the rock in the desert to the mountain of the daugh-*ter*
of Zion.

CANTICLE OF MARY

Antiphon There was no *god* before me
and after me there *will* be none;
every knee shall *bend* in worship,
and every *tongue* shall praise me.

Morning Prayer

Antiphon 1 The Lord is coming with-*out* delay.
He will reveal things kept hidden †
and show himself to all mankind, *al*-leluia.

Antiphon 2 Mountains and hills *shall* be level,
crooked paths straight, *rough* ways smooth.
Come, Lord, do not delay, *al*-leluia.

Antiphon 3 I shall enfold Zion with *my* salvation
and shed my glory around Jerusalem, *al*-leluia.

CANTICLE OF ZECHARIAH

Antiphon When John, in prison, heard of the *works* of Christ, he sent two of his disciples *with* this question: Are you the One whose coming *was* foretold, or should we look *for* another?

Evening Prayer II

Antiphon 1 Our Lord will come to claim his *glo*-rious throne in the assembly *of* the princes.

Antiphon 2 Let the mountains break *out* with joy and the hills with an-*swer*-ing gladness, for the world's true *light*, the Lord, comes with pow-*er* and might.

Antiphon 3 Let us live in holi-*ness* and love as we patiently await our *bles*-sed hope, the coming *of* our Savior.

CANTICLE OF MARY

Antiphon Are you the One whose coming *was* foretold, or should we look *for* another? Tell John *what* you see: the blind have their *sight* restored, — the dead are *raised* to life the poor have the good news preached to them, *al*-leluia.

MONDAY

Morning Prayer

CANTICLE OF ZECHARIAH

Antiphon From heaven he comes, the *Lord* and Ruler; in his hand are honor and roy-*al* authority.

Evening Prayer

CANTICLE OF MARY

Antiphon All generations will *call* me blessed: the Lord has looked with favor on his *low*-ly servant.

TUESDAY**Morning Prayer**

CANTICLE OF ZECHARIAH

Antiphon Arise, arise! Wake from your slum·*ber*, Jerusalem;
shake the chain from your neck, captive daugh·*ter* Sion.

Evening Prayer

CANTICLE OF MARY

Antiphon Before Mary and Joseph had come together, †
they learned that Mary *was* with child
by the power of the Holy Spirit, *al*-leluia.

WEDNESDAY**Morning Prayer**

CANTICLE OF ZECHARIAH

Antiphon Be comfor·*ted*, my people;
be comforted, says the *Lord* your God.

Evening Prayer

CANTICLE OF MARY

Antiphon You, O Lord, are the One whose coming *was* foretold;
we long for you to come and set your *peo*-ple free.

THURSDAY**Morning Prayer**

CANTICLE OF ZECHARIAH

Antiphon Arise, a·*rise*, Lord;
show us your pow·*er* and might.

Evening Prayer

CANTICLE OF MARY

Antiphon All you who *love* Jerusalem,
rejoice with *her* for ever.

FRIDAY

Morning Prayer

CANTICLE OF ZECHARIAH

Antiphon Guard what is good and cherish *what* is true,
for our salvation *is* at hand.

Evening Prayer

CANTICLE OF MARY

Antiphon This was the witness of *John* the Baptist:
The One who comes after me exist-*ed* before me.

FOURTH SUNDAY OF ADVENT

Evening Prayer I

Antiphon 1 He comes the desire of all *hu*-man hearts;
his dwelling place shall be resplendent with glory, *al*-leluia.

Antiphon 2 Come, Lord, do *not* delay;
free your people *from* their sinfulness.

Antiphon 3 The fullness of time has come upon *us* at last:
God sends his Son in-*to* the world.

Morning Prayer

Antiphon 1 Sound the trum-*pet* in Sion;
the day of the *Lord* is near;
he comes to save us, *al*-leluia.

Antiphon 2 The Lord is here; go out to *meet* him, saying:
Great his birth, eter-*nal* his kingdom:
Strong God, Ruler of all, Prince of Peace, *al*-leluia.

Antiphon 3 Your all-powerful Word, O *Lord* will come
to earth from his throne of glory, *al*-leluia.

Evening Prayer II

Antiphon 1 See how glori-*ous* he is,
coming forth as Savior *of* all peoples!

Antiphon 2 Crooked paths will be straightened †
and rough *ways* made smooth.
Come, O Lord, do not delay, *al-leluia*.

Antiphon 3 Ever wider will his *king*-dom spread,
eternally at peace, *al-leluia*.

DECEMBER 17

Morning Prayer

CANTICLE OF ZECHARIAH

Antiphon Believe me, the kingdom of God *is* at hand;
I tell you solemnly, your Savior will not de-*lay* his coming.

Evening Prayer

CANTICLE OF MARY

Antiphon O Wisdom, O holy *Word* of God,
you govern all creation with your strong yet *ten*-der care.
Come and show your people the way *to* salvation.

DECEMBER 18

Morning Prayer

CANTICLE OF ZECHARIAH

Antiphon Let everything within you *watch* and wait,
for the Lord our *God* draws near.

Evening Prayer

CANTICLE OF MARY

Antiphon O sacred Lord of an-*cient* Israel,
who showed yourself to Moses in the *burn*-ing bush,
who gave him the holy law on *Si*-nai mountain:
come, stretch out your mighty hand to *set* us free.

DECEMBER 19

Morning Prayer

CANTICLE OF ZECHARIAH

Antiphon Like the sun in the *mor*-ning sky,
the Savior of the *world* will dawn;
like rain *on* the meadows
he will descend to rest in the womb of the Virgin, *al*-leluia.

Evening Prayer

CANTICLE OF MARY

Antiphon O Flower of *Jes*-se's stem,
you have been raised up as a sign *for* all peoples;
kings stand silent in your presences; †
the nations bow down in wor-*ship* before you.
Come, let nothing keep you from coming *to* our aid.

DECEMBER 20

Morning Prayer

CANTICLE OF ZECHARIAH

Antiphon The angel Gabriel was sent to the *Vir*-gin Mary,
who was engaged to be mar-*ried* to Joseph.

Evening Prayer

CANTICLE OF MARY

Antiphon O Key of David, O royal Pow-*er* of Israel,
controlling at your will the *gate* of heaven:
come, break down the prison walls of death †
for those who dwell in darkness and the sha-*dow* of death;
and lead your captive people *in*-to freedom.

DECEMBER 21

Morning Prayer

CANTICLE OF ZECHARIAH

Antiphon There is no need to *be* afraid;
in five days our Lord will *come* to us.

Evening Prayer

CANTICLE OF MARY

Antiphon O Radiant Dawn, splendor of eternal light, *sun* of justice:
come shine on those who dwell in darkness and the sha-*dow*
of death.

DECEMBER 22

Morning Prayer

CANTICLE OF ZECHARIAH

Antiphon The moment that your greeting *reached* my ears,
the child within my womb *leapt* for joy.

Evening Prayer

CANTICLE OF MARY

Antiphon O King of *all* the nations,
the only joy of every *hu*-man heart;
O keystone of the mighty *arch* of man,
come and save the creature you fashioned *from* the dust.

DECEMBER 23

Morning Prayer

CANTICLE OF ZECHARIAH

Antiphon All that God promised to the virgin through the message *of*
the angel
has *been* accomplished.

Evening Prayer

CANTICLE OF MARY

Antiphon O Emmanuel, *king* and lawgiver,
desire *of* the nations,
Savior *of* all people,
come and set us free, *Lord* our God.

DECEMBER 24

Morning Prayer

Antiphon 1 Bethlehem in Judah's land, how glori-*ous* your future!
The king who will rule my people *comes* from you.

Antiphon 2 Lift up your *heads* and see;
your redemption is *now* at hand.

Antiphon 3 The day has *come* at last
when Mary will bring forth her *first*-born Son.

CANTICLE OF ZECHARIAH

Antiphon The time has *come* for Mary
to give birth to her *first*-born Son.

CHRISTMAS TIME

December 25 THE NATIVITY OF THE LORD (CHRISTMAS) SOLEMNITY

Evening Prayer I

PSALMODY



Antiphon 1 He comes in splendor, the King who *is* our peace;
The whole world *longs* to see him.

Psalm 113 (112)

Praise, O servants *of* the LORD,
praise the name *of* the LORD!
May the name of the *LORD* be blest
both now and for-*ev*-ermore! —
From the rising of the sun *to* its setting,
praised be the name *of* the LORD!

High above all nations *is* the LORD,
above the heav-*ens* his glory.
Who is like the *LORD*, our God,
who *dwells* on high, —
who lowers himself *to* look down,
upon heav-*en* and earth?

From the dust he lifts *up* the lowly,
from the ash heap he rais-*es* the poor,
to set them in the compa-*ny* of princes,
yes, with the princes *of* his people. —
To the childless wife he *gives* a home
as a joyful moth-*er* of children. ♦

Antiphon 1 He comes in splendor, the King who *is* our peace;
The whole world *longs* to see him.

The Nativity of the Lord (Christmas)



Antiphon 2 He sends forth his word *to* the earth,
and his command spreads swiftly *through* the land.

Psalm 147: 12–20 (147)

O Jerusalem, glori-*fy* the LORD!
O Sion, *praise* your God!
He has strengthened the bars *of* your gates;
he has blessed your chil-*dren* within you. —
He established peace *on* your borders;
he gives you your fill of *fin*-est wheat.

He sends out his word *to* the earth,
and swiftly runs *his* command.
He showers down *snow* like wool,
he scatters hoar-*frost* like ashes.

He hurls down hail-*stones* like crumbs;
before such cold, *who* can stand?
He sends forth his word *and* it melts them:
at the blowing of his breath the *wa*-ters flow.

He reveals his *word* to Jacob,
to Israel, his de-*crees* and judgments.
He has not dealt thus with *oth*-er nations;
he has not taught *them* his judgments. ♦

Antiphon 2 He sends forth his word *to* the earth,
and his command spreads swiftly *through* the land.



Antiphon 3 The e-*ter*-nal Word
born of the Father before *time* began,
today emptied himself *for* our sake
and be-*came* man.

Canticle

Philippians 2: 6–11

Though he was in the *form* of God,
 Jesus did not deem equali-*ty* with God
 something *to* be grasped at.

Rather, he emp-*ti*ed himself
 and took the form *of* a slave,
 being born in the like-*ness* of men.

He was known to be of hu-*man* estate,
 and it was thus that he hum-*bled* himself,
 obediently accepting *e*-ven death,
 death *on* a cross!

Be-*cause* of this,
 God highly ex-*al*-ted him
 and bestowed on *him* the name
 above every *o*-ther name,

So that at *Je*-sus' name
 every *knee* must bend
 in the heavens, *on* the earth,
 and un-*der* the earth,

and every *tongue* proclaim
 to the glory of *God* the Father:
 JESUS *CHRIST* IS LORD! ♦

Antiphon 3 The e-*ter*-nal Word
 born of the Father before *time* began,
 today emptied himself *for* our sake
 and be-*came* man.

CANTICLE OF MARY

Antiphon When the sun rises in the *morn*-ing sky,
 you will see the *King* of kings
 coming forth *from* the Father
 like a radiant bridegroom from the *bri*-dal chamber.

Morning Prayer

PSALMODY

Psalms and canticle from Sunday, Week I, p. 170.

The LORD has sworn an oath he *will* not change:
 “You are a *priest* forever,
 in the line *of* Melchizedek.”

The LORD, standing *at* your right,
 shatters kings in the day *of* his wrath.
 He shall drink from the stream *by* the wayside
 and therefore he shall lift *up* his head. ♦

Antiphon 1 You have been endowed from your birth with *prince*-ly gifts;
 in eternal splendor, before the dawn of *light* on earth,
 I *have* begotten you.



Antiphon 2 With the Lord is un:*fail*-ing love;
 great is his po-*wer* to save.

Psalm 130 (129)

Out of the depths I cry to *you*, O LORD;
 LORD, *hear* my voice!
 O let your ears *be* attentive
 to the sound *of* my pleadings.

If you, O LORD, should *mark* iniquities,
 LORD, *who* could stand?
 But with you is *found* forgiveness,
 that you may *be* revered.

I long for *you*, O LORD,
 my soul longs *for* his word.
 My soul hopes *in* the LORD
 more than watch-*men* for daybreak.

More than watch-*men* for daybreak,
 let Israel hope *for* the LORD.
 For with the LORD *there* is mercy,
 in him is plenti-*ful* redemption. —
 It is he who will re-*deem* Israel
 from all *its* iniquities. ♦

Antiphon 2 With the Lord is un:*fail*-ing love;
 great is his po-*wer* to save.

The Nativity of the Lord (Christmas)



Antiphon 3 In the beginning, before *time* began,
the ***Word*** was;
today ***he*** is born,
the Savior ***of*** the world.

Canticle**Colossians 1: 12–20**

Let us give thanks to the Father †
for having ***made*** you worthy
to share the lot of the ***saints*** in light.

He rescued us from the pow-***er*** of darkness
and brought us into the kingdom of his be-***lov***-ed Son.
Through him we ***have*** redemption,
the forgiveness ***of*** our sins.

He is the image of the invis-***i***-ble God,
the first-born ***of*** all creatures.
In him everything in heaven and on earth ***was*** created,
things visible ***and*** invisible.

All were creat-***ed*** through him;
all were creat-***ed*** for him.
He is before all ***else*** that is.
In him everything contin-***ues*** in being.

It is he who is head of the bod-***y***, the church!
he who is ***the*** beginning,
the first-born ***of*** the dead,
so that primacy may be his in ***eve***-rything.

It pleased God to make absolute fullness re-***side*** in him
and, by means of him, to reconcile everything ***in*** his person,
both on earth and ***in*** the heavens,
making peace through the blood ***of*** his cross. ♦

Antiphon 3 In the beginning, before *time* began,
the ***Word*** was;
today ***he*** is born,
the Savior ***of*** the world.

CANTICLE OF MARY

Antiphon Christ the Lord is *born* today;
 today, the Savior *has* appeared.
 Earth echoes songs of *an*-gel choirs,
 archangels' *joy*-ful praise. —
 Today on earth his *friends* exult:
 Glory to God *in* the highest, *al*-leluia.

The Sunday within the Octave of the Nativity of the Lord (Christmas)
THE HOLY FAMILY OF JESUS, MARY, AND JOSEPH

FEAST

When Christmas occurs on Sunday, the feast of the Holy Family is celebrated on December 30 and there is no Evening Prayer I.

Evening Prayer I

PSALMODY

Psalms and canticle from the common of the Blessed Virgin Mary, p. 560.

Antiphon 1 Jacob was the fa-*ther* of Joseph,
 the hus-*band* of Mary
 Mary gave *birth* to Jesus
 who is *called* the Christ.

Antiphon 2 Joseph, *son* of David,
 do not be afraid to take Mary *as* your wife;
 the child in her womb is conceived by the *Ho*-ly Spirit.

Antiphon 3 The shepherds *went* in haste
 and found Mar-*y* and Joseph,
 with the child cradled *in* a manger.

CANTICLE OF MARY

Antiphon The child Jesus remained *in* Jerusalem,
 and his parents *did* not know it.
 They thought he was in the *group* of travelers
 and looked for him among their rela-*tives* and friends.

Morning Prayer

PSALMODY

Psalms and canticle from Sunday, Week I, p. 170.

The Holy Family of Jesus, Mary, and Joseph

Antiphon 1 The parents of Jesus went each year *to* Jerusalem for the solemn *feast* of Passover.

Antiphon 2 The child grew in wis-*dom* and strength, and the favor of God *was* upon him.

Antiphon 3 His father and mother were *full* of wonder at what was said a-*bout* their child.

CANTICLE OF ZECHARIAH

Antiphon Lord, give us light through the example *of* your family and guide our feet into the *way* of peace.

Evening Prayer II

PSALMODY

Psalms and canticle from the common of the Blessed Virgin Mary, p. 563.

Antiphon 1 After three days, Jesus was found *in* the temple, seated in the midst *of* the doctors, listening to them and ask-*ing* them questions.

Antiphon 2 Jesus returned with Mary and Jo-*seph* to Nazareth; there he lived and was obedi-*ent* to them.

Antiphon 3 Jesus grew in wisdom *with* the years and was pleasing to *God* and men.

CANTICLE OF MARY

Antiphon Son, why have you done *this* to us?
Think what anguish your father and I have endured look-*ing*
for you.
But why did you *look* for me?
Did you not know that I had to be in my *Fa*-ther's house?

The Octave of the Nativity of the Lord (Christmas)

DECEMBER 26

At Morning Prayer, everything is taken from the feast of Saint Stephen, First Martyr, p. 542.

Evening Prayer

Psalms and canticle from The Nativity of the Lord (Christmas), Evening Prayer II, p. 20.

CANTICLE OF MARY

Antiphon While earth was *rapt* in silence
 and night only half *through* its course,
 your almighty *Word*, O Lord,
 came down from his royal throne, *al-leluia*.

DECEMBER 27

At Morning Prayer, everything is taken from the feast of Saint John, Apostle and Evangelist, p. 543.

Evening Prayer

Psalms and canticle from The Nativity of the Lord (Christmas), Evening Prayer II, p. 20.

CANTICLE OF MARY

Antiphon Virgin Mary, all that the prophets fore-*told* of Christ
 has been ful-*filled* through you:
 as a virgin, *you* conceived,
 and after you gave birth, a virgin *you* remained.

DECEMBER 28

At Morning Prayer, everything is taken from the feast of the Holy Innocents, p. 544.

Evening Prayer

Psalms and canticle from The Nativity of the Lord (Christmas), Evening Prayer II, p. 20.

CANTICLE OF MARY

Antiphon The holy Virgin gave *birth* to God
 who be-*came* for us,
 the frail, tender baby she nursed *at* her breast.
 Let us worship the Lord who *comes* to save us,

December 29

FIFTH DAY WITHIN THE OCTAVE OF THE NATIVITY OF THE LORD (CHRISTMAS)**Morning Prayer**

Psalms and canticle from The Nativity of the Lord (Christmas), Morning Prayer, p. 19.

CANTICLE OF ZECHARIAH

Antiphon The shepherds said to *one* another:
let us make our *way* to Bethlehem
and see *for* ourselves
this thing which the Lord has re-*vealed* to us.

Evening Prayer

Psalms and canticle from The Nativity of the Lord (Christmas), Evening Prayer II, p. 20.

CANTICLE OF MARY

Antiphon The King of heaven humbled himself to be born *of* a virgin,
that he might restore to man the kingdom *he* had lost.

December 30

**SIXTH DAY WITHIN THE OCTAVE OF THE NATIVITY OF THE
LORD (CHRISTMAS)**

When there is no Sunday within the Octave of Christmas, the feast of the Holy Family, p. 23, is celebrated today. Evening Prayer I is omitted.

Morning Prayer

Psalms and canticle from The Nativity of the Lord (Christmas), Morning Prayer, p. 19.

CANTICLE OF ZECHARIAH

Antiphon At the Lord's birth the choir of *an*-gels sang:
Blessed be our God en-*throned* as King
and blessed *be* the Lamb.

Evening Prayer

Psalms and canticle from The Nativity of the Lord (Christmas), Evening Prayer II, p. 20.

CANTICLE OF MARY

Antiphon We sing your praises, holy Moth-*er* of God:
you gave birth to our Savior, *Je*-sus Christ;
watch over all who *hon*-or you.

December 31

SEVENTH DAY WITHIN THE OCTAVE OF THE NATIVITY OF THE LORD (CHRISTMAS)

Morning Prayer

Psalms and canticle from The Nativity of the Lord (Christmas), Morning Prayer, p. 19.

CANTICLE OF ZECHARIAH

Antiphon Suddenly there was with the angel †
a great company of the heav-*en*-ly hosts,
praising **God** and singing:
Glory to God *in* the highest
and peace to his people on earth, *al*leluia

January 1

The Octave Day of the Nativity of the Lord (Christmas)
SOLEMNITY OF MARY, THE HOLY MOTHER OF GOD
SOLEMNITY

Evening Prayer I

PSALMODY

Psalms and canticle from the common of the Blessed Virgin Mary, p. 560.

Antiphon 1 O marvelous exchange! †
Man's Creator has *be*-come man,
born *of* a virgin.
We have been made sharers in the divini-*ty* of Christ
who humbled himself to share in *our* humanity.

Antiphon 2 By your miraculous birth of the Virgin †
you have ful-*filled* the Scriptures:
like a gentle rain falling up-*on* the earth
you have come down to *save* your people.
O **God**, we praise you.

Antiphon 3 Your blessed and fruit-*ful* virginity
is like the bush, flaming *yet* unburned,
which Moses *saw* on Sinai.
Pray for us, *Moth*-er of God.

CANTICLE OF MARY

Antiphon In his great love for us, God *sent* his Son
in the likeness of our *sin*-ful nature,
born of a woman and subject to the law, *al*-leluia.

Morning Prayer

PSALMODY

Psalms and canticle from Sunday, Week I, p. 170.

Antiphon 1 The Virgin has given birth *to* the Savior:
a flower has sprung from *Jes-se*'s stock
and a star has ris-*en* from Jacob.
O *God*, we praise you.

Antiphon 2 Mary has given birth *to* our Savior.
John the Baptist saw him *and* cried out:
This is the *Lamb* of God,
who takes away the sins of the world, *al*-leluia.

Antiphon 3 Mary has given birth *to* a King,
whose name is *ev*-erlasting;
hers the *joy* of motherhood,
hers the *vir*-gin's glory. —
Never was the like *seen* before,
never shall it be seen again, *al*-leluia.

CANTICLE OF ZECHARIAH

Antiphon Marvelous is the mystery pro-*claimed* today:
man's nature is made new as God *be*-comes man;
he remains what he was and becomes what *he* was not.
Yet each nature stays distinct and for ever *un*-divided.

Evening Prayer II

PSALMODY

Psalms and canticle from Evening Prayer I, p. 27.

CANTICLE OF MARY

Antiphon Blessed is the womb which bore *you*, O Christ,
and the *breast* that nursed you,
Lord and Savior of the world, *al*-leluia.

Weekdays of Christmas Time from January 2 to Epiphany

MONDAY

Morning Prayer

CANTICLE OF ZECHARIAH

Antiphon Helpless, he lay *in* a manger;
glorious, he shone *in* the heavens.
Humbled, he lived *a-mong* men;
eternal, he dwelt *with* the Father.

Evening Prayer

CANTICLE OF MARY

Antiphon O ra-*di*-ant child!
You brought healing to *hu*-man life
as you came forth from the womb of Mar-*y*, your mother,
like the bridegroom from his *mar*-riage chamber.

TUESDAY

Morning Prayer

CANTICLE OF ZECHARIAH

Antiphon The word *was* made man;
full of grace and truth, he *lived* among us.
From his fullness we all *have* received
gift upon gift of his love, *al*-leluia.

Evening Prayer

CANTICLE OF MARY

Antiphon Let us dance with delight *in* the Lord
and let our hearts be filled *with* rejoicing,
for eternal salvation has appeared on the earth, *al*-leluia.

WEDNESDAY**Morning Prayer**

CANTICLE OF ZECHARIAH

Antiphon Christ our God, in whom the fullness of the *God*-head dwells,
took upon himself our *wound*-ed nature
and became the first new man, *al*-leluia.

Evening Prayer

CANTICLE OF MARY

Antiphon I have come forth from God in-*to* the world;
I have not come of myself, but the *Fa*-ther sent me.

THURSDAY**Morning Prayer**

CANTICLE OF ZECHARIAH

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

Evening Prayer

CANTICLE OF MARY

Antiphon We have found Jesus of Nazareth, the *son* of Joseph.
He is the one of whom Moses and the *proph*-ets wrote.

FRIDAY**Morning Prayer**

CANTICLE OF ZECHARIAH

Antiphon He came through *blood* and water,
Jesus *Christ* our Lord.

Evening Prayer

CANTICLE OF MARY

Antiphon From heaven the Father's *voice* proclaimed:
You are my Son, my beloved, †
in whom I *take* delight.

SATURDAY

Morning Prayer

CANTICLE OF ZECHARIAH

Antiphon He is the one of whom it *has* been written:
Christ is *born* in Israel;
his kingdom will *last* for ever.

Sunday between January 2 and January 8

THE EPIPHANY OF THE LORD

Evening Prayer I

PSALMODY



Antiphon 1 Begotten of the Father before the daystar shone or *time*
began,
the Lord our Savior has appeared on *earth* today.

Psalm 135 (134)

I

Praise the name *of* the LORD;
praise him, servants *of* the LORD,
who stand in the house *of* the LORD,
in the courts of the house *of* our God.

Praise the LORD, for the *LORD* is good.
Sing a psalm to his name, for this is *our* delight.
For the LORD has chosen Jacob *for* himself,
and Israel as his treas-*ured* possession.

For I know the *LORD* is great,
that our LORD is high a-*bove* all gods.
The LORD does whatever he wills, †
in heaven, *and* on earth,
in the seas, and in *all* the depths.

The Epiphany of the Lord

He summons clouds from the ends *of* the earth,
 makes lighting pro-*duce* the rain;
 from his treasures he sends *forth* the wind.

The firstborn of the Egypt-*ians* he smote,
 of man and *beast* alike.
 He sent signs and wonders in your *midst*, O Egypt,
 against Pharaoh and *all* his servants. —
 Nations in great num-*bers* he struck,
 and kings in their *might* he slew.

Sihon, king of the Amorites, †
 Og, the *king* of Bashan,
 and all the king-*doms* of Canaan.
 Their land he gave *as* a heritage,
 a heritage to Isra-*el*, his people. ◆

Antiphon 1 Begotten of the Father before the daystar shone or *time*
 began,
 the Lord our Savior has appeared on *earth* today.



Antiphon 2 Great is the *Lord*, our God,
 transcending all *oth*-er gods.

II

LORD, your name *stands* for ever,
 your renown, LORD, from *age* to age.
 For the LORD does justice *for* his people
 and takes pity *on* his servants.

Pagan idols are sil-*ver* and gold,
 the work of *hu*-man hands.
 They have mouths but they *do* not speak;
 they have eyes but they *do* not see.

They have ears but they *do* not hear;
 there is never a breath *on* their lips.
 Their makers will come to *be* like them,
 and so will all who *trust* in them!

House of Israel, *ble*ss the LORD!
 House of Aaron, *ble*ss the LORD!
 House of Levi, *ble*ss the LORD!
 You who fear the LORD, *ble*ss the LORD! —
 From Sion may the *Lord* be blest,
 he who dwells *in* Jerusalem! ♦

Antiphon 2 Great is the *Lord*, our God,
 transcending all *oth*-er gods.



Antiphon 3 The star burned *like* a flame,
 pointing the way to God, the *King* of kings;
 the wise men *saw* the sign
 and brought their gifts in homage to *their* great King.

When Evening Prayer is sung, the refrain Praise the Lord, all you nations is omitted. When the office is recited, the refrain may be said at the end of each strophe.

Canticle

See 1 Timothy 3: 16

R. Praise the Lord, all you nations.

Christ manifested *in* the flesh,
 Christ justified *in* the Spirit.

R. Praise the Lord, all you nations.

Christ contemplated *by* the angels,
 Christ proclaimed *by* the pagans.

R. Praise the Lord, all you nations.

Christ believed in through-*out* the world,
 Christ exalt-*ed* in glory.

R. Praise the Lord, all you nations. ♦

Antiphon 3 The star burned *like* a flame,
 pointing the way to God, the *King* of kings;
 the wise men *saw* the sign
 and brought their gifts in homage to *their* great King.

CANTICLE OF MARY

Antiphon Seeing the star, the *wise* men said:
This must signify the birth of *some* great king.
Let us search for him and lay our treasures *at* his feet:
gold, frankin-*cense* and myrrh.

Morning Prayer

PSALMODY

Psalms and canticle from Sunday, Week I, p. 170.

Antiphon 1 The wise men opened their treasures and offered *to* the Lord gifts of gold, frankincense and myrrh, *al-leluia*.

Antiphon 2 Mighty seas and rivers, *ble*ss the Lord;
springs of water, sing his praises, *al-leluia*.

Antiphon 3 Jerusalem, your *light* has come;
the glory of the Lord *dawns* upon you.
Men of every *race* shall walk
in the splendor of your sunrise, *al-leluia*.

CANTICLE OF ZECHARIAH

Antiphon Today the Bridegroom claims his *bride*, the Church,
since Christ has washed her sins away in *Jor-dan's* waters;
the Magi hasten with their gifts to the *roy-al* wedding;
and the wedding guests rejoice, †
for Christ has changed water into wine, *al-leluia*.

Evening Prayer II

PSALMODY



Antiphon 1 He comes in splendor, the King who *is* our peace;
he is supreme over all the kings *of* the earth.

Psalm 110 (109): 1–5, 7

The LORD's revelation *to* my lord:
 “Sit at *my* right hand,
 until I make your *foes* your footstool.”

The LORD will *send* from Sion
 your scep-*ter* of power:
 rule in the midst *of* your foes.

With you is *prince*-ly rule
 on the day *of* your power.
 In holy splendor, from the womb be-*fore* the dawn,
 I *have* begotten you.

The LORD has sworn an oath he *will* not change:
 “You are a *priest* forever,
 in the line *of* Melchizedek.”

The LORD, standing *at* your right,
 shatters kings in the day *of* his wrath.
 He shall drink from the stream *by* the wayside
 and therefore he shall lift *up* his head. ♦

Antiphon 1 He comes in splendor, the King who *is* our peace;
 he is supreme over all the kings *of* the earth.



Antiphon 2 A light has shone through the darkness for the up-*right* of
 heart;
 the Lord is gracious, merci-*ful* and just.

Psalm 112 (111)

Blessed the man who *fears* the LORD,
 who takes great delight in *his* commandments.
 His descendants shall be power-*ful* on earth;
 the generation of the upright *will* be blest.

Riches and wealth are *in* his house;
 his justice stands *firm* forever.
 A light rises in the darkness *for* the upright;
 he is generous, merci-*ful*, and just.

The Epiphany of the Lord

It goes well for the man who deals generous-**ly** and lends,
 who conducts his af-**fairs** with justice.
 He will nev-**er** be moved;
 forever shall the just **be** remembered.

He has no fear of **e**-vil news;
 with a firm heart he trusts **in** the LORD.
 With a steadfast heart he **will** not fear;
 he will see the downfall **of** his foes.

Open-handed, he gives **to** the poor;
 his justice stands **firm** forever.
 His might shall be ex-**alt**-ed in glory.

The wicked sees **and** is angry,
 grinds his teeth and **fades** away;
 the desire of the wicked **leads** to doom. ♦

Antiphon 2 A light has shone through the darkness for the up-**right** of
 heart;
 the Lord is gracious, merci-**ful** and just.



Antiphon 3 All the people, whom **you** have made,
 will come and worship be-**fore** you, Lord.

Canticle**Revelation 15: 3–4**

Mighty and wonderful **are** your works,
 Lord **God** Almighty!
 Righteous and true **are** your ways,
 O King **of** the nations!

Who would dare re-**fuse** you honor,
 or the glory due your **name**, O Lord?

Since you a-**lone** are holy,
 all na-**tions** shall come
 and worship **in** your presence.
 Your mighty deeds are **clear**-ly seen. ♦

Antiphon 3 All the people, whom **you** have made,
 will come and worship be-**fore** you, Lord.

CANTICLE OF MARY

Antiphon Three mysteries mark this *ho*-ly day:
 today the star leads the Magi to the *in*-fant Christ;
 today water is changed into wine for the *wed*-ding feast;
 today Christ will to be baptized by John in the river Jordan †
 to bring *us* salvation.

Weekdays of Christmas Time from Epiphany to the Saturday before the Feast
 of the Baptism of the Lord

MONDAY

Morning Prayer

CANTICLE OF ZECHARIAH

Antiphon The wise men came from the East to adore the *Lord* in
 Bethlehem.
 Opening their treasures, they offered him three *pre*-cious
 gifts:
 gold for the great King, †
 frankincense for the *true* God,
 and myrrh for his burial, *al*-leluia.

Evening Prayer

CANTICLE OF MARY

Antiphon When they *saw* the star
 the Magi were filled *with* great joy;
 entering the house, they offered their gifts *to* the Lord:
 gold, frankin-*cense* and myrrh.

TUESDAY

Morning Prayer

CANTICLE OF ZECHARIAH

Antiphon The wise men offered gifts †
 of gold, frankincense and myrrh *to* the Lord,
 the Son of God and King most high, *al*-leluia

Evening Prayer

CANTICLE OF MARY

Antiphon Christ, you are *Light* from Light;
when you appeared *on* the earth,
the wise men offered their gifts to you, *al·leluia*.

WEDNESDAY

Morning Prayer

CANTICLE OF ZECHARIAH

Antiphon We have seen his star *in* the East
and have come with gifts to wor·*ship* the Lord.

Evening Prayer

CANTICLE OF MARY

Antiphon Herod questioned the Magi: †
What is this sign of *which* you speak,
this sign of a *new*-born king?
We saw a brilliant star *in* the heavens;
its splendor *filled* the world.

THURSDAY

Morning Prayer

CANTICLE OF ZECHARIAH

Antiphon All peoples, *bear*-ing gifts,
will come from afar, *al·leluia*.

Evening Prayer

CANTICLE OF MARY

Antiphon The people of Sa·*ba* shall come
brining gold, frankincense and myrrh, *al·leluia*.

FRIDAY

Morning Prayer

CANTICLE OF ZECHARIAH

Antiphon All who once reviled you will come *and* bow down
in worship before your *ver-y* footprints.

Evening Prayer

CANTICLE OF MARY

Antiphon An angel warned the wise men *in* a dream
to return to their own country by a *dif-ferent* route.

SATURDAY

Morning Prayer

CANTICLE OF ZECHARIAH

Antiphon At Cana in Galilee Jesus worked the first *of* the signs
which re-*vealed* his glory.

The Sunday after the Epiphany of the Lord

THE BAPTISM OF THE LORD

FEAST

Evening Prayer I

PSALMODY

Psalms and canticle from The Epiphany of the Lord, Evening Prayer I, p. 31.

Antiphon 1 John was *in* the wilderness
baptizing and proclaiming a baptism *of* penance
for the forgive-*ness* of sins.

Antiphon 2 I baptize you with water,
but the one *who* is coming
will baptize with the Holy Spirit *and* with fire

Antiphon 3 As soon as Jesus *was* baptized
he came out *of* the water,
and the heavens o-*pened* before him.

CANTICLE OF MARY

Antiphon Our Savior came *to* be baptized,
 so that through the cleansing wa-*ters* of baptism
 he might restore the old man *to* new life,
 heal our sinful nature, †
 and clothe us with un-*fail*-ing holiness.

Morning Prayer

PSALMODY

Psalms and canticle from Sunday, Week I, p. 170.

Antiphon 1 The soldier bap-*tiz*-es his King,
 the servant Lord, *John* his savior;
 the waters of the *Jo*-rdan tremble,
 a dove hovers as a *sign* of witness, —
 and the voice of the *Fa*-ther is heard:
 This *is* my Son.

Antiphon 2 Springs of water *were* made holy
 as Christ revealed his glory *to* the world.
 Draw water from from the fountain *of* the Savior,
 for Christ our God has hallowed *all* creation.

Antiphon 3 You burned away man's guilt by fire and the *Ho*-ly Spirit.
 We give praise to you, our God *and* Redeemer.

CANTICLE OF ZECHARIAH

Antiphon Christ is baptized, the world *is* made holy;
 he has taken a-*way* our sins.
 We shall be purified by water and the *Ho*-ly Spirit.

Evening Prayer II

PSALMODY

Psalms and canticle from The Epiphany of the Lord, Evening Prayer II, p. 34.

Antiphon 1 The Father's voice resounded *from* the heavens:
 This is my Son in *whom* I delight,
 listen to what he *says* to you.

Antiphon 2 In the Jordan river our Savior crushed the *ser*-pent's head
 and wrested us free *from* his grasp.

Antiphon 3 A wondrous mystery is declared to *us* today:
the Creator of the universe has washed a-*way* our sins
in the waters *of* the Jordan.

CANTICLE OF MARY

Antiphon Christ *Je*-sus loved us,
poured out his blood to wash a-*way* our sins,
and made us a kingdom and priests for *God* our Father.
To him be glory and hon-*or* for ever.

LENT
ASH WEDNESDAY

Morning Prayer

Psalms and canticle, with their antiphons, may be taken from Friday, Week III, p. 311.

CANTICLE OF ZECHARIAH

Antiphon When you fast, do not put on a *gloom*-y face,
like the hypocrites.

Evening Prayer

CANTICLE OF MARY

Antiphon When *you* give alms,
do not let your left hand know what your right *hand* is
doing.

THURSDAY AFTER ASH WEDNESDAY

Morning Prayer

CANTICLE OF ZECHARIAH

Antiphon If anyone wishes to be *my* disciple,
he must deny himself, take up his cross, and follow me, *says*
the Lord.

Evening Prayer

CANTICLE OF MARY

Antiphon Whoever gives up his life for my sake *in* this world
will find it again for ever in the next, *says* the Lord.

FRIDAY AFTER ASH WEDNESDAY

Morning Prayer

CANTICLE OF ZECHARIAH

Antiphon When you meet those who are in *need* of clothing,
do not turn away from them, for they *are* your brothers.
Then your light shall break forth *like* the dawn,
and your good deeds shall *go* before you.

Evening Prayer

CANTICLE OF MARY

Antiphon When the bridegroom is taken a *way* from them,
then will be the time for the wedding *guests* to fast.

SATURDAY AFTER ASH WEDNESDAY

Morning Prayer

CANTICLE OF ZECHARIAH

Antiphon Store up for yourselves treas-*ures* in heaven
where neither rust nor moth *can* destroy.

FIRST SUNDAY OF LENT

Evening Prayer I

Antiphon 1 Lord God, we ask you *to* receive us
and be pleased with the sacrifice we offer *you* this day
with humble and *con*-trite hearts.

Antiphon 2 Call upon the Lord and *he* will hear you;
cry out and he will answer: *Here* I am.

Antiphon 3 Christ died for our sins, the innocent *for* the guilty
to bring us *back* to God.
In the body he was *put* to death,
but in the spirit he was *raised* to life.

CANTICLE OF MARY

Antiphon Man cannot live on *bread* alone
but by every word that comes from the *mouth* of God.

Morning Prayer

Antiphon 1 I will praise you all my *life*, O Lord;
in your name I will lift *up* my hands.

Antiphon 2 Sing a hymn of praise *to* our God;
praise him above *all* for ever.

Antiphon 3 The Lord delights *in* his people;
he honors the hum-*ble* with victory.

CANTICLE OF ZECHARIAH

Antiphon Jesus was led by the Spirit in *to* the desert to be tempted *by* the devil; and when he had fasted for *for*-ty days and forty nights, *he* was hungry.

Evening Prayer II

Antiphon 1 Worship your *Lord* and God; serve *him* alone.

Antiphon 2 This is the time when you can *win* God's favor; the day when you *can* be saved.

Antiphon 3 Now we must go up *to* Jerusalem where all that has been written about the *Son* of Man will *be* fulfilled.

CANTICLE OF MARY

Antiphon Watch over us, e-*ter*-nal Savior; do not let the cunning *tempt*-er seize us. We place all our trust in your un-*fail*-ing help.

MONDAY

Morning Prayer

CANTICLE OF ZECHARIAH

Antiphon You have been blessed *by* my Father; come and receive the kingdom pre-*pared* for you from the foundation *of* the world.

Evening Prayer

CANTICLE OF MARY

Antiphon Whatever you do for the least *of* my brothers, you *do* for me.

TUESDAY**Morning Prayer**

CANTICLE OF ZECHARIAH

Antiphon Lord, teach *us* to pray
as John taught *his* disciples.

Evening Prayer

CANTICLE OF MARY

Antiphon When you *wish* to pray,
go to your room, shut the door, and pray to your Fa-*ther* in
secret.

WEDNESDAY**Morning Prayer**

CANTICLE OF ZECHARIAH

Antiphon This evil and faithless generation asks *for* a sign,
but no sign will be given it except the sign of the *prophet*
Jonah.

Evening Prayer

CANTICLE OF MARY

Antiphon As Jonah was three days and three nights in the belly *of* the
whale,
so will the Son of Man spend three days and three nights in
the heart *of* the earth.

THURSDAY**Morning Prayer**

CANTICLE OF ZECHARIAH

Antiphon If you, evil as your are, know how to give your children
what is good,
how much more will your Father in heaven pour his gifts on
all who *pray* to him.

Evening Prayer

CANTICLE OF MARY

Antiphon Ask and you shall receive, seek and *you* shall find,
knock and the door shall be o-*pened* to you.

FRIDAY

Morning Prayer

CANTICLE OF ZECHARIAH

Antiphon If your virtue does not surpass that of the *scribes* and
Pharisees,
you will never enter the king-*dom* of heaven.

Evening Prayer

CANTICLE OF MARY

Antiphon If you are bringing your gift *to* the altar,
and there you remember that your brother has *some*-thing
against you,
leave your gift in front *of* the altar;
go at once and make peace with your brother, and then come
back and of-*fer* your gift.

SATURDAY

Morning Prayer

CANTICLE OF ZECHARIAH

Antiphon If you want to be true children of your heav-*en*-ly Father,
then you must pray for those who *per*-secute you
and speak all kinds of evil against you, *says* the Lord.

SECOND SUNDAY OF LENT

Evening Prayer I

Antiphon 1 Jesus took Peter, James and his *broth*-er John
and led them up *a* high mountain.
There he was transfig-*ured* before them.

Antiphon 2 His face was radiant *as* the sun,
and his clothing *white* as snow.

Antiphon 3 Moses and Elijah were speaking to him *of* the death he would endure *in* Jerusalem

CANTICLE OF MARY

Antiphon A voice spoke *from* the cloud:
this is my beloved Son in whom I *am* well pleased;
lis-*ten* to him

Morning Prayer

Antiphon 1 The right hand of the Lord has *shown* its power;
the right hand of the Lord has *raised* me up.

Antiphon 2 Let us sing the hymn of the *three* young men
which they sang in the *fier-y* furnace,
giving *praise* to God.

Antiphon 3 Praise *the* Lord
in his hea-*ven*-ly power.

CANTICLE OF ZECHARIAH

Antiphon Our Lord Jesus Christ a-*bol*-ished death,
and through the Gospel he revealed e-*ter*-nal life.

Evening Prayer II

Antiphon 1 In holy splendor the Lord *will* send forth
your mighty scep-*ter* from Sion.

Antiphon 2 We worship the *one* true God
who made heav-*en* and earth.

Antiphon 3 God did not spare *his* own Son
but gave him up *for* us all.

CANTICLE OF MARY

Antiphon Tell no one about the vision *you* have seen
until the Son of Man has risen *from* the dead.

MONDAY**Morning Prayer**

CANTICLE OF ZECHARIAH

Antiphon Be compassionate *and* forgiving
as your Father is, *says* the Lord.

Evening Prayer

CANTICLE OF MARY

Antiphon Do not judge others, and you will *not* be judged,
for as you have judged them, so God *will* judge you.

TUESDAY**Morning Prayer**

CANTICLE OF ZECHARIAH

Antiphon You have one teacher, and he *is* in heaven:
Christ your Lord.

Evening Prayer

CANTICLE OF MARY

Antiphon You are all brothers, sons of one Father who *is* in heaven.
Do not call anyone on *earth* your father.
Nor must any of you be *called* a teacher,
for your only teach-*er* is Christ.

WEDNESDAY**Morning Prayer**

CANTICLE OF ZECHARIAH

Antiphon The Son of Man did not come to be served *but* to serve,
and to give his life as a ran-*som* for many.

Evening Prayer

CANTICLE OF MARY

Antiphon The Son of Man will be handed over *to* the Gentiles
to be mocked, *scourged* and crucified.
and on the third day he will *rise* again.

THURSDAY**Morning Prayer**

CANTICLE OF ZECHARIAH

Antiphon Son, remember the good things you received *in* your lifetime and the bad things Lazarus re-*ceived* in his.

Evening Prayer

CANTICLE OF MARY

Antiphon The rich man, who had refused Lazarus a *crust* of bread, pleaded for a *drop* of water.

FRIDAY**Morning Prayer**

CANTICLE OF ZECHARIAH

Antiphon He will bring those evil men to an *e*-vil end and entrust his vineyard to *oth*-er tenants who will give him the harvest at the *prop*-er season.

Evening Prayer

CANTICLE OF MARY

Antiphon They would have ar-*rest*-ed Jesus but they feared the people who regarded him *as* a prophet.

SATURDAY**Morning Prayer**

CANTICLE OF ZECHARIAH

Antiphon Father, I have sinned against heaven and *a*-gainst you; I no longer deserve to be *called* your son; treat me as one *of* your servants.

THIRD SUNDAY OF LENT**Evening Prayer I**

Antiphon 1 The Lord says: Turn a-*way* from sin and open your hearts *to* the Gospel.

Antiphon 2 I will offer a sacri**·***fice* of praise
and call upon the name *of* the Lord.

Antiphon 3 No one takes my life a-*way* from me;
I lay it down freely and I shall take it *up* again.

CANTICLE OF MARY

Antiphon Now that we have been justi**·***fied* by faith,
let us be at peace with God through our Lord *Je*-sus Christ.

Morning Prayer

Antiphon 1 Your decrees, O Lord, are *to* be trusted;
your truth is more powerful than the roaring *of* the seas.

Antiphon 2 Springs of water, *ble*ss the Lord;
praise and exalt him above *all* for ever.

Antiphon 3 All kings and peoples *of* the earth,
give *praise* to God.

CANTICLE OF ZECHARIAH

Antiphon Destroy this temple, *says* the Lord,
and in three days I *will* rebuild it.
He was speaking of the temple *of* his body.

Evening Prayer II

Antiphon 1 Lord, all powerful King, free us for the sake *of* your name.
Give us time to turn *from* our sins.

Antiphon 2 We have been redeemed by the precious *blood* of Christ,
the lamb *with*-out blemish.

Antiphon 3 Ours were the suffer-*ings* he bore;
ours the torments *he* endured.

CANTICLE OF MARY

Antiphon Whoever drinks the water that *I* shall give
will never be thirsty again, *says* the Lord.

MONDAY**Morning Prayer**

CANTICLE OF ZECHARIAH

Antiphon I tell *you* assuredly,
no prophet is accepted in *his* own country.

Evening Prayer

CANTICLE OF MARY

Antiphon Jesus walked *through* the crowd
and *went* away.

TUESDAY**Morning Prayer**

CANTICLE OF ZECHARIAH

Antiphon The Lord said: Peter, I do not tell you to forgive only *sev*-en
times,
but seven-*ty* times seven.

Evening Prayer

CANTICLE OF MARY

Antiphon This is how my heavenly Father will treat each *one* of you,
unless you forgive your brothers and sisters *from* your heart.

WEDNESDAY**Morning Prayer**

CANTICLE OF ZECHARIAH

Antiphon The Lord said: Do not think that I have come to abolish the
law *and* the prophets;
I have come not to abolish but *to* fulfill them.

Evening Prayer

CANTICLE OF MARY

Antiphon The one who obeys God's law and teaches oth-*ers* to do so
will be great in the king-*dom* of heaven.

THURSDAY**Morning Prayer**

CANTICLE OF ZECHARIAH

Antiphon If it is by the power of God that I cast out devils, *says* the Lord,
then the kingdom of God has come to *you* already.

Evening Prayer

CANTICLE OF MARY

Antiphon A woman in the crowd called out: How happy your moth-*er*
must be,
she bore you and fed you *at* her breast.
But Jesus answered: Happier still those who hear the word of
God and *live* by it.

FRIDAY**Morning Prayer**

CANTICLE OF ZECHARIAH

Antiphon Teacher, what is the greatest commandment *in* the law?
Jesus said to him: You shall love the Lord your God with
your whole heart.

Evening Prayer

CANTICLE OF MARY

Antiphon It is far more important to love your neighbor *as* yourself
than to *of*fer sacrifice.

SATURDAY**Morning Prayer**

CANTICLE OF ZECHARIAH

Antiphon The tax collector stood far away and would not even raise
his *eyes* to heaven.
He struck his breast and prayed: God, have mercy on *me*, a
sinner.

FOURTH SUNDAY OF LENT

Evening Prayer I

- Antiphon 1 Let us go *to* God's house
with rejoicing.
- Antiphon 2 Awake from your sleep, rise *from* the dead,
and Christ will *give* you light.
- Antiphon 3 So great was God's *love* for us
that when we were dead because *of* our sins,
he brought us to life *in* Christ Jesus.

CANTICLE OF MARY

- Antiphon God loved the world so much that he gave his *on*-ly Son
to save all who have faith in him and to give them e-*ter*-nal
life.

Morning Prayer

- Antiphon 1 O God, my God, I *give* you thanks;
you are my God, I shall pro-*claim* your glory.
- Antiphon 2 God of might, de-*liv*-er us;
free us from the power *of* the enemy.
- Antiphon 3 O *praise* God
for his *might*-y deeds.

CANTICLE OF ZECHARIAH

- Antiphon It was unheard of for anyone to open the eyes of a *man* born
blind
until the coming of Christ, the *Son* of God.

Evening Prayer II

- Antiphon 1 God has ap-*point*-ed Christ
to be judge of the living *and* the dead.
- Antiphon 2 Happy the man who shows mercy for the *Lord's* sake;
he will stand *firm* for ever.

Antiphon 3 Those things, which God foretold *through* his prophets concerning the sufferings that Christ *would* endure, have *been* fulfilled.

CANTICLE OF MARY

Antiphon My son, you have been with me all the time † and everything I *have* is yours.
But we had to feast *and* rejoice,
because your brother was dead and has come to *life* again;
he was lost to us and now *has* been found.

MONDAY

Morning Prayer

CANTICLE OF ZECHARIAH

Antiphon A royal official, hearing that Jesus had come to *Gal*-ilee, begged him to heal his son who lay ill *in* Capernaum.

Evening Prayer

CANTICLE OF MARY

Antiphon The father realized that it was at that very hour when Je-*sus* had told him:
Your son will live; and he and all his household be-*came* believers.

TUESDAY

Morning Prayer

CANTICLE OF ZECHARIAH

Antiphon The man who cured me told me to pick up my *sleep*-ing mat and *go* in peace.

Evening Prayer

CANTICLE OF MARY

Antiphon Now that you are well again, do not sin *an*-y more, or something worse may hap-*pen* to you.

WEDNESDAY**Morning Prayer**

CANTICLE OF ZECHARIAH

Antiphon Whoever hears my words, *says* the Lord,
and believes in him who sent me, has e-*ter*-nal life.

Evening Prayer

CANTICLE OF MARY

Antiphon By myself, says the Lord, I *can* do nothing.
I judge as I am *told* to judge,
and my *sen*-tence is just.

THURSDAY**Morning Prayer**

CANTICLE OF ZECHARIAH

Antiphon John bore testimony *to* the truth,
and although I have no need of human testimony, *says* the
Lord,
I remind you of this for your *own* salvation.

Evening Prayer

CANTICLE OF MARY

Antiphon The works that I do speak on my behalf, *says* the Lord.
They prove that the *Fa*-ther has sent me.

FRIDAY**Morning Prayer**

CANTICLE OF ZECHARIAH

Antiphon Indeed you know me, *says* the Lord,
and you know *where* I come from.
Yet I have not come of *my* own accord;
it was my Fa-*ther* who sent me.

Evening Prayer

CANTICLE OF MARY

Antiphon No one could lay a *hand* on Jesus,
because his time had *not* yet come.

SATURDAY

Morning Prayer

CANTICLE OF ZECHARIAH

Antiphon Nev-*er* before
has anyone spoken *like* this man.

FIFTH SUNDAY OF LENT

Evening Prayer I

Antiphon 1 I shall place my law *in* their hearts;
I shall be their God, and they will *be* my people.

Antiphon 2 I count everything as *loss* but this:
the surpassing worth of knowing Christ Je-*sus* my Lord.

Antiphon 3 Although he was the *Son* of God,
Christ learned obedi-*ence* through suffering.

CANTICLE OF MARY

Antiphon Unless a grain of wheat fall into the *ground* and dies
it remains only a *sin*-gle grain;
but if it dies, it produces *a* rich harvest.

Morning Prayer

Antiphon 1 My God, you *have* become,
be-*come* my help.

Antiphon 2 Free us by your won-*der*-ful works;
deliver us from the pow-*er* of death.

Antiphon 3 The *hour* has come
for the Son of Man *to* be glorified.

CANTICLE OF ZECHARIAH

Antiphon Our friend Lazarus has *fall*-en asleep;
let us *go* and wake him.

Evening Prayer II

Antiphon 1 As the serpent was lifted up *in* the desert,
so the Son of Man must be *lift*-ed up.

Antiphon 2 The Lord of hosts protects us and *sets* us free;
he guides and *saves* his people.

Antiphon 3 He was pierced for our offenses and burdened *with* our sins.
By his wounds *we* are healed.

CANTICLE OF MARY

Antiphon When I am lifted up *from* the earth,
I will draw all people *to* myself.

MONDAY**Morning Prayer**

CANTICLE OF ZECHARIAH

Antiphon Whoever follows me does not walk *in* the dark;
he will have the *light* of life.

Evening Prayer

CANTICLE OF MARY

Antiphon I am my own testimony, *says* the Lord,
and my Father who sent me also testifies on *my* behalf.

TUESDAY**Morning Prayer**

CANTICLE OF ZECHARIAH

Antiphon When you have lifted up the Son of Man, *says* the Lord,
you will know that *I* am he.

Evening Prayer

CANTICLE OF MARY

Antiphon The One who sent me *is* with me;
he has not left *me* alone,
because I always do what *pleas*-es him.

WEDNESDAY

Morning Prayer

CANTICLE OF ZECHARIAH

Antiphon If you are faithful to my teaching, *says* the Lord,
you will indeed be *my* disciples.
You will know the truth and the truth will *make* you free.

Evening Prayer

CANTICLE OF MARY

Antiphon Why are you bent on *kill*-ing me,
when I have told *you* the truth?

THURSDAY

Morning Prayer

CANTICLE OF ZECHARIAH

Antiphon Jesus said to the chief priests and the crowds *of* the Jews:
Whoever comes from God hears the *word* of God.
You will not listen because you do not *come* from God.

Evening Prayer

CANTICLE OF MARY

Antiphon You are not yet *fif·ty* years old;
how can you *have* seen Abraham?
In very truth I tell you, before Abraham *was*, I AM.

FRIDAY**Morning Prayer**

CANTICLE OF ZECHARIAH

Antiphon The Lord said: I have done you many *acts* of kindness;
for which of them do you *want* to kill me?

Evening Prayer

CANTICLE OF MARY

Antiphon Even if you have no faith *in* my words,
you should at least believe the evidence of the works I do *in*
God's name.

SATURDAY**Morning Prayer**

CANTICLE OF ZECHARIAH

Antiphon Jesus died to gather in *to* one family
all the scattered chil-*dren* of God.

PALM SUNDAY OF THE PASSION OF THE LORD**Evening Prayer I**

Antiphon 1 Day after day I sat teaching *in* the temple
and you did not lay *hands* on me.
Now you come to scourge me and lead me *to* the cross.

Antiphon 2 The Lord God *is* my help;
no *shame* can harm me.

Antiphon 3 The Lord Jesus humbled himself by showing o-*bed*-ience
even when this meant death, death *on* the cross.

CANTICLE OF MARY

Antiphon Praise to our King, the Son of David, the Redeemer *of* the
world;
praise to the Savior whose coming had been foretold *by* the
prophets.

Morning Prayer

- Antiphon 1** The great crowd that had gathered for the feast cried out *to* the Lord:
Blessed is he who comes in the name *of* the Lord.
Hosanna *in* the highest.
- Antiphon 2** God grant that with the angels and the children we *may* be faithful,
and sing with them to the conquer-*or* of death:
Hosanna *in* the highest.
- Antiphon 3** Blessed is he who comes in the name *of* the Lord;
peace in heaven and glory *in* the highest.

CANTICLE OF ZECHARIAH

- Antiphon** With palms let us welcome the Lord *as* he comes,
with songs and hymns let us *run* to meet him,
as we offer him our joyful wor-*ship* and sing:
Blessed *be* the Lord!

Evening Prayer II

- Antiphon 1** Christ was scourged and treated *with* contempt,
but God's right hand has *raised* him up.
- Antiphon 2** The blood of Christ washes a-*way* our sins
and makes us worthy to serve the *liv*-ing God.
- Antiphon 3** Christ bore our sins in his own body *on* the cross
so that we might die to sin and be alive to all *that* is good.

CANTICLE OF MARY

- Antiphon** It is written: I will strike the shepherd and his flock *shall* be scattered.
But when I have risen, I will go before you *in*-to Galilee.
There you shall see me, *says* the Lord.

MONDAY OF HOLY WEEK**Morning Prayer**

- Antiphon 1** Jesus said: My heart is nearly brok-*en* with sorrow;
stay here and keep *watch* with me.

Antiphon 2 Now the time has come for this world to re-*ceive* its sentence;
now the prince of this world will be *driv*-en out.

Antiphon 3 Jesus, the beginning and end *of* our faith,
endured the cross, heedless *of* the shame,
and is seated now at the right hand of the *throne* of God.

CANTICLE OF ZECHARIAH

Antiphon Father, righteous One, the world *does* not know you,
but I know you, because you are the *One* who sent me.

Evening Prayer

Antiphon 1 He had neither beaut-*y*, nor majesty,
nothing to at-*tract* our eyes.

Antiphon 2 I will entrust all people *to* his care,
for he has given himself up to *death* for all.

Antiphon 3 God has blessed *us* in Christ.
Through him, at the cost *of* his blood,
we have *been* redeemed.

CANTICLE OF MARY

Antiphon As Moses lifted up the serpent *in* the desert,
so must the Son of Man *be* raised up,
so that all who believe in him may have e-*ter*-nal life.

TUESDAY OF HOLY WEEK

Morning Prayer

Antiphon 1 O Lord, de-*fend* my cause;
rescue me from deceitful and *im*-pious men.

Antiphon 2 Lord, my God, you defend-*ed* my cause;
you ran-*somed* my life.

Antiphon 3 My servant, the Just One, will jus-*ti*-fy many
by taking their sins *on* himself.

CANTICLE OF ZECHARIAH

Antiphon Father, give *me* the glory
that I had with you before the *world* was made.

Evening Prayer

Antiphon 1 They insulted me and filled *me* with dread,
but the Lord was at my side, like a *mighty* warrior.

Antiphon 2 Deliver me, Lord, and place me *at* your side,
then let whoever will, lift his *hand* to strike me.

Antiphon 3 You were slain, Lord, and *by* your blood
you have ransomed *us* for God.

CANTICLE OF MARY

Antiphon I have power to lay *down* my life,
and I have power to raise it *up* again.

WEDNESDAY OF HOLY WEEK

Morning Prayer

Antiphon 1 In the day of *my* distress,
I reached out with my hands to seek the *Lord's* help.

Antiphon 2 If we have *died* with Christ,
we believe that we shall also *live* with Christ.

Antiphon 3 God has made Christ Jesus our wisdom *and* our holiness.
By him we have been sanctified *and* redeemed.

CANTICLE OF ZECHARIAH

Antiphon Through the e-*ter*-nal Spirit,
Christ offered himself to God as the *per*-fect sacrifice.
His blood purifies *us* from sin
and makes us fit servants of the *liv*-ing God.

Evening Prayer

Antiphon 1 Evil men said: Let us make the *just* man suffer;
he sets himself against our *way* of life.

Antiphon 2 He took all our sins up-*on* himself
and asked forgiveness for *our* offenses.

Antiphon 3 In Christ we have found de-*liv*-erance;
through his blood, the forgiveness *of* our sins.

CANTICLE OF MARY

Antiphon The Master says: My hour is *close* at hand;
I and my disciples shall celebrate the Passover *in* your
house.

THURSDAY OF HOLY WEEK (HOLY THURSDAY)

Morning Prayer

Antiphon 1 Look, O Lord, and *see* my suffering.
Come quickly *to* my aid.

Antiphon 2 God *is* my savior;
I trust in him and *shall* not fear.

Antiphon 3 The Lord has fed us with the *fin*-est wheat;
he has filled us with honey *from* the rock.

CANTICLE OF ZECHARIAH

Antiphon I have longed to eat this *meal* with you
be-*fore* I suffer.

THE SACRED PASCHAL TRIDUUM
THURSDAY OF HOLY WEEK (HOLY THURSDAY)

Evening Prayer

Evening Prayer is said only by those who do not participate in the evening Mass of the Lord's Supper.

Psalms and canticle from Thursday, Week II, p. 255.

Antiphon 1 Jesus Christ, the firstborn *from* the dead
 and ruler of the kings *of* the earth,
 has made us a royal people to serve his *God* and Father.

Antiphon 2 The Lord will be the champion *of* the helpless;
 he will free the poor from the grip *of* the powerful.

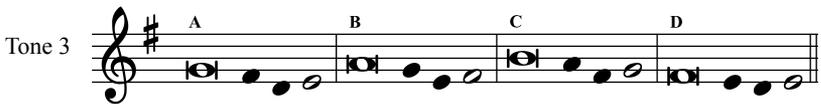
Antiphon 3 The saints won their victory over death †
 through the blood *of* the Lamb
 and the truth to which *they* bore witness.

CANTICLE OF MARY

Antiphon While they were at supper, Je-*sus* took bread,
 said the blessing, *broke* the bread
 and gave it to *his* disciples.

FRIDAY OF THE PASSION OF THE LORD (GOOD FRIDAY)

Morning Prayer



Antiphon 1 God did not spare *his* own Son,
 but gave him up to suffer *for* our sake.

Psalm 51 (50)

Have mercy on *me*, O God,
 according to your mer-*ci*-ful love;
 according to your *great* compassion,
 blot out *my* transgressions. —
 Wash me completely from *my* iniquity,
 and cleanse me *from* my sin.

My transgressions, tru-ly I know them;
 my sin is al-ways before me.
 Against you, you alone, **have** I sinned;
 what is evil in your sight **I** have done. —
 So you are just **in** your sentence,
 without reproach **in** your judgment.

O see, in guilt **I** was born,
 a sinner when my moth-er conceived me.
 Yes, you delight in sinceri-ty of heart;
 in secret you **teach** me wisdom. —
 Cleanse me with hyssop, and I **shall** be pure;
 wash me, and I shall be whit-er than snow.

Let me hear rejoic-ing and gladness,
 that the bones you have crushed **may** exult.
 Turn away your face **from** my sins,
 and blot out **all** my guilt.

Create a pure heart for **me**, O God,
 renew a steadfast spir-it within me.
 Do not cast me away **from** your presence;
 take not your holy **spir**-it from me.

Restore in me the joy of **your** salvation;
 sustain in me a **will**-ing spirit.
 I will teach transgres-sors your ways,
 that sinners may re-**turn** to you.

Rescue me from bloodshed, O God, †
 God of **my** salvation,
 and then my tongue shall ring **out** your justice.
 O LORD, o-**pen** my lips
 and my mouth shall pro-**claim** your praise.

For in sacrifice you take **no** delight;
 burnt offering from me **would** not please you
 My sacrifice to God, a broken spirit: †
 a broken and **hum**-bled heart,
 O God, you **will** not spurn.

In your good pleasure, show fa-*vor* to Sion;
 rebuild the walls *of* Jerusalem.
 Then you will delight in right sacrifice, †
 burnt offerings whol-*ly* consumed.
 Then you will be offered young bulls *on* your altar. ♦

Antiphon 1 God did not spare *his* own Son,
 but gave him up to suffer *for* our sake.



Antiphon 2 Jesus Christ loved us, and poured out *his* own blood
 to wash a-*way* our sins.

Canticle Habakkuk 3: 2–4, 13a, 15–19

O LORD, I have heard *your* renown,
 and feared, O LORD, your work.
 In the course of the years revive it, †
 in the course of the years *make* it known;
 in your wrath remem-*ber* compassion!

God *comes* from Teman,
 the Holy One *from* Mount Paran.
 Covered are the heavens *with* his glory,
 and with his praise the *earth* is filled.

His splendor spreads like the light; †
 rays shine forth *from* beside him,
 where his power *is* concealed.
 You come forth to *save* your people,
 to save your a-*noint*-ed one.

You tread the sea *with* your steeds
 amid the churning of the *deep* waters.
 I hear, and my *bod*-y trembles;
 at the sound, *my* lips quiver.

Decay in-*vades* my bones,
 my legs trem-*ble* beneath me.
 I await the day *of* distress
 that will come upon the people *who* attack us.

He reveals his *word* to Jacob,
to Israel, his de-*crees* and judgments.
He has not dealt thus with *oth*-er nations;
he has not taught *them* his judgments. ♦

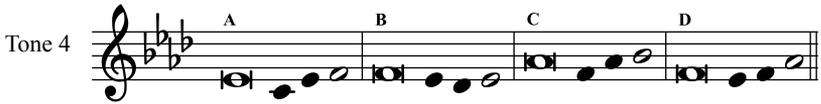
Antiphon 3 We worship your cross, O Lord, †
and we praise and glorify your holy *res*-urrection,
for the wood of the cross has brought joy *to* the world.

CANTICLE OF ZECHARIAH

Antiphon Over his head they hung their *ac*-cusation:
Jesus of Nazareth, King *of* the Jews.

Evening Prayer

Evening Prayer is said only by those who do not participate in the celebration of the Lord's passion.



Antiphon 1 Look well, *all* you peoples,
and *see* my suffering.

Psalm 116: 10–19 (115: 10–19)

I trusted, even *when* I said,
“I am sore-*ly* afflicted,”
and when I said in *my* alarm,
“These people *are* all liars.”

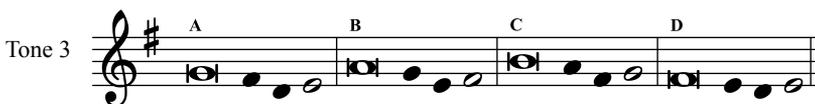
How can I re-*pay* the LORD
for all his good-*ness* to me?
The cup of salvation *I* will raise;
I will call on the name *of* the LORD.

My vows to the LORD I *will* fulfill
before *all* his people.
How precious in the eyes *of* the LORD
is the death *of* his faithful.

Your servant, LORD, your servant am I, †
 the son *of* your handmaid;
 you have loos-*ened* my bonds.
 A thanksgiving sacri-*fice* I make;
 I will call on the name *of* the LORD.

My vows to the LORD I *will* fulfill
 before *all* his people,
 in the courts of the house *of* the LORD,
 in your midst, *O* Jerusalem. ♦

Antiphon 1 Look well, *all* you peoples,
 and *see* my suffering.



Antiphon 2 My soul *is* in anguish,
 my heart *is* in torment.

Psalm 143 (142): 1–11

O LORD, listen to my prayer; †
 turn your ear to *my* appeal.
 You are faithful, you are *just*; give answer.
 Do not call your ser-*vant* to judgment,
 for in your sight no one liv-*ing* is justified.

The enemy pur-*sues* my soul;
 he has crushed my life *to* the ground.
 He has made me *dwell* in darkness,
 like the dead, *long* forgotten. —
 Therefore my *spir*-it fails;
 my heart is deso-*late* within me.

I remember the days that are past; †
 I ponder *all* your works.
 I muse on what your *hand* has wrought,
 and to you I stretch *out* my hands.
 Like a parched land my soul *thirsts* for you.

Friday of the Passion of the Lord (Good Friday)

O LORD, make haste and *an*-swer me,
 for my spirit *fails* within me.
 Do not hide your face from me, †
 lest I be *come* like those
 who go down in *to* the grave.

In the morning let me know your *lov*-ing mercy,
 for in you I *place* my trust.
 Make me know the way *I* should walk;
 to you I lift *up* my soul.

Rescue me, O LORD, *from* my foes;
 to you have I *fled* for refuge.
 Teach me to *do* your will,
 for you *are* my God. —
 Let your good *spir*-it guide me
 upon ground *that* is level.

LORD, save my life for the sake *of* your name;
 in your justice, lead my soul out *of* distress. ♦

Antiphon 2 My soul *is* in anguish,
 my heart *is* in torment.



Antiphon 3 When Jesus had taken the vinegar, he said: †
 “It *is* accomplished.”
 Then he bowed his *head* and died.

Canticle

Philippians 2: 6–11

Though he was in the *form* of God,
 Jesus did not deem equali-*ty* with God
 something *to* be grasped at.

Rather, he emp-*tied* himself
 and took the form *of* a slave,
 being born in the like-*ness* of men.

He was known to be of hu-*man* estate,
 and it was thus that he hum-*bled* himself,
 obediently accepting *e*-ven death,
 death *on* a cross!

Be-*cause* of this,
 God highly ex-*al*-ted him
 and bestowed on *him* the name
 above every *o*-ther name,

So that at *Je*-sus' name
 every *knee* must bend
 in the heavens, *on* the earth,
 and un-*der* the earth,

and every *tongue* proclaim
 to the glory of *God* the Father:
 JESUS *CHRIST* IS LORD! ♦

Antiphon 3 When Jesus had taken the vinegar, he said: †
 “It *is* accomplished.”
 Then he bowed his *head* and died.

CANTICLE OF MARY

Antiphon When we *were* his enemies,
 God reconciled us to himself by the death *of* his Son.

HOLY SATURDAY

Morning Prayer



Antiphon 1 Though sinless, the Lord has been *put* to death.
 The world is in mourning as for an *on*-ly son.

Psalm 64 (63)

Hear my voice, O God, as *I* complain,
 guard my life from dread *of* the foe.
 Hide me from the band *of* the wicked,
 from the throng of those *who* do evil.

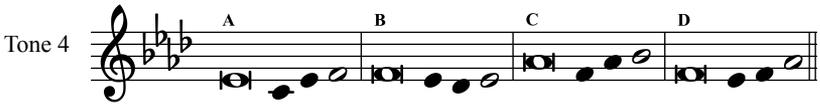
They sharpen their *tongues* like swords;
 they aim bitter *words* like arrows
 to shoot at the inno-*cent* from ambush,
 shooting sudden-*ly* and recklessly.

They scheme their *e*-vil course;
 they conspire to lay *se*-cret snares.
 They say: “*Who* will see us?
 Who can search *out* our crimes?”

He will search who search-*es* the mind
 and knows the depth *of* the heart.
 God has shot them *with* his arrow
 and dealt them *sud*-den wounds. —
 Their own tongue has brought *them* to ruin
 and all who *see* them mock.

Then all *men* will fear;
 they will tell what *God* has done.
 They will under-*stand* God’s deeds.
 The just will rejoice *in* the Lord —
 and fly to *him* for refuge.
 All the upright *hearts* will glory. ♦

Antiphon 1 Though sinless, the Lord has been *put* to death.
 The world is in mourning as for an *on*-ly son.



Antiphon 2 From the *jaws* of hell,
 Lord, res-*cue* my soul.

Canticle

Isaiah 38: 10–14, 17–20

Once *I* said,
 “In the noontime of life I *must* depart!
 To the gates of the nether world I shall *be* consigned
 for the rest *of* my years.”

I said, “I shall see the *LORD* no more
 in the land *of* the living.
 No longer shall I behold my *fel*-low men
 among those who dwell *in* the world.”

My dwelling, like a *shep*-herd’s tent,
 is struck down and borne a-*way* from me;
 you have folded up my life, *like* a weaver
 who severs the *last* thread.

Day and night you give me o-*ver* to torment;
 I cry out un-*til* the dawn.
 Like a lion he breaks *all* my bones;
 day and night you give me o-*ver* to torment.

Like a swallow I ut-*ter* shrill cries;
 I moan *like* a dove.
 My eyes grow weak, *gaz*-ing heaven-ward:
 O lord, I am in straits; *be* my surety!

You have pre-*served* my life
 from the pit *of* destruction,
 when you cast be-*hind* your back
all my sins.

For it is not the nether world that *gives* you thanks,
 nor *death* that praises you;
 neither do those who go down in-*to* the pit
 a-*wait* your kindness.

The living, the living *give* you thanks,
 as I *do* today.
 Fathers declare *to* their sons,
 O *God*, your faithfulness.

The LORD *is* our savior;
 we shall sing *to* stringed instruments
 in the house *of* the LORD
 all the days *of* our life. ♦

Antiphon 2 From the *jaws* of hell,
 Lord, res-*cue* my soul.



Antiphon 3 I was dead, but now I *live* for ever,,
 and I hold the keys of death *and* of hell.

Psalm 150

Praise God in his *ho*-ly place;
 praise him in his *migh*-ty firmament.
 Praise him for his pow-*er*-ful deeds;
 praise him for his *bound*-less grandeur.

O praise him with *sound* of trumpet;
 praise him with *lute* and harp.
 Praise him with timb-*rel* and dance;
 praise him with *strings* and pipes.

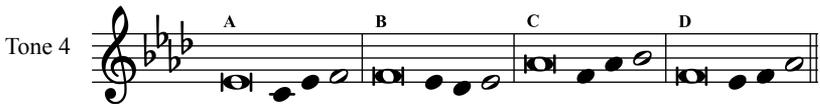
O praise him with re-*sound*-ing cymbals;
 praise him with clash-*ing* of cymbals.
 Let everything that breathes *praise* the LORD. ♦

Antiphon 3 I was dead, but now I *live* for ever,,
 and I hold the keys of death *and* of hell.

CANTICLE OF ZECHARIAH

Antiphon Save us, O Savior of the world. †
 On the cross you redeemed us by the shedding *of* your
 blood;
 we cry out for your *help*, O God.

Evening Prayer



Antiphon 1 Death, you shall *die* in me;
 hell, you shall be de-*stroyed* by me.

Psalm 116: 10–19 (115: 10–19)

I trusted, even *when* I said,
 “I am sore-*ly* afflicted,”
 and when I said in *my* alarm,
 “These people *are* all liars.”

How can I re-*pay* the LORD
 for all his good-*ness* to me?
 The cup of salvation *I* will raise;
 I will call on the name *of* the LORD.

My vows to the LORD I *will* fulfill
 before *all* his people.
 How precious in the eyes *of* the LORD
 is the death *of* his faithful.

Your servant, LORD, your servant am I, †
 the son *of* your handmaid;
 you have loos-*ened* my bonds.
 A thanksgiving sacri-*fice* I make;
 I will call on the name *of* the LORD.

My vows to the LORD I *will* fulfill
 before *all* his people,
 in the courts of the house *of* the LORD,
 in your midst, *O* Jerusalem. ♦

Antiphon 1 Death, you shall *die* in me;
 hell, you shall be de-*stroyed* by me.



Antiphon 2 As Jonah was three days *and* three nights
 in the belly *of* the whale,
 so will the Son of Man be three days *and* three nights
 in the heart *of* the earth.

Psalm 143 (142): 1–11

O LORD, listen to my prayer; †
 turn your ear to *my* appeal.
 You are faithful, you are *just*; give answer.
 Do not call your ser-*vant* to judgment,
 for in your sight no one liv-*ing* is justified.

The enemy pur-*sues* my soul;
 he has crushed my life *to* the ground.
 He has made me *dwell* in darkness,
 like the dead, *long* forgotten. —
 Therefore my *spir*-it fails;
 my heart is deso-*late* within me.

I remember the days that are past; †
 I ponder *all* your works.
 I muse on what your *hand* has wrought,
 and to you I stretch *out* my hands.
 Like a parched land my soul *thirsts* for you.

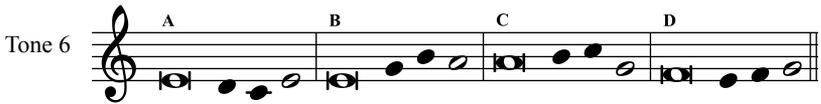
O LORD, make haste and *an*-swer me,
 for my spirit *fails* within me.
 Do not hide your face from me, †
 lest I be *come* like those
 who go down in *to* the grave.

In the morning let me know your *lov*-ing mercy,
 for in you I *place* my trust.
 Make me know the way *I* should walk;
 to you I lift *up* my soul.

Rescue me, O LORD, *from* my foes;
 to you have I *fled* for refuge.
 Teach me to *do* your will,
 for you *are* my God. —
 Let your good *spir*-it guide me
 upon ground *that* is level.

LORD, save my life for the sake *of* your name;
 in your justice, lead my soul out *of* distress. ♦

Antiphon 2 As Jonah was three days *and* three nights
 in the belly *of* the whale,
 so will the Son of Man be three days *and* three nights
 in the heart *of* the earth.



Antiphon 3 Destroy this temple, says the Lord, †
 and three days I *will* rebuild it.
 He was speaking of the temple *of* his body.

Canticle

Philippians 2: 6–11

Though he was in the *form* of God,
 Jesus did not deem equali-*ty* with God
 something *to* be grasped at.

Rather, he emp-*ti*ed himself
 and took the form *of* a slave,
 being born in the like-*ness* of men.

He was known to be of hu-*man* estate,
and it was thus that he hum-*bled* himself,
obediently accepting *e-ven* death,
death *on* a cross!

Be-*cause* of this,
God highly ex-*al*-ted him
and bestowed on *him* the name
above every *o*-ther name,

So that at *Je*-sus' name
every *knee* must bend
in the heavens, *on* the earth,
and un-*der* the earth,

and every *tongue* proclaim
to the glory of *God* the Father:
JESUS *CHRIST* IS LORD! ♦

Antiphon 3 Destroy this temple, says the Lord, †
and three days I *will* rebuild it.
He was speaking of the temple *of* his body.

CANTICLE OF MARY

Antiphon Now the Son of Man *has* been glorified
and God has been glori-*fied* in him.

EASTER TIME

EASTER SUNDAY OF THE RESURRECTION OF THE LORD

Morning Prayer

Psalms and canticle from Sunday, Week I, p. 170.

Antiphon 1 The splendor of Christ risen *from* the dead
has shone on the people redeemed by his blood, *al·leluia*.

Antiphon 2 Our redeemer has risen *from* the tomb;
let us sing a hymn of praise to the Lord our God, *al·leluia*.

Antiphon 3 Alleluia, the *Lord* is risen
as he promised, *al·leluia*.

CANTICLE OF ZECHARIAH

Antiphon Very early on the morning af·*ter* the Sabbath,
when the sun had just risen, they came to the tomb, *al·leluia*.

Evening Prayer



Antiphon 1 Mary Magdalene and the *oth·er* Mary
came to see the Lord's tomb, *al·leluia*.

Psalm 110 (109): 1–5, 7

The LORD's revelation *to* my lord:
“Sit at *my* right hand,
until I make your *foes* your footstool.”

The LORD will *send* from Sion
your scep·*ter* of power:
rule in the midst *of* your foes.

With you is *prince*-ly rule
on the day *of* your power.
In holy splendor, from the womb be·*fore* the dawn,
I *have* begotten you.

The LORD has sworn an oath he *will* not change:
 “You are a *priest* forever,
 in the line *of* Melchizedek.”

The LORD, standing *at* your right,
 shatters kings in the day *of* his wrath.
 He shall drink from the stream *by* the wayside
 and therefore he shall lift *up* his head. ♦

Antiphon 1 Mary Magdalene and the *oth*-er Mary
 came to see the Lord’s tomb, *al*-leluia.



Antiphon 2 Come and *see* the place
 where the Lord was buried, *al*-leluia.

Psalm 114 (113A)

When Israel came *forth* from Egypt,
 the house of Jacob from a *for*-eign people,
 Judah be-*came* his temple,
 Israel became *his* domain.

The sea beheld *them* and fled;
 the Jordan turned back *on* its course.
 The mountains *leapt* like rams,
 and the hills like *year*-ling sheep.

Why was it, sea, *that* you fled;
 that you turned back, Jordan, *on* your course?
 O mountains, that you *leapt* like rams;
 O hills, like *year*-ling sheep?

Tremble, O earth, be-*fore* the LORD,
 in the presence of the *God* of Jacob,
 who turns the rock in-*to* a pool
 and flint into a *spring* of water. ♦

Antiphon 2 Come and *see* the place
 where the Lord was buried, *al*-leluia.

CANTICLE OF MARY

Antiphon On the evening of the first day *of* the week,
the disciples were gathered together be-*hind* locked doors;
suddenly, Jesus stood among *them* and said:
Peace be with you, *al*-leluia.

MONDAY WITHIN THE OCTAVE OF EASTER

Morning Prayer

Hymn, antiphons, psalms and canticle, as on Easter Sunday, p. 78.

CANTICLE OF ZECHARIAH

Antiphon Go quickly and tell *his* disciples:
The Lord is risen, *al*-leluia.

Evening Prayer

Hymn, antiphons, psalms and canticle, as on Easter Sunday, p. 78.

CANTICLE OF MARY

Antiphon Jesus met the w-*omen* and greeted them.
They came up to him and knelt at his feet, *al*-leluia.

TUESDAY WITHIN THE OCTAVE OF EASTER

Morning Prayer

Hymn, antiphons, psalms and canticle, as on Easter Sunday, p. 78.

CANTICLE OF ZECHARIAH

Antiphon Jesus called her *by* name: Mary.
She turned to him and *said*: Rabboni.
The he said to her: Do *not* touch me;
I have not yet ascended to my Father, *al*-leluia.

Evening Prayer

Hymn, antiphons, psalms and canticle, as on Easter Sunday, p. 78.

CANTICLE OF MARY

Antiphon While I was weeping *at* the tomb,
I saw my Lord, *al*-leluia.

WEDNESDAY WITHIN THE OCTAVE OF EASTER

Morning Prayer

Hymn, antiphons, psalms and canticle, as on Easter Sunday, p. 78.

CANTICLE OF ZECHARIAH

Antiphon Beginning with Moses and the prophets, †
Jesus interpret-*ed* for them
all that had been written of him in the scriptures, *al·leluia*.

Evening Prayer

Hymn, antiphons, psalms and canticle, as on Easter Sunday, p. 78.

CANTICLE OF MARY

Antiphon Jesus went in with them, and while they were at table †
he took bread and *said* the blessing;
he broke the bread and gave it to them, *al·leluia*.

THURSDAY WITHIN THE OCTAVE OF EASTER

Morning Prayer

Hymn, antiphons, psalms and canticle, as on Easter Sunday, p. 78.

CANTICLE OF ZECHARIAH

Antiphon Jesus stood in the midst of his disci-*ples* and said:
Peace be with you, *al·leluia*.

Evening Prayer

Hymn, antiphons, psalms and canticle, as on Easter Sunday, p. 78.

CANTICLE OF MARY

Antiphon See my hands *and* my feet
and know that I am here among you, *al·leluia*.

FRIDAY WITHIN THE OCTAVE OF EASTER

Morning Prayer

Hymn, antiphons, psalms and canticle, as on Easter Sunday, p. 78.

CANTICLE OF ZECHARIAH

Antiphon This was the third time Jesus had shown himself to *his* disciples
after he had risen from the dead, *al-leluia*.

Evening Prayer

Hymn, antiphons, psalms and canticle, as on Easter Sunday, p. 78.

CANTICLE OF MARY

Antiphon The disciple whom Jesus *loved* said:
It is the Lord, *al-leluia*.

SATURDAY WITHIN THE OCTAVE OF EASTER

Morning Prayer

Hymn, antiphons, psalms and canticle, as on Easter Sunday, p. 78.

CANTICLE OF ZECHARIAH

Antiphon When Jesus had risen *from* the dead
on the morning af^{ter} the sabbath,
he appeared first to *Mar-y* Magdalene,
from whom he had cast out seven devils, *al-leluia*.

SECOND SUNDAY OF EASTER

(OR OF DIVINE MERCY)

Evening Prayer I

Hymn, antiphons, psalms and canticle, as on Easter Sunday, p. 78.

CANTICLE OF MARY

Antiphon After eight days, although the doors were locked †
the Lord came among *them* and said:
Peace be with you, *al-leluia*.

Morning Prayer

Hymn, antiphons, psalms and canticle, as on Easter Sunday, p. 78.

CANTICLE OF ZECHARIAH

Antiphon With your hand, touch the mark *of* the nails;
doubt no longer, but believe, *al-leluia*.

Evening Prayer II

Hymn, antiphons, psalms and canticle, as on Easter Sunday, p. 78.

CANTICLE OF MARY

Antiphon Because you have seen me, Thomas, you *have* believed; blessed are they who have not seen me and yet believe, *al·leluia*.

MONDAY

Morning Prayer

CANTICLE OF ZECHARIAH

Antiphon Truly I tell you, unless you are *born* again you cannot see the kingdom of God, *al·leluia*.

Evening Prayer

CANTICLE OF MARY

Antiphon What is born of *flesh* is flesh, and what is born of the spirit is spirit, *al·leluia*.

TUESDAY

Morning Prayer

CANTICLE OF ZECHARIAH

Antiphon I am the Alpha and *the* Omega, the first and the last, the beginning *and* the end; I am the root and offspring of *Da·vid*'s race; I am the splendor of the morning star, *al·leluia*.

Evening Prayer

CANTICLE OF MARY

Antiphon Did not our hearts *burn* within us as Jesus talked to us on the road? *al·leluia*.

WEDNESDAY**Morning Prayer**

CANTICLE OF ZECHARIAH

Antiphon God loved the world so much that he gave his *on*-ly Son †
to save all who have *faith* in him,
and to give them eternal life, *al*-leluia.

Evening Prayer

CANTICLE OF MARY

Antiphon The man of God wel-*comes* the light
that searches his deeds and finds them true, *al*-leluia.

THURSDAY**Morning Prayer**

CANTICLE OF ZECHARIAH

Antiphon The Father *loves* the Son
and has entrusted everything to him, *al*-leluia.

Evening Prayer

CANTICLE OF MARY

Antiphon Whoever believes *in* the Son
possesses eternal life, *al*-leluia.

FRIDAY**Morning Prayer**

CANTICLE OF ZECHARIAH

Antiphon Jesus took bread, and when he had *giv*-en thanks,
he gave to to those who were at table with him, *al*-leluia.

Evening Prayer

CANTICLE OF MARY

Antiphon To destroy the pow-*er* of hell
Christ died up-*on* the cross;
clothed in *strength* and glory,
he triumphed over death on the third day, *al*-leluia.

SATURDAY

Morning Prayer

CANTICLE OF ZECHARIAH

Antiphon Peace be with you; it is I, *al-leluia*;
do not be afraid, *al-leluia*.

THIRD SUNDAY OF EASTER

Evening Prayer I

Antiphon 1 The Lord our God is high a *bove* the heavens;
he raises up the lowly from the dust, *al-leluia*.

Antiphon 2 Lord, you have broken the chains that *held* me bound;
I will offer you a sacrifice of praise, *al-leluia*.

Antiphon 3 Though he was the *Son* of God,
Christ learned obedi-*ence* through suffering;
and for all *who* obey him,
he has become the source of life, *al-leluia*.

CANTICLE OF MARY

Antiphon Stay with us, Lord, for eve-*ning* draws near
and daylight is fading, *al-leluia*.

Morning Prayer

Antiphon 1 The *Lord* is king,
robed in splendor, *al-leluia*.

Antiphon 2 All creation *will* be freed;
all peoples will know the glory and freedom of God's
children, *al-leluia*.

Antiphon 3 The name of the *Lord* is praised
in heaven and on earth, *al-leluia*.

CANTICLE OF ZECHARIAH

Antiphon It was ordained that *Christ* should suffer,
and on the third day rise from the dead, *al-leluia*.

Evening Prayer II

- Antiphon 1** He purified us *from* our sins,
and is seated on high at God's right hand, *al·leluia*.
- Antiphon 2** The Lord *has* redeemed
his people, *al·leluia*.
- Antiphon 3** Alleluia, our *Lord* is king;
let us rejoice and give glory to him, *al·leluia*.

CANTICLE OF MARY

- Antiphon** Jesus said to *his* disciples:
Bring me some of the fish you *have* just caught.
Simon Peter went aboard and hauled a-*shore* the net,
full of large fish, *al·leluia*.

MONDAY

Morning Prayer

CANTICLE OF ZECHARIAH

- Antiphon** Do not work for food *that* will perish,
but for food that lasts to eternal life, *al·leluia*.

Evening Prayer

CANTICLE OF MARY

- Antiphon** This is what God *asks* of you:
trust in the one whom he has sent, *al·leluia*.

TUESDAY

Morning Prayer

CANTICLE OF ZECHARIAH

- Antiphon** Truly I say to you: †
Moses did not give you the *bread* of heaven;
my Father gives you the true bread from heaven, *al·leluia*.

Evening Prayer

CANTICLE OF MARY

Antiphon The bread of God that comes *down* from heaven gives life to the world, *al-leluia*.

WEDNESDAY**Morning Prayer**

CANTICLE OF ZECHARIAH

Antiphon Whoever sees the Son and believes in him will *live* for ever, and I shall raise him up on the last day, *al-leluia*.

Evening Prayer

CANTICLE OF MARY

Antiphon All that the Father gives me will *come* to me, and whoever comes to me I shall not turn away, *al-leluia*.

THURSDAY**Morning Prayer**

CANTICLE OF ZECHARIAH

Antiphon Amen, amen, I *say* to you: Whoever believes in me will live for ever, *al-leluia*.

Evening Prayer

CANTICLE OF MARY

Antiphon I am the living bread come *down* from heaven; anyone who eats this bread will *live* for ever; the bread that I will give *is* my flesh, for the life of the world, *al-leluia*.

FRIDAY**Morning Prayer**

CANTICLE OF ZECHARIAH

Antiphon Whoever eats my flesh and *drinks* my blood shall live in me and I in him, *al-leluia*.

Evening Prayer

CANTICLE OF MARY

Antiphon Our crucified and *ris-en* Lord
has redeemed us, *al-leluia*.

SATURDAY

Morning Prayer

CANTICLE OF ZECHARIAH

Antiphon Simon Peter said: Lord, to whom shall we go? †
You have the words of e-*ter*-nal life;
and we believe and we *are* convinced
that you *are* the Christ,
the Son of God, *al-leluia*.

FOURTH SUNDAY OF EASTER

Evening Prayer I

Antiphon 1 May the *peace* of Christ
fill your hearts with joy, *al-leluia*.

Antiphon 2 With *your* own blood,
you have redeemed us for God, *al-leluia*.

Antiphon 3 Was is not necessary for *Christ* to suffer
and so enter into his glory? *al-leluia*.

CANTICLE OF MARY

Antiphon I am the gate, *says* the Lord;
whoever enters through me *shall* be saved
and find pasture, *al-leluia*.

Morning Prayer

Antiphon 1 I shall not *die* but live
and proclaim the works of the Lord, *al-leluia*.

Antiphon 2 Blessed be your holy and glorious *name*, O Lord,
al-le-luia.

Antiphon 3 Give honor and praise *to* our God;
all that he does is perfect and all his *ways* are true,
Amen, *al·leluia*.

CANTICLE OF ZECHARIAH

Antiphon I am the shepherd *of* the sheep;
I am the way, the truth *and* the life:
I *know* my sheep,
and my sheep know me, *al·leluia*.

Evening Prayer II

Antiphon 1 Seek the things that *are* above
where Christ is seated at God's right hand, *al·leluia*.

Antiphon 2 In the dark-*ness* he dawns:
a light for upright hearts, *al·leluia*.

Antiphon 3 Alleluia, salvation, glo-*ry* and power
to our God, *al·leluia*.

CANTICLE OF MARY

Antiphon My sheep will *hear* my voice.
I, *their* Lord, know them.

MONDAY

Morning Prayer

CANTICLE OF ZECHARIAH

Antiphon I am *the* Good Shepherd;
I pasture my sheep and I lay down my life for them, *al·leluia*.

Evening Prayer

CANTICLE OF MARY

Antiphon I have other sheep that do not belong *to* this flock;
these also *I* must lead.
they will *hear* my voice,
and there will be one fold and one shepherd, *al·leluia*.

TUESDAY**Morning Prayer**

CANTICLE OF ZECHARIAH

Antiphon The works that I do in the name *of* my Father
speak on my behalf, *al-leluia*.

Evening Prayer

CANTICLE OF MARY

Antiphon I know my sheep and they *fol*-low me;
I give them eternal life, *al-leluia*.

WEDNESDAY**Morning Prayer**

CANTICLE OF ZECHARIAH

Antiphon I *am* the light;
I have come in-*to* the world,
that those who be-*lieve* in me
may not remain in darkness, *al-leluia*.

Evening Prayer

CANTICLE OF MARY

Antiphon God sent his Son in-*to* the world
not as its judge but as its savior, *al-leluia*.

THURSDAY**Morning Prayer**

CANTICLE OF ZECHARIAH

Antiphon No disciple is greater *than* his teacher;
he should be glad to become like his master, *al-leluia*.

Evening Prayer

CANTICLE OF MARY

Antiphon I am the shepherd *of* my sheep.
I have come that they *may* have life,
and have it more abundantly, *al-leluia*.

FRIDAY**Morning Prayer**

CANTICLE OF ZECHARIAH

Antiphon I go now to prepare a *place* for you,
but I shall return to *take* you with me,
so that where I am you also my be, *al·leluia*.

Evening Prayer

CANTICLE OF MARY

Antiphon The Good Shepherd laid *down* his life
for his sheep, *al·leluia*.

SATURDAY**Morning Prayer**

CANTICLE OF ZECHARIAH

Antiphon When the prince of pastors *comes* again,
you will re-*ceive* from him
an unfading crown of glory, *al·leluia*.

FIFTH SUNDAY OF EASTER**Evening Prayer I**

Antiphon 1 Like the *eve*-ning offering
my hands rise up in prayer to you, O Lord, *al·leluia*.

Antiphon 2 You have led me *forth* from prison,
that I may give praise to your name, *al·leluia*.

Antiphon 3 The Son of God learned obedi-*ence* through suffering
and became for all *who* obey him
the source of eternal salvation, *al·leluia*.

CANTICLE OF MARY

Antiphon I am the way, the truth *and* the life;
no one comes to the Father except through me, *al·leluia*.

Morning Prayer

- Antiphon 1** Whoever thirsts *will* drink freely of life-giving water, *al·leluia*.
- Antiphon 2** Worship the Lord who made the heavens *and* the earth, springs of water and the mighty sea, *al·leluia*.
- Antiphon 3** The saints *will* rejoice in glory, *al·leluia*.

CANTICLE OF ZECHARIAH

- Antiphon** Whoever lives in me and *I* in him will yield much fruit, says the Lord, *al·leluia*.

Evening Prayer II

- Antiphon 1** The *Lord* has risen and is seated at the right hand of God, *al·leluia*.
- Antiphon 2** He has rescued us from the pow-*er* of darkness and has brought us into the kingdom of his Son, *al·leluia*.
- Antiphon 3** Alleluia, our *God* is king; glory and praise to him, *al·leluia*.

CANTICLE OF MARY

- Antiphon** I give you a *new* commandment: love one another as I have loved you, says the Lord, *al·leluia*.

MONDAY**Morning Prayer**

CANTICLE OF ZECHARIAH

- Antiphon** Whoever loves me will be loved *by* my Father, and I will love him and show myself to him, *al·leluia*.

Evening Prayer

CANTICLE OF MARY

- Antiphon** The Holy Spirit, the *Par*-aclete, whom the Father will send in my *name*, will teach you, and remind you of all that I told you, *al·leluia*.

TUESDAY**Morning Prayer**

CANTICLE OF ZECHARIAH

Antiphon Peace I leave with you, *al-leluia*;
peace is my gift to you, *al-leluia*.

Evening Prayer

CANTICLE OF MARY

Antiphon If you loved me, you would surely be glad
that I am going to the Father, *al-leluia*.

WEDNESDAY**Morning Prayer**

CANTICLE OF ZECHARIAH

Antiphon I am the true vine, *al-leluia*;
you are the branches, *al-leluia*.

Evening Prayer

CANTICLE OF MARY

Antiphon If you live in me and my words *live* in you,
all you ask for will be yours, *al-leluia*.

THURSDAY**Morning Prayer**

CANTICLE OF ZECHARIAH

Antiphon If you keep *my* commandments,
you will live in my love, *al-leluia*.

Evening Prayer

CANTICLE OF MARY

Antiphon I have said these *things* to you
so that my joy may *be* in you
and your joy may be complete, *al-leluia*.

FRIDAY**Morning Prayer**

CANTICLE OF ZECHARIAH

Antiphon My command-*ment* is this:
love one another as I have loved you, *al-leluia*.

Evening Prayer

CANTICLE OF MARY

Antiphon There is no *great*-er love
than to lay down your life for your friends, *al-leluia*.

SATURDAY**Morning Prayer**

CANTICLE OF ZECHARIAH

Antiphon Christ died and rose *from* the dead,
that he might be the Lord of the living and the dead, *al-leluia*.

SIXTH SUNDAY OF EASTER**Evening Prayer I**

Antiphon 1 The *man* of truth
welcomes the light *al-leluia*.

Antiphon 2 God freed Jesus from the *pangs* of death,
and raised him up to life, *al-leluia*.

Antiphon 3 Was is not necessary for *Christ* to suffer
and so enter into his glory? *al-leluia*.

CANTICLE OF MARY

Antiphon I will ask the Father and he will give you an-*oth*-er Paraclete
to remain with you for ever, *al-leluia*.

Morning Prayer

Antiphon 1 This *is* the day
which the Lord has made, *al-leluia*.

Antiphon 2 Blessed are you, Lord our God, in the firmament of heaven.
You are worthy of praise for ever, *al·leluia*.

Antiphon 3 Worship God who is seated upon the throne;
sing to *him* in praise:
Amen, *al·leluia*.

CANTICLE OF ZECHARIAH

Antiphon As the Father has loved me,
so I *have* loved you;
live on in my love, *al·leluia*.

Evening Prayer II

Antiphon 1 God raised up Christ *from* the dead
and gave him a place at his right hand in heaven, *al·leluia*.

Antiphon 2 You have been turned from *faith* in idols
to the living God, *al·leluia*.

Antiphon 3 Alleluia, salvation, glory and power
to our God, *al·leluia*.

CANTICLE OF MARY

Antiphon If anyone loves me he will *keep* my word,
and my Father will love him.
We will *come* to him
and make our home with him, *al·leluia*.

MONDAY

Morning Prayer

CANTICLE OF ZECHARIAH

Antiphon By raising Jesus Christ *from* the dead,
God has given us a new birth to a *living* hope
in the promise of an inheritance
that will last for ever, *al·leluia*.

Evening Prayer

CANTICLE OF MARY

Antiphon The Spirit of truth who proceeds *from* the Father will *be* my witness,
and you will also bear witness to me, *al-leluia*.

TUESDAY

Morning Prayer

CANTICLE OF ZECHARIAH

Antiphon In a little while the world will no *long*-er see me,
but *you* will see me,
for I live and you will live, *al-leluia*.

Evening Prayer

CANTICLE OF MARY

Antiphon Believe me, it is for your own good that *I* am going.
If I do not go, the Paraclete will not come, *al-leluia*.

WEDNESDAY

Morning Prayer

CANTICLE OF ZECHARIAH

Antiphon I have many more *things* to tell you,
but they would be too much *for* you now.
When the Spirit *of* truth comes
he will guide you to all truth, *al-leluia*.

Evening Prayer

Where the solemnity of the Ascension is transferred to Sunday, the following is said:

CANTICLE OF MARY

Antiphon The Spirit will glo-*ri*-fy me
for he will pro-*claim* to you
all that he has received from me, *al-leluia*.

Where the solemnity of the Ascension is transferred to Sunday, the following is said:

THURSDAY
Morning Prayer

CANTICLE OF ZECHARIAH

Antiphon In a little while yo will no longer see me, *says* the Lord;
then a little while later you will see *me* again,
since I am going to the Father, *al*-leluia.

Evening Prayer

CANTICLE OF MARY

Antiphon Your sorrow will be turned *in*-to joy,
and that joy no one will take from you, *al*-leluia.

THE ASCENSION OF THE LORD
SOLEMNITY

Evening Prayer I



Antiphon 1 I came forth from the Father and have come *in-to* the world;
now I leave the world to return to the Father, *al*-leluia.

Psalm 113 (112)

Praise, O servants *of* the LORD,
praise the name *of* the LORD!
May the name of the **LORD** be blest
both now and for-*ev*-ermore! —
From the rising of the sun *to* its setting,
praised be the name *of* the LORD!

High above all nations *is* the LORD,
above the heav-*ens* his glory.
Who is like the **LORD**, our God,
who *dwells* on high, —
who lowers himself *to* look down,
upon heav-*en* and earth?

From the dust he lifts *up* the lowly,
 from the ash heap he rais-*es* the poor,
 to set them in the compa-*ny* of princes,
 yes, with the princes *of* his people. —
 To the childless wife he *gives* a home
 as a joyful moth-*er* of children. ♦

Antiphon 1 I came forth from the Father and have come in-*to* the world;
 now I leave the world to return to the Father, *al*-leluia.



Antiphon 2 After he spoke to his disciples, the Lord Jesus ascended in-*to*
 heaven
 where he is seated at the right hand of the Father, *al*-leluia.

Psalm 117 (116)

O praise the LORD, *all* you nations;
 acclaim him, *all* you peoples!

For his merciful love has prevailed o-*ver* us;
 and the LORD's faithfulness en-*dures* forever. ♦

Antiphon 2 After he spoke to his disciples, the Lord Jesus ascended in-*to*
 heaven
 where he is seated at the right hand of the Father, *al*-leluia.



Antiphon 3 No one has ascended in-*to* heaven
 except the one who descend-*ed* from heaven,
 the Son of Man, who is in heaven, *al*-leluia.

Canticle Revelation 11: 17–18; 12: 10b–

12a

We praise you, the Lord *God* Almighty,
 who is *and* who was.
 You have assumed *your* great power,
 you have be-*gun* your reign.

The nations have *raged* in anger,
 but then came your *day* of wrath
 and the moment to *judge* the dead:
 the time to reward your ser·*vants* the prophets —
 and the holy ones *who* revere you,
 the great and the *small* alike.

Now have salvation and *pow*-er come,
 the reign of our God and the authority of *his* Anointed One.
 For the accuser of our brothers *is* cast out,
 who night and day accused them be·*fore* God.

They defeated him by the blood *of* the Lamb
 and by the word *of* their testimony;
 love for life did not deter *them* from death.
 So rejoice, you heavens, †
 and you that *dwel*l therein! ♦

Antiphon 3 No one has ascended *in*-to heaven
 except the one who descend·*ed* from heaven,
 the Son of Man, who is in heaven, *al*-leluia.

CANTICLE OF MARY

Antiphon Father, I have made *known* your name
 to the men *you* have given me;
 now I am praying for them and not *for* the world
 because I am coming to you, *al*-leluia.

Morning Prayer

Psalms and canticle from Sunday, Week I, p. 170.

Antiphon 1 Men of Galilee, why are you looking up in·*to* the sky?
 This Jesus who who has been taken up *in*-to heaven
 will return in the same way, *al*-leluia.

Antiphon 2 Give glory to the *King* of kings,
 sing praise to God, *al*-leluia.

Antiphon 3 As they watched, he was *lift*-ed up,
 and a cloud took him from their sight, *al*-leluia.

CANTICLE OF ZECHARIAH

Antiphon I am ascending to my Father *and* your Father,
to my God and your God, *al*-leluia.

Evening Prayer II



Antiphon 1 He ascended *in*-to heaven
and is seated at the right hand of the Father, *al*-leluia.

Psalm 110 (109): 1–5, 7

The LORD's revelation *to* my lord:
"Sit at *my* right hand,
until I make your *foes* your footstool."

The LORD will *send* from Sion
your scap-*ter* of power:
rule in the midst *of* your foes.

With you is *prince*-ly rule
on the day *of* your power.
In holy splendor, from the womb be-*fore* the dawn,
I *have* begotten you.

The LORD has sworn an oath he *will* not change:
"You are a *priest* forever,
in the line *of* Melchizedek."

The LORD, standing *at* your right,
shatters kings in the day *of* his wrath.
He shall drink from the stream *by* the wayside
and therefore he shall lift *up* his head. ♦

Antiphon 1 He ascended *in*-to heaven
and is seated at the right hand of the Father, *al*-leluia.



Antiphon 2 God ascends to *shouts* of joy,
the Lord to the blast of trumpets, *al*-leluia.

Psalm 47 (46)

All peoples, *clap* your hands.
 Cry to God with *shouts* of joy!
 For the LORD, the Most *High*, is awesome,
 the great king over *all* the earth.

He humbles peoples *un*-der us
 and nations *un*-der our feet.
 Our heritage he *chose* for us,
 the pride of Jacob *whom* he loves.

God goes up with *shouts* of joy.
 The LORD goes up with *trum*-pet blast.
 Sing praise for *God*; sing praise!
 Sing praise to our *king*; sing praise!

God is king of *all* the earth.
 Sing praise with *all* your skill.
 God reigns o-*ver* the nations.
 God sits upon his *ho*-ly throne.

The princes of the peoples *are* assembled
 with the people of the *God* of Abraham.
 The rulers of the earth *be*-long to God,
 who is great-*ly* exalted. ♦

Antiphon 2 God ascends to *shouts* of joy,
 the Lord to the blast of trumpets, *al*-leluia.



Antiphon 3 Now the Son of Man has been *glo*-rified
 and God has been glorified in him, *al*-leluia.

Canticle Revelation 11: 17–18; 12: 10b–

12a

We praise you, the Lord *God* Almighty,
 who is *and* who was.
 You have assumed *your* great power,
 you have *be*-gun your reign.

The nations have *raged* in anger,
 but then came your *day* of wrath
 and the moment to *judge* the dead:
 the time to reward your ser-*vants* the prophets —
 and the holy ones *who* revere you,
 the great and the *small* alike.

Now have salvation and *pow*-er come,
 the reign of our God and the authority of *his* Anointed One.
 For the accuser of our brothers *is* cast out,
 who night and day accused them be-*fore* God.

They defeated him by the blood *of* the Lamb
 and by the word *of* their testimony;
 love for life did not deter *them* from death.
 So rejoice, you heavens, †
 and you that *dw*ell therein! ♦

Antiphon 3 Now the Son of Man has been *glo*-rified
 and God has been glorified in him, *al*-leluia.

CANTICLE OF MARY

Antiphon O Victor King, Lord of pow-*er* and might,
 today you have ascended in glory a-*bove* the heavens.
 Do not leave us orphans, but send us the Father's *prom*-ised
 gift,
 the Spirit of truth, *al*-leluia.

FRIDAY

Morning Prayer

CANTICLE OF ZECHARIAH

Antiphon Because he *suf*-fered death,
 we see Jesus crowned with glory and honor, *al*-leluia.

Evening Prayer

CANTICLE OF MARY

Antiphon To *those* who ask him,
 the Father will send the Holy Spirit, *al*-leluia.

SATURDAY

Morning Prayer

CANTICLE OF ZECHARIAH

Antiphon I promise that the Father will *give* you anything you ask for in my name, *al·leluia*.

SEVENTH SUNDAY OF EASTER

Evening Prayer I

Antiphon 1 The Lord our God is high *a·bove* the heavens; he raises up the lowly from the dust, *al·leluia*.

Antiphon 2 Lord, you have broken the chains that *held* me bound; I will offer you a sacrifice of praise, *al·leluia*.

Antiphon 3 Though he was the *Son* of God, Christ learned obedi·*ence* through suffering; and for all *who* obey him, he has become the source of life, *al·leluia*.

CANTICLE OF MARY

Antiphon Stay with us, Lord, for eve·*ning* draws near and daylight is fading, *al·leluia*.

Morning Prayer

Antiphon 1 The *Lord* is king, robed in splendor, *al·leluia*.

Antiphon 2 All creation *will* be freed; all peoples will know the glory and freedom of God's children, *al·leluia*.

Antiphon 3 The name of the *Lord* is praised in heaven and on earth, *al·leluia*.

CANTICLE OF ZECHARIAH

Antiphon It was ordained that *Christ* should suffer, and on the third day rise from the dead, *al·leluia*.

Evening Prayer II

Antiphon 1 He purified us *from* our sins,
and is seated on high at God's right hand, *al-leluia*.

Antiphon 2 The Lord *has* redeemed
his people, *al-leluia*.

Antiphon 3 Alleluia, our *Lord* is king;
let us rejoice and give glory to him, *al-leluia*.

CANTICLE OF MARY

Antiphon Jesus said to *his* disciples:
Bring me some of the fish you *have* just caught.
Simon Peter went aboard and hauled a-*shore* the net,
full of large fish, *al-leluia*.

MONDAY

Morning Prayer

CANTICLE OF ZECHARIAH

Antiphon The world will persecute you, *but* have courage,
I have overcome the world, *al-leluia*.

Evening Prayer

CANTICLE OF MARY

Antiphon The Spirit, the Advocate, will re-*main* with you
and live in you, *al-leluia*.

TUESDAY

Morning Prayer

CANTICLE OF ZECHARIAH

Antiphon The Lord has risen from the dead *as* he promised;
let all the earth rejoice *and* be glad,
for he shall reign for ever, *al-leluia*.

Evening Prayer

CANTICLE OF MARY

Antiphon You will receive the power of the *Ho*-ly Spirit.
You will be my witnesses to the ends of the earth, *al*-leluia.

WEDNESDAY**Morning Prayer**

CANTICLE OF ZECHARIAH

Antiphon Thanks be to God who has given *us* the victory
through our Lord Jesus Christ, *al*-leluia.

Evening Prayer

CANTICLE OF MARY

Antiphon Christ will baptize *you* with fire
and the Holy Spirit, *al*-leluia.

THURSDAY**Morning Prayer**

CANTICLE OF ZECHARIAH

Antiphon Go into the world and *teach* all nations.
Baptize them in the name of the Father and *of* the Son
and of the Holy Spirit, *al*-leluia.

Evening Prayer

CANTICLE OF MARY

Antiphon When the Spirit of truth comes, he will teach *you* all truth
and will proclaim to you the things to come, *al*-leluia.

FRIDAY**Morning Prayer**

CANTICLE OF ZECHARIAH

Antiphon Jesus Christ died and is risen *from* the dead.
Now he lives for ever at the right hand *of* the Father
where he intercedes for us, *al*-leluia.

Evening Prayer

CANTICLE OF MARY

Antiphon Together they perse-*vered* in prayer
with Mary, the mother of Jesus, *al*-leluia.

SATURDAY

Morning Prayer

CANTICLE OF ZECHARIAH

Antiphon Know that I am *with* you always,
even until the end of the world, *al*-leluia.

PENTECOST SUNDAY

SOLEMNITY

Evening Prayer I



Antiphon 1 On the *day* of Pentecost
they had all gathered together in one place, *al*-leluia.

Psalm 113 (112)

Praise, O servants *of* the LORD,
praise the name *of* the LORD!
May the name of the **LORD** be blest
both now and for-*ev*-ermore! —
From the rising of the sun *to* its setting,
praised be the name *of* the LORD!

High above all nations *is* the LORD,
above the heav-*ens* his glory.
Who is like the **LORD**, our God,
who *dwells* on high, —
who lowers himself *to* look down,
upon heav-*en* and earth?

From the dust he lifts *up* the lowly,
 from the ash heap he rais-*es* the poor,
 to set them in the compa-*ny* of princes,
 yes, with the princes *of* his people. —
 To the childless wife he *gives* a home
 as a joyful moth-*er* of children. ♦

Antiphon 1 On the *day* of Pentecost
 they had all gathered together in one place, *al*-leluia.



Antiphon 2 Tongues as of fire appeared before *the* apostles,
 and the Holy spirit came upon each of them, *al*-leluia.

Psalm 147: 1–11 (146)

How good to sing psalms *to* our God;
 how pleasant to chant *fit*-ting praise!

The LORD builds *up* Jerusalem
 and brings back *Is*-rael's exiles;
 he heals the *bro*-kenhearted;
 he binds up *all* their wounds. —
 He counts out the number *of* the stars;
 he calls each one *by* its name.

Our LORD is great *and* almighty;
 his wisdom can nev-*er* be measured.
 The LORD lifts *up* the lowly;
 he casts down the wicked *to* the ground. —
 O sing to the LORD, *giv*-ing thanks;
 sing psalms to our God *with* the harp.

He covers the heav-*ens* with clouds;
 he prepares the rain *for* the earth,
 making mountains *sprout* with grass,
 and plants to serve *hu*-man needs. —
 He provides the cattle *with* their food
 and young ravens that *call* upon him.

Antiphon 2 Let streams and rivers and all creatures that live *in* the waters sing praise to God, *al-leluia*.

Antiphon 3 The apostles preached in *different* tongues and proclaimed the great works of God, *al-leluia*.

CANTICLE OF ZECHARIAH

Antiphon Receive the *Ho-ly* Spirit; the sins of those you forgive shall be forgiven, *al-leluia*.

Evening Prayer II



Antiphon 1 The Spirit *of* the Lord has filled the whole world, *al-leluia*.

Psalm 110 (109): 1–5, 7

The LORD's revelation *to* my lord:
 "Sit at *my* right hand,
 until I make your *foes* your footstool."

The LORD will *send* from Sion
 your scep-*ter* of power:
 rule in the midst *of* your foes.

With you is *prince-ly* rule
 on the day *of* your power.
 In holy splendor, from the womb be-*fore* the dawn,
 I *have* begotten you.

The LORD has sworn an oath he *will* not change:
 "You are a *priest* forever,
 in the line *of* Melchizedek."

The LORD, standing *at* your right,
 shatters kings in the day *of* his wrath.
 He shall drink from the stream *by* the wayside
 and therefore he shall lift *up* his head. ♦

Antiphon 1 The Spirit *of* the Lord
has filled the whole world, *al*-leluia.



Antiphon 2 Send us your *strength*, O God,
from your holy temple *in* Jerusalem
and perfect your work in us, *al*-leluia.

Psalms 114 (113A)

When Israel came *forth* from Egypt,
the house of Jacob from a *for*-eign people,
Judah be-*came* his temple,
Israel became *his* domain.

The sea beheld *them* and fled;
the Jordan turned back *on* its course.
The mountains *leapt* like rams,
and the hills like *year*-ling sheep.

Why was it, sea, *that* you fled;
that you turned back, Jordan, *on* your course?
O mountains, that you *leapt* like rams;
O hills, like *year*-ling sheep?

Tremble, O earth, be-*fore* the LORD,
in the presence of the *God* of Jacob,
who turns the rock in-*to* a pool
and flint into a *spring* of water. ♦

Antiphon 2 Send us your *strength*, O God,
from your holy temple *in* Jerusalem
and perfect your work in us, *al*-leluia.



Antiphon 3 All were filled with the *Ho*-ly Spirit,
and they began to speak, *al*-leluia.

The following canticle is said with the Alleluia when Evening Prayer is sung; when the office is recited, the Alleluia may be said at the beginning and end of each strophe.

Canticle

See Revelation 19: 1–7

Alleluia. †

Salvation, glory, and power *to* our God:(R. Al·*le*·luia.)his judgments are hon·*est* and true.R. Alleluia (*al*·leluia).

Alleluia. †

Sing praise to our God, all *you* his servants;(R. Al·*le*·luia.)all who worship him reverently, *great* and small.R. Alleluia (*al*·leluia).

Alleluia. †

The Lord our all-powerful *God* is King,(R. Al·*le*·luia.)let us rejoice, sing praise, and *give* him glory.R. Alleluia (*al*·leluia).

Alleluia. †

The wedding feast of the Lamb *has* begun,(R. Al·*le*·luia.)and his bride is prepared to *wel*-come him.R. Alleluia (*al*·leluia). ♦

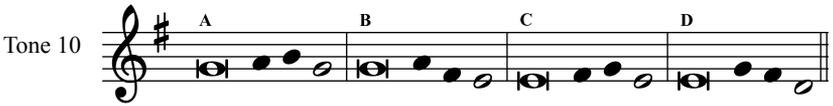
Antiphon 3 All were filled with the *Ho*-ly Spirit,
and they began to speak, *al*·leluia.

CANTICLE OF MARY

Antiphon Today we celebrate the feast of Pentecost, *al*·leluia;
on this day the Holy Spirit appeared before the apostles in
tongues of fire
and gave them his spir·*it*-ual gifts.
He sent them out to preach to *the* whole world, —
and to proclaim that all who believe and *are* baptized
shall be saved, *al*·leluia.

The Ordinary of the Liturgy of the Hours

Invitatory



Psalm 95 (94)

A call to praise God

Encourage each other daily while it is still today (Revelation 3: 13).

Come, let us ring out our joy *to* the LORD;
hail the *rock* who saves us.
Let us come into his presence, *giv*-ing thanks;
let us hail him with a *song* of praise.

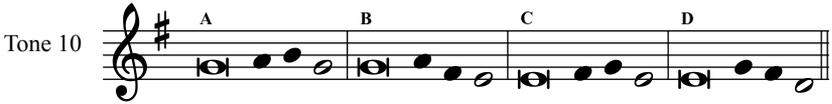
A mighty God *is* the LORD,
a great king a *bove* all gods.
In his hands are the depths *of* the earth;
the heights of the moun-*tains* are his. —
To him belongs the sea, *for* he made it,
and the dry land that he shaped *by* his hands.

O come; let us bow *and* bend low.
Let us kneel before the *God* who made us,
for he is our God and we †
the people who belong *to* his pasture,
the flock that is led *by* his hand.

O that today you would listen *to* his voice!
“Harden not your hearts as at Meribah, †
as on that day at Massah *in* the desert
when your forebears put me *to* the test;
when they tried me, though they *saw* my work.

For forty years I wearied of that generation, †
and I said, ‘Their hearts *are* astray;
this people does not *know* my ways.’
Then I took an oath *in* my anger,
‘Never shall they en-*ter* my rest.’” ♦

For Psalm 95 (94) one may substitute any of the following psalms:



Used in Week I, Tuesday Morning Prayer.

Psalm 24 (23)

The Lord's entry into his temple

Christ opened heaven for us in the manhood he assumed (Saint Irenaeus).

The LORD's is the earth **and** its fullness,
the world, and **those** who dwell in it.
It is he who set it **on** the seas;
on the rivers he **made** it firm.

Who shall climb the mountain **of** the LORD?
Who shall stand in his **ho-**ly place?
The clean of hands and pure of heart, †
whose soul is not **set** on vain things,
who has not sworn de-**ceit-**ful words.

Blessings from the LORD shall **he** receive,
and right reward from the **God** who saves him.
Such are the peo-**ple** who seek him,
who seek the face of the **God** of Jacob.

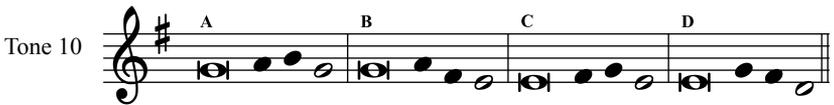
* * *

O gates, lift **high** your heads;
grow higher, **an-**cient doors.
Let him enter, the **king** of glory!

Who is this **king** of glory?
The LORD, the might-**y**, the valiant;
the LORD, the vali-**ant** in war.

O gates, lift **high** your heads;
grow higher, **an-**cient doors.
Let him enter, the **king** of glory!

Who is this the **king** of glory?
He, the **LORD** of hosts,
he is the **king** of glory. ♦



Used in Week II, Wednesday Evening Prayer and Week III, Tuesday Morning Prayer.

Psalm 67 (66)

People of all nations will worship the Lord

You must know that God is offering his salvation to all the world (Acts 28: 28).

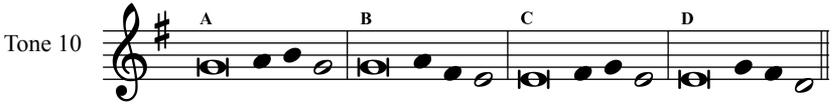
O God, be gra-*ci*ous and bless us
and let your face shed its light *up*-on us.
So will your ways be known *up*-on earth
and all nations learn *your* salvation.

Let the peoples praise *you*, O God;
let all the *peo*-ples praise you.

Let the nations be glad and *shout* for joy,
with uprightness you *rule* the peoples;
you guide the nat-*ions* on earth.

Let the peoples praise *you*, O God;
let all the *peo*-ples praise you.

The earth has yield-*ed* its fruit
for God, our *God*, has blessed us.
May God still give *us* his blessing
that all the ends of the earth *may* revere him. ♦



Used in Week I, Friday Morning Prayer and Week III, Friday Morning Prayer.

Psalm 100 (99)

The joyful song of those entering God's temple

The Lord calls his ransomed people to sing songs of victory (Athanasius).

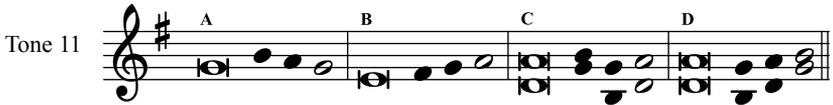
Cry out with joy to the LORD, *all* the earth.
 Serve the *LORD* with gladness.
 Come before him, sing *ing* for joy.

Know that he, the *LORD*, is God.
 He made us; we be *long* to him.
 We are his people, the sheep *of* his flock.

Enter his gates *with* thanksgiving
 and his courts with *songs* of praise.
 Give thanks to him, and *bless* his name.

Indeed, how good *is* the LORD,
 eternal his mer *ci*-ful love.
 He is faithful from *age* to age. ♦

Morning Prayer



GOSPEL CANTICLE

Luke 1: 68–79

The Messiah and his forerunner

Blessed be the Lord, the *God* of Israel;
he has come to his people and *set* them free.

He has raised up for us a *mighty* savior,
born of the house of his *ser-*vant David.

Through his holy prophets he prom-*ised* of old
that he would save us *from* our enemies,
from the hands of *all* who hate us.

He promised to show mercy *to* our fathers
and to remember his *ho-*ly covenant.

This was the oath he swore to our *fa-*ther Abraham:
to set us free from the hands *of* our enemies,
free to worship him *with-*out fear,
holy and righteous in his sight †
all the days *of* our life.

You, my child, shall be called the prophet of the *Most* High;
for you will go before the Lord to pre-*pare* his way,
to give his people knowledge *of* salvation
by the forgiveness *of* their sins.

In the tender compassion *of* our God
the dawn from on high shall *break* upon us,
to shine on those who dwell in darkness and the shad-*ow* of
death,
and to guide our feet into the *way* of peace. ♦



GOSPEL CANTICLE

(ELLC 1988) Luke 1: 68–79

The Messiah and his forerunner

Blest are you, Lord, the *God* of Israel,
 you have come to your people and *set* them free.
 You have raised up for us a *might*-y Savior,
 born of the house of your *ser*-vant David.

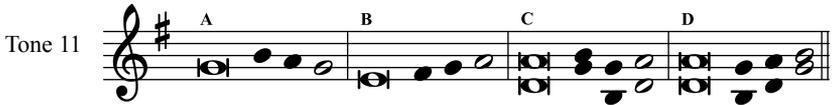
Through your holy prophets, you promised of old †
 to save us *from* our enemies,
 from the hands of *all* who hate us,
 to show mercy *to* our forebears,
 and to remember your *ho*-ly covenant.

This was the oath you swore to our *fa*-ther Abraham:
 to set us free from the hands *of* our enemies,
 free to worship you *with*-out fear,
 holy and righteous before you, †
 all the days *of* our life.

And you, child, shall be called the prophet of the *Most* High,
 for you will go before the Lord to pre-*pare* the way,
 to give God's people knowledge *of* salvation
 by the forgive-*ness* of sins.

In the tender compassion *of* our God
 the dawn from on high shall *break* upon us,
 to shine on those who dwell in darkness and the shad-*ow* of
 death,
 and to guide our feet into the *way* of peace. ♦

Evening Prayer



GOSPEL CANTICLE

Luke 1: 46–55

The soul rejoices in the Lord

My soul proclaims the greatness *of* the Lord,
my spirit rejoices in *God* my Savior
for he has looked with favor on his *low*-ly servant.

From this day all generations will *call* me blessed:
the Almighty has done great *things* for me,
and holy *is* his Name.

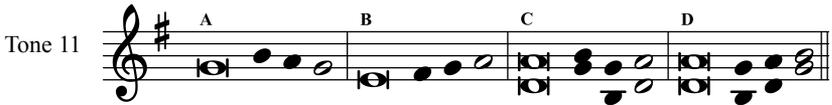
He has mercy on *those* who fear him
in every *gen*-eration.

He has shown the strength *of* his arm,
he has scattered the proud in *their* conceit.

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

He has filled the hungry *with* good things,
and the rich he has sent *a*-way empty.

He has come to the help of his *ser*-vant Israel
for he has remembered his prom-*ise* of mercy,
the promise he made *to* our fathers,
to Abraham and his child-*ren* for ever. ♦



GOSPEL CANTICLE

(ELLC 1988) Luke 1: 46–55

The soul rejoices in the Lord

My soul proclaims the greatness *of* the Lord,
 my spirit rejoices in *God* my Savior,
 for you, Lord, have looked with favor on your *low*-ly servant.

From this day all generations will call me blest: †
 you, the Almighty, have done great *things* for me
 and holy *is* your name.
 You have mercy on *those* who fear you,
 from generation to *gen*-eration.

You have shown strength *with* your arm
 and scattered the proud in *their* conceit,
 casting down the mighty *from* their thrones
 and lifting *up* the lowly.

You have filled the hungry *with* good things
 and sent the rich *a*-way empty.

You have come to the aid of your *ser*-vant Israel,
 to remember the prom-*ise* of mercy,
 the promise made *to* our forebears,
 to Abraham and his child-*ren* for ever. ♦

The Four-Week Psalter

WEEK I
SUNDAY
Evening Prayer I

HYMN

PSALMODY



Antiphon 1 Like burning *in*-cense, Lord,
let my prayer rise *up* to you.

Psalm 141 (140): 1–9
A prayer when in danger

An angel stood before the face of God, thurible in hand. The fragrant incense soaring aloft was the prayer of God's people on earth (Revelation 8: 4).

I have called to you, LORD; has-*ten* to help me!
Hear my voice when I *cry* to you.
Let my prayer be accepted as in-*cense* before you,
the raising of my hands like an even-*ing* oblation.

Set, O LORD, a guard *on* my mouth;
keep watch at the door *of* my lips!
Do not turn my heart to things *that* are evil,
to wicked deeds with those *who* are sinners.

Never allow me to share *in* their feasting.
If a good man strikes me *it* is kindness;
but let the oil of the wicked not a-*noint* my head.
Let my prayer be ever a-*gainst* their malice.

If they fall into the merciless hands *of* their judges,
they will grasp how kind *are* my words.
As clods of earth plowed up *on* the ground,
so their bones were strewn at the mouth *of* the grave.

To you my eyes are turned, O LORD, my LORD.
In you I take refuge; *spare* my soul!
From the trap they have laid for me, *keep* me safe;
keep me from the snares of those *who* do evil. ♦

Glory to the Father, and *to* the Son,
and to the *Ho*-ly Spirit:
as it was in the begin-*ning*, is now,
and will be for ev-*er*. Amen.

All psalms and canticles are concluded with the Glory to the Father unless otherwise indicated.

Antiphon 1 Like burning *in*-cense, Lord,
let my prayer rise *up* to you.



Antiphon 2 You are my *re*-fuge, Lord;
you are all that I de-*sire* in life.

Psalm 142 (141)

You, Lord, are my refuge

What is written in this psalm was fulfilled in our Lord's passion (Saint Hilary).

With all my voice I cry *to* the LORD;
with all my voice I en-*treat* the LORD.
I pour out my trou-*ble* before him;
I tell him all *my* distress —
while my spirit *faints* within me.
But you, O LORD, *know* my path.

On the way where *I* shall walk,
they have hidden a snare *to* entrap me.
Look on my right *hand* and see:
there is no one who *pays* me heed. —
No escape remains o-*pen* to me;
no one cares *for* my soul.

To you I *cry*, O LORD.
I have said: "You *are* my refuge,
my portion in the land *of* the living."
Listen, then, to my cry, †
for I am brought down *ver*-y low.

Rescue me from those *who* pursue me,
 for they are stron-*ger* than I.
 Bring my soul *out* of prison,
 and I shall give thanks *to* your name. —
 Around me the just *will* assemble,
 because of your good-*ness* to me. ♦

Antiphon 2 You are my *re*-fuge, Lord;
 you are all that I de-*sire* in life.



Antiphon 3 The Lord Jesus hum-*bled* himself,
 and God exalted *him* for ever.

Canticle

Philippians 2: 6–11

Christ, God's holy servant

Though he was in the *form* of God,
 Jesus did not deem equali-*ty* with God
 something *to* be grasped at.

Rather, he emp-*ti*ed himself
 and took the form *of* a slave,
 being born in the like-*ness* of men.

He was known to be of hu-*man* estate,
 and it was thus that he hum-*bled* himself,
 obediently accepting *e*-ven death,
 death *on* a cross!

Be-*cause* of this,
 God highly ex-*al*-ted him
 and bestowed on *him* the name
 above every *o*-ther name,

So that at *Je*-sus' name
 every *knee* must bend
 in the heavens, *on* the earth,
 and un-*der* the earth,

and every *tongue* proclaim
 to the glory of *God* the Father:
 JESUS *CHRIST* IS LORD! ♦

Antiphon 3 The Lord Jesus hum**bled** himself,
and God exalted **him** for ever.

READING

CANTICLE OF MARY

Antiphon as in the Proper of Seasons.

Morning Prayer

HYMN

PSALMODY



Antiphon 1 As morning breaks I look to **you**, O God,
to be my strength this day, *al-leluia*.

Psalm 63 (62): 2–9

A soul thirsting for God

Whoever has left the darkness of sin, yearns for God.

O God, you are my God; at **dawn** I seek you;
for you my **soul** is thirsting.
For you my **flesh** is pining,
like a dry, weary land **with**-out water. —
I have come before you **in** the sanctuary,
to behold your strength **and** your glory.

Your loving mercy is bet-**ter** than life;
my lips will **speak** your praise.
I will bless you **all** my life;
in your name I will lift **up** my hands. —
My soul shall be filled as **with** a banquet;
with joyful lips, my **mouth** shall praise you.

When I remember you up-**on** my bed,
I muse on you through the watches **of** the night.
for you have **been** my strength;
in the shadow of your wings **I** rejoice. —
My soul clings **fast** to you;
your right **hand** upholds me. ♦

Antiphon 1 As morning breaks I look to *you*, O God,
to be my strength this day, *al-leluia*.



You dolphins and all water creatures, **ble**ss the Lord.
 All you birds of the air, **ble**ss the Lord.
 All you beasts, wild and tame, **ble**ss the Lord.
 You sons of men, **ble**ss the Lord.

O Israel, **ble**ss the Lord.
 Praise and exalt him above **all** forever.
 Priests of the Lord, **ble**ss the Lord.
 Servants of the Lord, **ble**ss the Lord.

Spirits and souls of the just, **ble**ss the Lord.
 Holy men of humble heart, **ble**ss the Lord.
 Hananiah, Azariah, Mishael, **ble**ss the Lord.
 Praise and exalt him above **all** forever. ♦

Let us bless the Father, and the Son, and the **Ho**-ly Spirit.
 Let us praise and exalt him above **all** forever.
 Blessed are you, Lord, in the firma-**ment** of heaven.
 Praiseworthy and glorious and exalted above **all** forever.

At the end of the canticle the Glory to the Father is not said.

Antiphon 2 From the midst of the flames †
 the three young men cried out **with** one voice:
 Blessed be God, **al**-leluia.



he crowns the poor *with* salvation.
 Let the faithful exult *in* their glory,
 and rejoice as they *take* their rest. —
 Let the praise of God be *in* their mouths
 and a two-edged sword *in* their hand,

To deal out vengeance *to* the nations
 and punishment up-*on* the peoples;
 to bind their *kings* in chains
 and their nobles in fet-*ters* of iron; —
 to carry out the judg-*ment* decreed.
 This is an honor for *all* his faithful. ♦

Antiphon 3 Let the peo-*ple* of Sion
 rejoice in their King, *al-leluia*.

READING

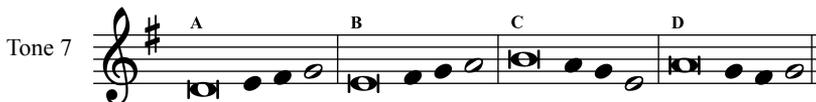
CANTICLE OF ZECHARIAH

Antiphon as in the Proper of Seasons.

Evening Prayer II

HYMN

PSALMODY



Antiphon 1 The Lord will stretch forth his mighty scep-*ter* from Sion,
 and he will reign for ever, *al-leluia*.

Psalm 110 (109): 1–5, 7
The Messiah, king and priest

Christ's reign will last until all his enemies are made subject to him
 (1 Corinthians 15: 25).

The LORD's revelation *to* my lord:
 "Sit at *my* right hand,
 until I make your *foes* your footstool."

The LORD will *send* from Sion
 your scep-*ter* of power:
 rule in the midst *of* your foes.

With you is *prince*-ly rule
 on the day *of* your power.
 In holy splendor, from the womb be-*fore* the dawn,
 I *have* begotten you.

The LORD has sworn an oath he *will* not change:
 “You are a *priest* forever,
 in the line *of* Melchizedek.”

The LORD, standing *at* your right,
 shatters kings in the day *of* his wrath.
 He shall drink from the stream *by* the wayside
 and therefore he shall lift *up* his head. ♦

Antiphon 1 The Lord will stretch forth his mighty scep-*ter* from Sion,
 and he will reign for ever, *al*-leluia.



Antiphon 2 The earth is shaken *to* its depths
 before the glory *of* your face.

Psalm 114 (113A)

The Israelites are delivered from the bondage of Egypt

*You too left Egypt when, at baptism, you renounced that world which is at enmity
 with God (St. Augustine).*

When Israel came *forth* from Egypt,
 the house of Jacob from a *for*-eign people,
 Judah be-*came* his temple,
 Israel became *his* domain.

The sea beheld *them* and fled;
 the Jordan turned back *on* its course.
 The mountains *leapt* like rams,
 and the hills like *year*-ling sheep.

Why was it, sea, *that* you fled;
 that you turned back, Jordan, *on* your course?
 O mountains, that you *leapt* like rams;
 O hills, like *year*-ling sheep?

Tremble, O earth, be-*fore* the LORD,
 in the presence of the *God* of Jacob,

who turns the rock in-*to* a pool
and flint into a *spring* of water. ♦

Antiphon 2 The earth is shaken *to* its depths
before the glory *of* your face.



Antiphon 3 All power is *yours*, Lord God,
our mighty King, *al·leluia*.

The following canticle is said with the Alleluia when Evening Prayer is sung; when the office is recited, the Alleluia may be said at the beginning and end of each strophe.

Canticle **See Revelation 19: 1–7**
The wedding of the Lamb

Alleluia. †
Salvation, glory, and power *to* our God:
(R. *Al·le·luia*.)
his judgments are hon-*est* and true.
R. Alleluia (*al·leluia*).

Alleluia. †
Sing praise to our God, all *you* his servants;
(R. *Al·le·luia*.)
all who worship him reverently, *great* and small.
R. Alleluia (*al·leluia*).

Alleluia. †
The Lord our all-powerful *God* is King,
(R. *Al·le·luia*.)
let us rejoice, sing praise, and *give* him glory.
R. Alleluia (*al·leluia*).

Alleluia. †
The wedding feast of the Lamb *has* begun,
(R. *Al·le·luia*.)
and his bride is prepared to *wel*-come him.
R. Alleluia (*al·leluia*). ♦

Antiphon 3 All power is *yours*, Lord God,
our mighty King, *al·leluia*.

Lent:

**Canticle****1 Peter 2: 21–24****The willing acceptance of his passion by Christ, the servant of God**

Christ suf:*fered* for you,
and left you *an* example
to have you follow *in* his footsteps.

He *did* no wrong;
no deceit was found *in* his mouth.
When he *was* insulted,
he re-*turned* no insult.

When he was *made* to suffer,
he did not coun-*ter* with threats.
Instead he delivered *him*-self up
to the One who *judg*-es justly.

In *his* own body
he brought our sins *to* the cross,
so that all of us, *dead* to sin,
could live in accord *with* God's will.

By his wounds *you* were healed. ♦

READING

CANTICLE OF MARY

Antiphon as in the Proper of Seasons.

MONDAY**Morning Prayer**

HYMN

PSALMODY



Antiphon 1 I lift up my heart to *you*, O Lord,
and you will hear my *morn*-ing prayer.

Easter All those who love your name will
rejoice in you, *al*-leluia.

Psalm 5: 2–10, 12–13**A morning prayer asking for help**

Those who welcome the Word as the guest of their hearts will have abiding joy.

To my words give *ear*, O LORD;
give heed *to* my sighs.
Attend to the sound *of* my cry,
my King *and* my God.

To you do I *pray*, O LORD.
In the morning you *hear* my voice;
in the morning I plead and *watch* before you.

You are no God who *de-lights* in evil;
no sinner *is* your guest.
The boastful shall not *stand* their ground
be-fore your eyes.

All who do evil *you* despise;
all who lie *you* destroy.
The deceitful and those *who* shed blood,
the *LORD* detests.

Yet through the greatness of your mer-*ci*-ful love,
I en-*ter* your house.
I bow down before your *ho*-ly temple,
in *awe* of you.

Lead me, LORD, *in* your justice,
because *of* my foes;
make straight your *way* before me.

No truth can be found *in* their mouths,
their heart *is* all malice,

their throat a wide-*o*-pen grave;
with their *tongue* they flatter.

All who take refuge in you *shall* be glad,
and ever cry *out* their joy.
You shelter them; in you *they* rejoice,
those who *love* your name. —
It is you who bless the just *one*, O LORD:
you surround him with your favor *like* a shield. ♦

Antiphon 1 I lift up my heart to *you*, O Lord,
and you will hear my *morn*-ing prayer.

Easter All those who love your name will
rejoice in you, *al*-leluia.



Antiphon 2 We praise your glo-*ri*-ous name,
O *Lord*, our God.

Easter Yours is the *king*-dom, Lord,
and yours the primacy over all the rulers of the earth,
al-leluia.

Canticle

1 Chronicles 29: 10–13

Glory and honor are due to God alone

Blessed be the God and Father of our Lord Jesus Christ (Ephesians 1: 3)

Blessed may you *be*, O LORD,
God of Isra-*el* our father,
from eternity *to* eternity.

Yours, O LORD, are gran-*deur* and power,
majesty, splen-*dor*, and glory.

For all in heaven and on *earth* is yours;
yours, O LORD, *is* the sovereignty:
you are exalted as head *o*-ver all.

Riches and honor *are* from you,
and you have dominion *o*-ver all.
In your hands are pow-*er* and might;
it is yours to give grandeur and *strength* to all.

Therefore, our God, we *give* you thanks
and we praise the majesty *of* your name. ♦

Antiphon 2 We praise your glo-*ri*-ous name,
O **Lord**, our God.

Easter Yours is the *king*-dom, Lord,
and yours the primacy over all the rulers of the earth,
al-leluia.



Antiphon 3 A-*dore* the Lord
in his *ho*-ly court.

Easter The Lord *is* enthroned
as king for ever, *al*-leluia.

Psalm 29 (28)

A tribute of praise to the Word of God

The Father's voice proclaimed: "This is my beloved Son" (Matthew 3: 17).

Ascribe to the LORD, you heav-*en*-ly powers,
ascribe to the LORD glo-*ry* and strength.
Ascribe to the LORD the glory *of* his name;
bow down before the Lord, majes-*tic* in holiness.

The voice of the LORD upon the waters, †
the God of *glo*-ry thunders;
the LORD on the immensi-*ty* of waters;
the voice of the LORD *full* of power;
the voice of the LORD *full* of splendor.

The voice of the LORD *shat*-ters cedars,
the LORD shatters the ce-*dars* of Lebanon;
he makes Lebanon leap *like* a calf,
and Sirion like a *young* wild-ox.

The voice of the LORD flashes *flames* of fire.
The voice of the LORD *shakes* the wilderness,
the LORD shakes the wilder-*ness* of Kadesh;
The voice of the LORD *rends* the oak tree —
and strips the *for*-est bare.
In his temple they *all* cry: "Glory!"

The LORD sat enthroned a-*bove* the flood;
 the LORD sits as *king* for ever.
 The LORD will give strength *to* his people,
 the LORD will bless his peo-*ple* with peace. ♦

Antiphon 3 A-*dore* the Lord
 in his *ho*-ly court.

Easter The Lord *is* enthroned
 as king for ever, *al*-leluia.

READING

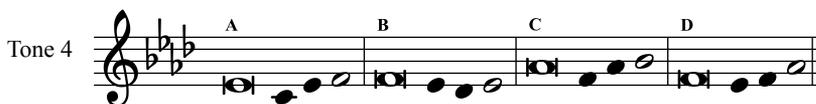
CANTICLE OF ZECHARIAH

Antiphon Blessed *be* the Lord,
 the *Lord* our God.

Evening Prayer

HYMN

PSALMODY



Antiphon 1 The *Lord* looks tenderly
 on those *who* are poor.

Easter Have courage; I have over-*come* the world,
 al-*le*-luia.

Psalm 11 (10)

God is the unfailing support of the just

Blessed are those who hunger and thirst for justice; they shall be satisfied
 (Matthew 5: 6).

In the LORD I have *tak*-en refuge.
 How can you say *to* my soul,
 “Fly like a bird *to* the mountain!

Look, the wicked are bending their bow! †
 They are fixing their arrow *on* the string,
 to shoot the upright of heart *in* the dark.
 Foundations *once* destroyed,
 what can the *just* man do?”

The LORD is in his *ho*-ly temple,
 the throne of the LORD *is* in heaven.
 His eyes be-*hold* the world;
 his gaze probes the child-*ren* of men.

The LORD inspects the just *and* the wicked,
 the lover of vio-*lence* he hates.
 He sends fire and brimstone *on* the wicked,
 a scorching wind to *fill* their cup. —
 For the LORD is just and loves *deeds* of justice;
 the upright shall be-*hold* his face. ♦

Antiphon 1 The *Lord* looks tenderly
 on those *who* are poor.

Easter Have courage; I have over-*come* the world,
 al-*le*-luia.



Antiphon 2 Blessed are the *pure* of heart,
 for they *shall* see God.

Easter He shall sojourn *in* your tent;
 he shall dwell on your holy mountain, *al*-leluia.

Psalm 15 (14)

Who is worthy to stand in God's presence?

You have come to Mount Zion, to the city of the living God (Hebrews 12: 22).

LORD, who may abide *in* your tent,
 and dwell on your *ho*-ly mountain?
 Whoever walks without fault; †
 who does *what* is just,
 and speaks the truth *from* his heart.

Whoever does not slander with his tongue, †
 who does no wrong *to* a neighbor,
 who casts no slur *on* a friend,
 who looks with scorn *on* the wicked,
 but honors those who *fear* the LORD.

Who keeps an oath, whatev-*er* the cost,

who lends no mon-*ey* at interest,
and accepts no bribes a-*gainst* the innocent.
Such a one shall nev-*er* be shaken. ♦

Antiphon 2 Blessed are the *pure* of heart,
for they *shall* see God.

Easter He shall sojourn *in* your tent;
he shall dwell on your holy mountain, *al-leluia*.



Antiphon 3 God chose us *in* his Son
to be his a-*dopt*-ed children.

Easter When I am lifted up *from* the earth
I shall draw all people to myself, *al-leluia*.

Canticle
God our Savior

Ephesians 1: 3–10

Praised be the *God* and Father
of our Lord *Je*-sus Christ,

God chose *us* in him
before the *world* began
to be holy
and blameless *in* his sight.

He predestined us †
to be his adopted sons through *Je*-sus Christ,
such was his *will* and pleasure,
that all might praise the glo-*ri*-ous favor
he has bestowed on us in *his* beloved.

In him and through his blood, we have *been* redeemed,
and our *sins* forgiven,
so immeasur-*a*bly generous
is God's *fa*-vor to us.

God has given *us* the wisdom
to understand ful-*ly* the mystery,
the plan *he* was pleased
to de-*cree* in Christ.

A plan to be *car*-ried out
in Christ, in the full-*ness* of time,
to bring all things into *one* in him,
in the heavens and *on* the earth. ♦

Antiphon 3 God chose us *in* his Son
to be his a-*dopt*-ed children.

Easter When I am lifted up *from* the earth
I shall draw all people to myself, *al*-leluia.

READING

CANTICLE OF MARY

Antiphon My soul proclaims the greatness *of* the Lord,
for he has looked with favor on his *low*-ly servant.

TUESDAY

Morning Prayer

HYMN

PSALMODY



Antiphon 1 The man whose *deeds* are blameless
and whose *heart* is pure
will climb the mountain *of* the Lord.

Easter The one who came *down* from heaven
has ascended above all the heavens, *al*-leluia.

When Psalm 24 (23) is the invitatory psalm, Psalm 95 (94) is used as the first psalm at Morning Prayer.

Psalm 24 (23)**The Lord's entry into his temple**

Christ opened heaven for us in the manhood he assumed (Saint Irenaeus).

The LORD'S is the earth *and* its fullness,
the world, and *those* who dwell in it.
It is he who set it *on* the seas;
on the rivers he *made* it firm.

Who shall climb the mountain *of* the LORD?
 Who shall stand in his *ho*-ly place?
 The clean of hands and pure of heart, †
 whose soul is not *set* on vain things,
 who has not sworn de-*ceit*-ful words.

Blessings from the LORD shall *he* receive,
 and right reward from the *God* who saves him.
 Such are the peo-*ple* who seek him,
 who seek the face of the *God* of Jacob.

* * *

O gates, lift *high* your heads;
 grow higher, *an*-cient doors.
 Let him enter, the *king* of glory!

Who is this *king* of glory?
 The LORD, the mighty, the valiant;
 the LORD, the vali-*ant* in war.

O gates, lift *high* your heads;
 grow higher, *an*-cient doors.
 Let him enter, the *king* of glory!

Who is this the *king* of glory?
 He, the *LORD* of hosts,
 he is the *king* of glory. ♦

Antiphon 1 The man whose *deeds* are blameless
 and whose *heart* is pure
 will climb the mountain *of* the Lord.

Easter The one who came *down* from heaven
 has ascended above all the heavens, *al*-leluia.



Antiphon 2 Praise the e-*ter*-nal King
 in *all* your deeds.

Easter Keep this day as a fes-*ti*-val day
 and give praise to the Lord, *al*-leluia.

Canticle

Tobit 13: 1–8

God afflicts but only to heal

Blessed be the God and Father of our Lord Jesus Christ, who in his great love for us has brought us to a new birth (1 Peter 1: 3).

Blessed be God who *lives* forever
because his kingdom lasts *for* all ages.

For he scourges and *then* has mercy;
he casts down to the depths of the *neth*-er world,
and he brings up from the *great* abyss.
No one can es-*cape* his hand.

Praise him, you Israelites, be *fore* the Gentiles,
for though he has scattered *you* among them,
he has shown you his greatness *e*-ven there.

Exalt him before every *liv*-ing being,
because he is the *Lord* our God,
our Father and *God* forever.

He scourged you for *your* iniquities,
but will again have mercy *on* you all.
He will gather you *from* the Gentiles
among whom you *have* been scattered.

When you turn back to him with *all* your heart,
to do what is *right* before him,
then he will turn *back* to you,
and no longer hide his *face* from you.

So now consider what he has *done* for you,
and praise him *with* full voice.
Bless the *Lord* of righteousness,
and exalt the King *of* the ages.

In the land of my ex-*ile* I praise him,
and show his power and majesty to a *sin*-ful nation.
“Turn back, you sinners! do the *right* before him:
perhaps he may look with favor upon you †
and *show* you mercy.

“As for me, I ex-*alt* my God,
and my spirit rejoices in the *King* of heaven.
Let all men speak *of* his majesty,
and sing his praises *in* Jerusalem.” ♦

Antiphon 2 Praise the e-*ter*-nal King
in *all* your deeds.

Easter Keep this day as a fes-*ti*-val day
and give praise to the Lord, *al*-leluia.



Blessed the nation whose God *is* the LORD,
 the people he has chosen *as* his heritage.
 From the heavens the *LORD* looks forth;
 he sees all the chil-*dren* of men.

From the place where he *dwells* he gazes
 on all the dwellers *on* the earth,
 he who shapes the hearts *of* them all,
 and considers *all* their deeds.

A king is not saved by *his* great army,
 nor a warrior preserved by *his* great strength.
 A vain hope for safety *is* the horse;
 despite its power it *can* not save.

Yes, the LORD's eyes are on *those* who fear him,
 who hope in his mer-*ci*-ful love,
 to rescue their *souls* from death,
 to keep them a-*live* in famine.

Our soul is waiting *for* the LORD.
 He is our help *and* our shield.
 In him do our *hearts* find joy.
 We trust in his *ho*-ly name. —
 May your merciful love *be* upon us,
 as we hope in *you*, O LORD. ♦

Antiphon 3 The *loy*-al heart
 must *praise* the Lord.

Easter The mer-*cy* of the Lord
 fills the earth, *al*-leluia.

READING

CANTICLE OF ZECHARIAH

Antiphon God has raised up for us a *might*-y savior,
 as he promised through the words of his *ho*-ly prophets.

Evening Prayer

HYMN

PSALMODY



Antiphon 1 God has *crowned* his Christ
with *vic*-tory.

Easter Now the reign of our God *has* begun
and power is given to Christ, his anointed, *al*-leluia.

Psalm 20 (19)**A prayer for the king's victory**

Whoever calls upon the name of the Lord will be saved (Acts 2: 21).

May the LORD answer you in *time* of trial;
may the name of Jacob's *God* protect you.
May he send you help from the *ho*-ly place,
and give you sup-*port* from Sion.

May he remember *all* your offerings,
and receive your sacri-*fice* with favor.
May he give you your *heart's* desire
and fulfill every one *of* your plans.

May we ring out our joy *at* your victory,
and raise banners in the name *of* our God.
May the LORD grant *all* your prayers.

Now I know the LORD saves *his* anointed,
and answers from his *ho*-ly heaven
with the mighty victory *of* his hand.

Some put their trust in chari-*ots* or horses,
but we in the name of the *LORD*, our God.
They will col-*lapse* and fall,
but we shall rise up *and* hold firm. —
Give salvation to the *king*, O LORD,
give answer on the *day* we call. ♦

Antiphon 1 God has *crowned* his Christ
with *vic*-tory.

Easter Now the reign of our God *has* begun
and power is given to Christ, his anointed, *al*-leluia.



Antiphon 2 We celebrate your *might*-y works
with songs of *praise*, O Lord.

Easter You have assumed the authority *that* is yours;
you have established your kingdom, *al*-leluia.

Psalm 21 (20): 2–8, 14

Thanksgiving for the king’s victory

He accepted life that he might rise and live for ever (Saint Hilary).

In your strength, O LORD, the *king* rejoices;
how greatly your salvation *makes* him glad!
You have granted him his *heart’s* desire;
you have not withheld the prayer *of* his lips.

You came to meet him with blessings *of* prosperity;
you have set on his head a crown *of* pure gold.
He asked you for life and this *you* have given:
days that will last from *age* to age.

By your saving help great *is* his glory;
you have bestowed upon him majes-*ty* and splendor;
you have granted him bless-*ings* forever,
made him rejoice with the joy *of* your presence.

The king has placed his trust *in* the LORD.
Through the mercy of the Most High, he *is* unshaken.
O LORD, arise *in* your strength;
we shall sing and *praise* your power. ♦

Antiphon 2 We celebrate your *might*-y works
with songs of *praise*, O Lord.

Easter You have assumed the authority *that* is yours;
you have established your kingdom, *al*-leluia.



Antiphon 3 Lord, you have made *us* a kingdom
and priests for *God* our Father.

Easter Let all cre-*a*-tion serve you,
for all things came into being at your word, *al*-leluia.

Canticle Revelation 4: 11; 5: 9, 10, 12
Redemption Hymn

O Lord our God, *you* are worthy
to receive glory and hon-*or* and power.

For you have creat-*ed* all things;
by your will they came to be *and* were made.

Worthy are *you*, O Lord,
to receive the scroll and break o-*pen* its seals.

For *you* were slain;
with your blood you pur-*chased* for God
men of every *race* and tongue,
of every peo-*ple* and nation.

You made of *them* a kingdom,
and priests to *serve* our God,
and they shall reign *on* the earth.

Worthy is the Lamb *that* was slain
to receive pow-*er* and riches,
wis-*dom* and strength,
honor and glo-*ry* and praise. ♦

Antiphon 3 Lord, you have made *us* a kingdom
and priests for *God* our Father.

Easter Let all cre-*a*-tion serve you,
for all things came into being at your word, *al*-leluia.

READING

CANTICLE OF MARY

Antiphon My spir-*it* rejoices
in *God* my savior.

WEDNESDAY
Morning Prayer

HYMN

PSALMODY



Antiphon 1 O Lord, *in* your light
we see *light* itself.

Easter You, O Lord, are the *source* of life,
al-le-luia.

Psalm 36 (35)

The malice of sinners and God's goodness

No follower of mine wanders in the dark; he shall have the light of life (John 8: 12).

Transgression speaks *to* the sinner
in the depths *of* his heart.
There is no *fear* of God
be-*fore* his eyes.

In his own eyes, he flat-*ters* himself,
not to see and detest *his* own guilt.
The words of his mouth are mischief *and* deceit.
He has ceased to be prudent *and* do good.

In bed he *plots* iniquity.
He sets his foot on every *wick*-ed way;
no evil does *he* reject.

Your mercy, LORD, reach-*es* to heaven;
your truth *to* the clouds.
Your justice is like God's mountains; †
like the great *deep*, your justice.
Both man and beast you *save*, O LORD.

How precious is your mer-*cy*, O God!
The children of *men* seek shelter
in the shadow *of* your wings.

They feast on the riches *of* your house;
you give them drink from the stream of *your* delight.
For with you is the foun-*tain* of life,
and in your light *we* see light.

Maintain your mercy for *those* who know you,
 your saving justice to *up*-right hearts.
 Let the foot of the proud not *tread* on me
 nor the hand of the wicked *drive* me out. —
 There have the evil-*do*-ers fallen;
 flung down, una-*ble* to rise. ♦

Antiphon 1 O Lord, *in* your light
 we see *light* itself.

Easter You, O Lord, are the *source* of life,
 al-*le*-luia.



Antiphon 2 O God, you are *great* and glorious;
 we marvel *at* your power.

Easter You sent forth your spir-*it*, O Lord,
 and all things were created, *al*-leluia.

Canticle Judith 16: 2–3a, 13–15

God who created the world takes care of his people

They were singing a new song (Revelation 5: 9).

Strike up the *in*-struments,
 a song to my *God* with timbrels,
 chant to the *Lord* with cymbals.
 Sing to him a new song †
 exalt and ac-*claim* his name.

A new hymn I will sing *to* my God.
 O Lord, great are *you* and glorious,
 wonderful in power and *un*-surpassable.

Let your every *crea*-ture serve you;
 for you spoke, and *they* were made,
 you sent forth your spirit, and they *were* created;
 no one can re-*sist* your word.

The mountains to their bases, and the *seas*, are shaken;
 the rocks, like wax, melt be-*fore* your glance.
 But to *those* who fear you,
 you are *ver*-y merciful. ♦

Antiphon 3 Exult *in* God's presence
with *hymns* of praise.

Easter God is King over *all* the earth;
make music for him with all your skill, *al·leluia*.

READING

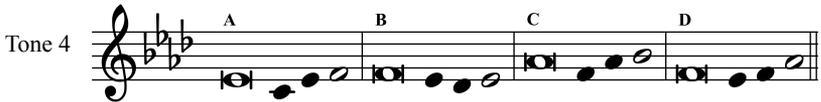
CANTICLE OF ZECHARIAH

Antiphon Show us your *mer·cy*, Lord;
remember your *ho·ly* covenant.

Evening Prayer

HYMN

PSALMODY



Antiphon 1 The Lord is my light *and* my help;
whom *shall* I fear?

Easter With his right hand God has *raised* him up
as king and savior, *al·leluia*.

Psalm 27 (26)

God stands by us in dangers

God now truly dwells with men (Revelation 21: 3).

I

The LORD is my light and *my* salvation;
whom *shall* I fear?
The LORD is the stronghold *of* my life;
whom *should* I dread?

When those who do e·*vil* draw near
to de·*vour* my flesh,
it is they, my ene·*mies* and foes,
who stum·*ble* and fall.

Though an army en-**camp** against me,
 my heart **would** not fear.
 Though war break **out** against me,
 even then **would** I trust.

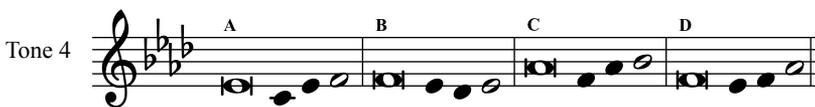
There is one thing I ask **of** the LORD,
 only this **do** I seek:
 to live in the house **of** the LORD
 all the days **of** my life, —
 to gaze on the beauty **of** the LORD,
 to inquire **at** his temple.

For there he keeps me safe **in** his shelter
 in the **day** of evil.
 He hides me under cover **of** his tent;
 he sets me high up-**on** a rock.

And now my head shall be raised †
 above my foes **who** surround me,
 and I shall offer with-**in** his tent
 a sacri-**fice** of joy.
 I will sing and make music **for** the LORD. ♦

Antiphon 1 The Lord is my light **and** my help;
 whom **shall** I fear?

Easter With his right hand God has **raised** him up
 as king and savior, **al-leluia**.



Antiphon 2 I long to look on **you**, O Lord;
 do not turn your **face** from me.

Easter I believe that I shall see †
 the goodness **of** the Lord
 in the land of the living, **al-leluia**.

II

Some rose to present lies and false evidence against Jesus (Mark 14: 57).

O LORD, hear my voice *when* I call;
 have mercy and *an*-swer me.
 Of you my *heart* has spoken,
 “*Seek* his face.”

It is your face, O LORD, *that* I seek;
 hide not your *face* from me.
 Dismiss not your ser-*vant* in anger;
 you have *been* my help.

Do not abandon *or* forsake me,
 O *God*, my Savior!
 Though father and moth-*er* forsake me,
 the LORD *will* receive me.

Instruct me, LORD, in your way; †
 on an e-*ven* path lead me
 because *of* my enemies.
 Do not leave me to the will of my foes, †
 for false witnesses rise *up* against me,
 and they *breathe* out violence.

I believe I shall see the LORD's goodness
 in the land *of* the living.
 Wait for the *LORD*; be strong;
 be stouthearted, and wait *for* the LORD! ♦

Antiphon 2 I long to look on *you*, O Lord;
 do not turn your *face* from me.

Easter I believe that I shall see †
 the goodness *of* the Lord
 in the land of the living, *al*-leluia.



Antiphon 3 He is the first-born of *all* creation;
 in every way the prima-*cy* is his.

Easter From him, through him, and in him †
 all *things* exist:
 glory to him for ever, *al*-leluia.

Canticle

Colossians 1: 12–20

Christ the first-born of all creation and the first-born from the dead

Let us give thanks to the Father †
for having *made* you worthy
to share the lot of the *saints* in light.

He rescued us from the pow-*er* of darkness
and brought us into the kingdom of his be-*lov*-ed Son.
Through him we *have* redemption,
the forgiveness *of* our sins.

He is the image of the invis-*i*-ble God,
the first-born *of* all creatures.
In him everything in heaven and on earth *was* created,
things visible *and* invisible.

All were creat-*ed* through him;
all were creat-*ed* for him.
He is before all *else* that is.
In him everything contin-*ues* in being.

It is he who is head of the bod-*y*, the church!
he who is *the* beginning,
the first-born *of* the dead,
so that primacy may be his in *eve*-rything.

It pleased God to make absolute fullness re-*side* in him
and, by means of him, to reconcile everything *in* his person,
both on earth and *in* the heavens,
making peace through the blood *of* his cross. ♦

Antiphon 3 He is the first-born of *all* creation;
in every way the prima-*cy* is his.

Easter From him, through him, and in him †
all *things* exist:
glory to him for ever, *al*-leluia.

READING

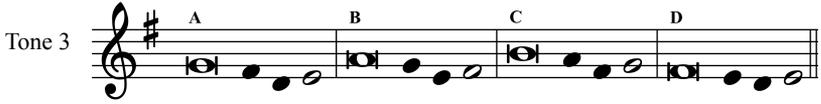
CANTICLE OF MARY

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

THURSDAY
Morning Prayer

HYMN

PSALMODY



Antiphon 1 Awake, *lyre* and harp,
with praise let us a-*wake* the dawn.

Easter Be exalt-*ed*, O God,
high above the heavens, *al*-leluia.

Psalm 57 (56)

Morning prayer in affliction

This psalm tells of our Lord's passion (Saint Augustine).

Have mercy on me, **God**, have mercy,
for in you my soul has *tak*-en refuge.
In the shadow of your wings **I** take refuge,
till the storms of destruc-*tion* pass by.

I call to you, God the **Most** High,
to God who pro-*vides* for me.
May he send from heaven and save me, †
and put to shame those **who** assail me.
May God send his loving mer-*cy* and faithfulness.

My soul lies down *a*-mong lions,
who would devour the **sons** of men.
Their teeth are *spears* and arrows,
their tongue a *sharp*-ened sword. —
Be exalted, O God, a-*bove* the heavens;
may your glory *shine* on earth!

They laid down a net *for* my steps;
my soul *was* bowed down.
They dug a pit *in* my path,
but fell in *it* themselves.

My heart is ready, O God;
 my **heart** is ready.
 I will sing, I will **sing** your praise.
 A-**wake**, my soul! —
 Awake, **lyre** and harp!
 I will a-**wake** the dawn.

I will praise you, LORD, a-**mong** the peoples,
 among the nations sing **psalms** to you,
 for your love reaches **to** the heavens,
 and your truth **to** the skies. —
 Be exalted, O God, a-**bove** the heavens;
 may your glory shine on **all** the earth! ♦

Antiphon 1 Awake, **lyre** and harp,
 with praise let us a-**wake** the dawn.

Easter Be exalt-**ed**, O God,
 high above the heavens, **al**-leluia.



Antiphon 2 My people, **says** the Lord,
 will be filled **with** my blessings.

Easter The Lord has ran-**somed** his people,
 al-**le**-luia.

Canticle

Jeremiah 31: 10–14

The happiness of a people who have been redeemed

Jesus was to die...to gather God's scattered children into one fold (John 11: 51, 52).

Hear the word of the **LORD**, O nations,
 proclaim it on distant **coasts** and say:
 He who scattered Israel, now gathers **them** together,
 he guards them as a shep-**herd** his flock.

The **LORD** shall **ran**-som Jacob,
 he shall redeem him from the hand **of** his conqueror.

Shouting, they shall mount the *heights* of Sion,
 they shall come streaming to the LORD's blessings:
 The grain, the wine, *and* the oil,
 the sheep *and* the oxen; —
 They themselves shall be like *wa*-tered gardens,
 never again *shall* they languish.

Then the virgins shall make mer-ry and dance,
 and young men and *old* as well.
 I will turn their mourning *in*-to joy,
 I will console and gladden them af-ter their sorrows. —
 I will lavish choice portions upon the priests, †
 and my people shall be filled *with* my blessings,
says the LORD. ♦

Antiphon 2 My people, *says* the Lord,
 will be filled *with* my blessings.

Easter The Lord has ran-*somed* his people,
 al-*le*-luia.



Antiphon 3 The Lord is great and worthy *to* be praised
 in the city *of* our God.

Easter Such *is* our God,
 he will be our guide for ever, *al*-leluia.

Psalm 48 (47)

Thanksgiving for the people's deliverance

He took me up a high mountain and showed me Jerusalem, God's holy city
 (Revelation 21: 10).

Great is the LORD and highly *to* be praised
 in the city *of* our God.
 His holy mountain ris-*es* in beauty,
 the joy of *all* the earth.

Mount Sion, in the heart *of* the North,
 the city of the *Might*-y King!
 God, in the midst *of* its citadels,
 has shown him-*self* its stronghold.

Behold! the *kings* assembled;
together *they* advanced.
They saw; at *once* they marveled;
dismayed, they *fled* in fear.

A trembling *seized* them there,
anguish, like pangs in *giv*-ing birth,
as when the *east* wind shatters
the *ships* of Tarshish.

As we have heard, so *we* have seen
in the city *of* our God,
in the city of the *Lord* of hosts,
which God establish-*es* for ever.

Your merciful *love*, O God,
we ponder *in* your temple.
Your praise, O God, *like* your name,
reaches the ends *of* the earth.

Your right hand is filled with *sav*-ing justice.
Mount Si-*on* rejoices.
The daughters of Ju-*dah* rejoice
at the sight *of* your judgments.

Walk through Sion, walk *all* around her;
count the number *of* her towers.
Consider *all* her ramparts;
exam-*ine* her castles,

That you may tell the next *gen*-eration
that such *is* our God,
our God for ev-*er* and always.
He will guide *us* forever. ♦

Antiphon 3 The Lord is great and worthy *to* be praised
in the city *of* our God.

Easter Such *is* our God,
he will be our guide for ever, *al*-leluia.

READING

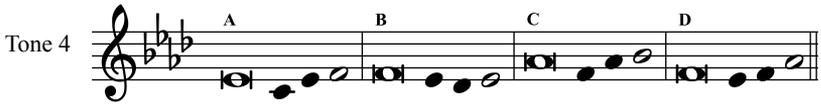
CANTICLE OF ZECHARIAH

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

Evening Prayer

HYMN

PSALMODY



Antiphon 1 I cried to you, Lord, *and* you healed me;
I will praise *you* for ever.

Easter You have *turned* my mourning
into joy, *al*-leluia.

Psalm 30 (29)**Thanksgiving for deliverance from death**

Christ, risen in glory, gives continual thanks to his Father (Cassian).

I will extol you, LORD, for you have *raised* me up,
and have not let my enemies rejoice *o*-ver me.

O LORD my God, I cried to *you* for help,
and *you* have healed me.

O LORD, you have lifted up my soul *from* the grave,
restored me to life from those who sink in-*to* the pit.

Sing psalms to the LORD, you *faith*-ful ones;
give thanks to his *ho*-ly name.
His anger lasts a moment; his favor *all* through life.
At night come tears, but *dawn* brings joy.

I said to myself in *my* good fortune:
“I shall nev-*er* be shaken.”

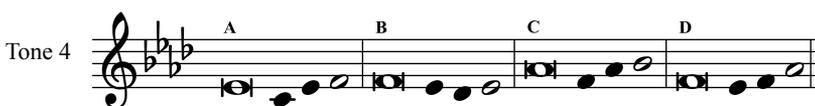
O LORD, your favor had set me like a *moun*-tain stronghold.
Then you hid your face, and I was put *to* confusion.

To you, O LORD, I cried,
to my God I ap-*pealed* for mercy:
“What profit is my lifeblood, my going *to* the grave?
Can dust give you thanks, or pro-*claim* your faithfulness?”

Hear, O LORD, and have mer-*cy* on me;
 be my help-*er*, O LORD.
 You have changed my mourning *in* to dancing,
 removed my sackcloth and girded *me* with joy. —
 So my soul sings psalms to you, and will *not* be silent.
 O LORD my God, I will thank *you* forever. ♦

Antiphon 1 I cried to you, Lord, *and* you healed me;
 I will praise *you* for ever.

Easter You have *turned* my mourning
 into joy, *al*-leluia.



Antiphon 2 The one who is sinless in the *eyes* of God
 is bless-*ed* indeed.

Easter We have been recon-*ciled* to God
 by the death of his Son, *al*-leluia.

Psalm 32 (31)

They are happy whose sins are forgiven

David speaks of the happiness of the man who is holy in God's eyes not because of his won worth, but because God has justified him (Romans 4: 6).

Blessed is he whose transgression *is* forgiven,
 whose sin *is* remitted.
 Blessed the man to whom the LORD im-*putes* no guilt,
 in whose spirit *is* no guile.

I kept it secret and my *frame* was wasted.
 I groaned *all* day long,
 for your hand, by day *and* by night,
 lay heav-*y* upon me. —
 Indeed, my strength *was* dried up
 as by the *sum*-mer's heat.

To you I have acknow-*ledged* my sin;
 my guilt I *did* not hide.
 I said, "I will confess my transgression *to* the LORD."
 And you have forgiven the guilt *of* my sin.

So let each faithful one *pray* to you
in the *time* of need.

The floods of water *may* reach high,
but such a one they *shall* not reach.

You are a hiding *place* for me;
you keep me safe *from* distress;
you surround me with cries *of* deliverance.

I will instruct *you* and teach you
the way *you* should go;
I will fix my *eyes* upon you.

Be not like horse and mule, *un*-intelligent,
needing *bri-dle* and bit,
or else they will *not* approach you.

Many sorrows *has* the wicked,
but loving mer-*cy* surrounds
one who trusts *in* the LORD.

Rejoice in the LORD; ex-*ult*, you just!
Ring out your joy, all you up-*right* of heart! ♦

Antiphon 2 The one who is sinless in the *eyes* of God
is bless-*ed* indeed.

Easter We have been recon-*ciled* to God
by the death of his Son, *al*-leluia.



Antiphon 3 The Father has given Christ all power, hon-*or*, and kingship;
all people *will* obey him.

Easter Lord, who is your e-*qual* in power
Who is like you, majestic in holiness? *al*-leluia.

Canticle Revelation 11: 17–18; 12: 10b–

12a

The judgement of God

We praise you, the Lord **God** Almighty,
 who is **and** who was.
 You have assumed **your** great power,
 you have be-**gun** your reign.

The nations have **raged** in anger,
 but then came your **day** of wrath
 and the moment to **judge** the dead:
 the time to reward your ser-**vants** the prophets —
 and the holy ones **who** revere you,
 the great and the **small** alike.

Now have salvation and **pow**-er come,
 the reign of our God and the authority of **his** Anointed One.
 For the accuser of our brothers **is** cast out,
 who night and day accused them be-**fore** God.

They defeated him by the blood **of** the Lamb
 and by the word **of** their testimony;
 love for life did not deter **them** from death.
 So rejoice, you heavens, †
 and you that **dwel** therein! ♦

Antiphon 3 The Father has given Christ all power, hon-**or**, and kingship;
 all people **will** obey him.

Easter Lord, who is your e-**qual** in power
 Who is like you, majestic in holiness? **al**-leluia.

READING

CANTICLE OF MARY

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

FRIDAY

Morning Prayer

HYMN

PSALMODY



Antiphon 1 Lord, you will accept the true *sa*-crifice
offered *on* your altar.

Easter Remember *me*, Lord God,
when you come into your kingdom, *al*-leluia.

Psalm 51 (50)**O God, have mercy on me**

Your inmost being must be renewed, and you must put on the new man
(Ephesians 4: 23–24).

Have mercy on *me*, O God,
according to your mer-*ci*-ful love;
according to your *great* compassion,
blot out *my* transgressions. —
Wash me completely from *my* iniquity,
and cleanse me *from* my sin.

My transgressions, tru-*ly* I know them;
my sin is al-*ways* before me.
Against you, you alone, *have* I sinned;
what is evil in your sight *I* have done. —
So you are just *in* your sentence,
without reproach *in* your judgment.

O see, in guilt *I* was born,
a sinner when my moth-*er* conceived me.
Yes, you delight in sinceri-*ty* of heart;
in secret you *teach* me wisdom. —
Cleans me with hyssop, and I *shall* be pure;
wash me, and I shall be whit-*er* than snow.

Let me hear rejoic-*ing* and gladness,
that the bones you have crushed *may* exult.
Turn away your face *from* my sins,
and blot out *all* my guilt.

Create a pure heart for *me*, O God,
 renew a steadfast spir-*it* within me.
 Do not cast me away *from* your presence;
 take not your holy *spir*-it from me.

Restore in me the joy of *your* salvation;
 sustain in me a *will*-ing spirit.
 I will teach transgres-*sors* your ways,
 that sinners may re-*turn* to you.

Rescue me from bloodshed, O God, †
 God of *my* salvation,
 and then my tongue shall ring *out* your justice.
 O LORD, o-*pen* my lips
 and my mouth shall pro-*claim* your praise.

For in sacrifice you take *no* delight;
 burnt offering from me *would* not please you
 My sacrifice to God, a broken spirit: †
 a broken and *hum*-bled heart,
 O God, you *will* not spurn.

In your good pleasure, show fa-*vor* to Sion;
 rebuild the walls *of* Jerusalem.
 Then you will delight in right sacrifice, †
 burnt offerings whol-*ly* consumed.
 Then you will be offered young bulls *on* your altar. ♦

Antiphon 1 Lord, you will accept the true *sa*-crifice
 offered *on* your altar.

Easter Remember *me*, Lord God,
 when you come into your kingdom, *al*-leluia.



Antiphon 2 All the descen-*dants* of Israel
 will glory in the Lord's *gift* of victory.

Easter Truly you are a *hid*-den God,
 the God of Israel, the Savior, *al*-leluia.

Canticle

Isaiah 45: 15–25

People of all nations will become disciples of the Lord

Every knee shall bend at the name of Jesus (Philippians 2: 10).

Truly with you **God** is hidden,
 the God of Isra-**el**, the savior!
 Those are put to shame and disgrace †
 who vent their an-**ger** against him.
 Those go in disgrace **who** carve images.

Israel, you are saved by the LORD, **saved** forever!
 You shall never be put to shame **or** disgrace
 in **fu**-ture ages.

For thus **says** the LORD,
 the creator **of** the heavens,
who is God,
 the designer and maker **of** the earth —
 who es-**tab**-lished it
 not creating it to **be** a waste,
 but designing it **to** be lived in:

I am the LORD, and there is no other. †
 I have not spo-**ken** from hiding
 nor from some dark place **of** the earth.

And I have not said to the descen-**dants** of Jacob,
 “Look for me in an **emp**-ty waste.”
 I, the LORD, **prom**-ise justice,
 I foretell **what** is right.

Come and assemble, gath-**er** together,
 you fugitives from a-**mong** the Gentiles!
 They are without knowledge who bear **wood**-en idols
 and pray to gods that **can**-not save.

Come here **and** declare
 in coun-**sel** together:
 Who announced this from **the** beginning
 and foretold it **from** of old? —
 Was it not **I**, the LORD,
 besides whom there is no **oth**-er God?
 There is no just and saving **God** but me.

Turn to me *and* be safe,
all you ends *of* the earth,
for I am God; there *is* no other!

By my *self* I swear,
uttering my *just* decree
and my unalter-*ab*-le word:

To me every *knee* shall bend;
by me every *tongue* shall swear,
saying, “Only *in* the LORD
are just *deeds* and power.

Before him in *shame* shall come
all who vent their an-*ger* against him.
In the LORD shall be the vindication *and* the glory
of all the descen-*dants* of Israel.” ♦

Antiphon 2 All the descen-*dants* of Israel
will glory in the Lord’s *gift* of victory.

Easter Truly you are a *hid*-den God,
the God of Israel, the Savior, *al*-leluia.



Antiphon 3 Let us go in-*to* God’s presence
sing-*ing* for joy.

Easter Serve the *Lord* with gladness,
al-*le*-luia.

When Psalm 100 (99) is the invitatory psalm, Psalm 95 (94) is used as the third psalm at Morning Prayer.

Psalm 100 (99)

The joyful song of those entering God’s temple

The Lord calls his ransomed people to sing songs of victory (Athanasius).

Cry out with joy to the LORD, *all* the earth.
Serve the *LORD* with gladness.
Come before him, sing-*ing* for joy.

Know that he, the **LORD**, is God.
 He made us; we be **long** to him.
 We are his people, the sheep **of** his flock.

Enter his gates **with** thanksgiving
 and his courts with **songs** of praise.
 Give thanks to him, and **ble**ss his name.

Indeed, how good **is** the LORD,
 eternal his mer-**ci**-ful love.
 He is faithful from **age** to age. ♦

Antiphon 3 Let us go in-**to** God's presence
 sing-**ing** for joy.

Easter Serve the **Lord** with gladness,
 al-**le**-luia.

READING

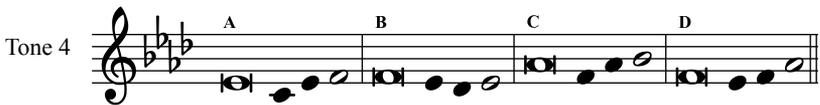
CANTICLE OF ZECHARIAH

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

Evening Prayer

HYMN

PSALMODY



Antiphon 1 Lord, lay your healing **hand** upon me,
 for **I** have sinned.

Easter Christ became poor **for** our sake,
 that we might become rich, **al**-leluia.

Psalm 41 (40)

Prayer of a sick person

One of you will betray me, yes, one who eats with me (Mark 14: 18).

Blessed is he who has concern **for** the poor.
 In time of trouble, the LORD will **res**-cue him.

The LORD will guard him, **give** him life,
and make him blessed **in** the land,
not give him up to the will **of** his foes.

The LORD will help him on his **bed** of pain;
you will bring him back from sick-**ness** to health.

As for me, I said, “LORD, have mer-**cy** on me;
heal my soul, for I have **sinned** against you.”

My foes are speaking e-**vil** against me:

“How long before he dies, and his name **be** forgotten?” —

When someone comes to visit me, he speaks **emp**-ty words;
his heart stores up malice; on leaving, **he** spreads lies.

All my foes whisper togeth-**er** against me;
they devise evil **plots** against me:

“Something deadly has fas-**tened** upon him;
he will not rise from **where** he lies.”

Thus even my friend, in **whom** I trusted,
who **ate** my bread,
has lifted his **heel** against me.

But you, O LORD, have mer-**cy** on me.

Raise me up and I **will** repay them.

By this I **know** your favor:

that my foes do not triumph **o**-ver me. —

In my integrity you **have** upheld me,
and have set me in your pres-**ence** forever.

* * *

Blest be the LORD, the **God** of Israel
from age to age. A-**men**. Amen. ♦

Antiphon 1 Lord, lay your healing **hand** upon me,
for **I** have sinned.

Easter Christ became poor **for** our sake,
that we might become rich, **al**-leluia.



Antiphon 2 The mighty **Lord** is with us;
the God of Jacob **is** our stronghold.

Easter The streams **of** the river
gladden the city of God **al**-leluia.

Psalm 46 (45)

God our refuge and strength

He shall be called Emmanuel, which means: God-with-us (Matthew 1: 23).

God is for us a **re-fuge** and strength,
an ever-present help in time **of** distress:
so we shall not fear though the **earth** should rock,
though the mountains quake to the heart **of** the sea; —
even though its waters **rage** and foam,
even though the mountains be shaken **by** its tumult.

The LORD of **hosts** is with us:
the God of Jacob **is** our stronghold.

The waters of a river give joy **to** God's city,
the holy place, the dwelling of the **Most** High.
God is within, it can **not** be shaken;
God will help it at the dawning **of** the day. —
Nations are in tumult, king-**doms** are shaken:
he lifts his voice, the earth **melts** away.

The LORD of **hosts** is with us:
the God of Jacob **is** our stronghold.

Come and behold the works **of** the LORD,
the awesome deeds he has done **on** the earth.
he puts an end to wars over **all** the earth;
the bow he breaks, the spear he snaps, the shields he **burns**
with fire: —

“Be still and know that **I** am God,
exalted over nations, exalted **o**-ver earth!”

The LORD of **hosts** is with us:
the God of Jacob **is** our stronghold. ♦

Antiphon 2 The mighty *Lord* is with us;
the God of Jacob *is* our stronghold.

Easter The streams *of* the river
gladden the city of God *al-leluia*.



Antiphon 3 All nations will *come* and worship
before *you*, O Lord.

Easter Let us sing *to* the Lord,
glorious in his triumph, *al-leluia*.

Canticle
Hymn of adoration

Revelation 15: 3–4

Mighty and wonderful *are* your works,
Lord *God* Almighty!
Righteous and true *are* your ways,
O King *of* the nations!

Who would dare re-*fuse* you honor,
or the glory due your *name*, O Lord?

Since you a-*lone* are holy,
all na-*tions* shall come
and worship *in* your presence.
Your mighty deeds are *clear*-ly seen. ♦

Antiphon 3 All nations will *come* and worship
before *you*, O Lord.

Easter Let us sing *to* the Lord,
glorious in his triumph, *al-leluia*.

READING

CANTICLE OF MARY

Antiphon The Lord has come to the help *of* his servants,
for he has remembered his pro-*mise* of mercy.



Antiphon 2 The Lord is my strength, and I shall *sing* his praise
for he has be-*come* my savior.

Easter Those who were victorious †
sang the hymn of Moses, the ser-*vant* of God,
and the hymn of the Lamb, *al*-leluia.

Canticle Exodus 15: 1–4a, 8–13, 17–18

Hymn of victory after the crossing of the Red Sea

*Those who had conquered the beast were singing the song of Moses, God's servant
(see Revelation 15: 2–3)*

I will sing to the LORD, for he is glorious-*ly* triumphant;
horse and chariot he has cast in-*to* the sea.

My strength and my courage *is* the LORD,
and he has *been* my savior.
He is my *God*, I praise him;
the God of my father, *I* extol him.

The LORD is a warrior, †
LORD *is* his name!
Pharaoh's chariots and army he hurled in-*to* the sea.
At a breath of your anger the waters piled up, †
the flowing waters stood *like* a mound,
the flood waters congealed in the midst *of* the sea.

The enemy boasted, "I will pursue and overtake them; †
I will divide the spoils and have my *fill* of them;
I will draw my sword; my hand *shall* despoil them!"
When your wind blew, the sea *cov*-ered them;
like lead they sank in the *migh*-ty waters.

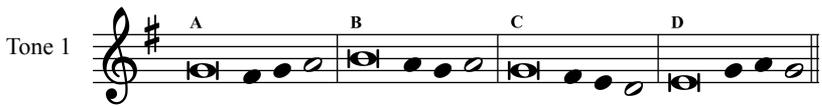
Who is like to you among the *gods*, O LORD?
Who is like to you, magnifi-*cent* in holiness?
O terrible in renown, work-*er* of wonders,
when you stretched out your right hand, the earth *swal*-lowed
them!

In your mercy you led the people *you* redeemed;
in your strength you guided them to your *ho*-ly dwelling.

And you brought them in and planted them on the mountain
of *your* inheritance—
the place where you made your *seat*, O LORD,
the sanctuary, O LORD, which your *hands* established.
The LORD shall reign forev-*er* and ever. ♦

Antiphon 2 The Lord is my strength, and I shall *sing* his praise
for he has be-*come* my savior.

Easter Those who were victorious †
sang the hymn of Moses, the ser-*vant* of God,
and the hymn of the Lamb, *al*-leluia.



Antiphon 3 O *praise* the Lord,
all you nations.

Easter *Strong* and steadfast
is his love for us, *al*-leluia.

Psalm 117 (116)

Praise for God's loving compassion

I affirm that...the Gentile peoples are to praise God because of his mercy
(Romans 15: 8-9).

O praise the LORD, *all* you nations;
acclaim him, *all* you peoples!

For his merciful love has prevailed o-*ver* us;
and the LORD's faithfulness en-*dures* forever. ♦

Antiphon 3 O *praise* the Lord,
all you nations.

Easter *Strong* and steadfast
is his love for us, *al*-leluia.

READING

CANTICLE OF ZECHARIAH

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

WEEK II
SUNDAY
Evening Prayer I

HYMN

PSALMODY



Antiphon 1 Your *word*, O Lord,
 is the lantern to light our way, *al-leluia*.

Psalm 119 (118): 105–112
XIV (Nun)

A mediation on God's law

This is my commandment: that you should love one another (John 15: 12).

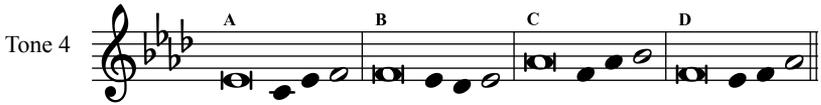
Your word is a lamp *for* my feet,
 and a light *for* my path.
 I have sworn an oath *and* affirmed it,
 to obey *your* just judgments.

I am deeply afflict-*ed*, O LORD;
 by your word *give* me life.
 Accept, LORD, my freely *of*-fered homage,
 and teach me *your* decrees.

My life is in my hands *at* all times;
 I do not for-*get* your law.
 For me the wicked have *set* a snare;
 yet I do not stray *from* your precepts.

Your decrees are my heri-*tage* forever,
 the joy *of* my heart.
 I incline my heart to carry *out* your statutes
 forever, *to* the end. ♦

Antiphon 1 Your *word*, O Lord,
 is the lantern to light our way, *al-leluia*.



Antiphon 2 When I see your **face**, O Lord,
I shall know the fullness of joy, **al·leluia**.

Psalm 16 (15)

The Lord himself is my heritage

The Father raised up Jesus, freeing him from the grip of death (Acts 2: 24).

Preserve me, O God, for in you **I** take refuge.
I say to the LORD: “You **are** my LORD.
My happiness lies in **you** alone.”

As for the holy ones who dwell in the land, †
they are noble, and in them is all **my** delight.
Those who choose other gods in-**crease** their sorrows.
I will not take part in their offer-**ings** of blood.
Nor will I take their names up-**on** my lips.

O LORD, it is you who are my por-**tion** and cup;
you yourself who se-**cure** my lot.
Pleasant places are marked **out** for me:
a pleasing heritage in-**deed** is mine!

I will bless the LORD who **gives** me counsel,
who even at night di-**rects** my heart.
I keep the LORD be-**fore** me always;
with him at my right hand, I shall **not** be moved.

And so, my heart rejoices, my **soul** is glad;
even my flesh shall **rest** in hope.
For you will not abandon my **soul** to hell,
nor let your holy one **see** corruption.

You will show me the **path** of life,
the fullness of joy **in** your presence,
at your right hand, **bliss** forever. ♦

Antiphon 2 When I see your **face**, O Lord,
I shall know the fullness of joy, **al·leluia**.



Antiphon 3 Let everything in heaven *and* on earth
bend the knee at the name of Jesus, *al*-leluia.

Canticle
Christ, God's holy servant

Philippians 2: 6–11

Though he was in the *form* of God,
Jesus did not deem equal-*ty* with God
something *to* be grasped at.

Rather, he emp-*ti*ed himself
and took the form *of* a slave,
being born in the like-*ness* of men.

He was known to be of hu-*man* estate,
and it was thus that he hum-*bled* himself,
obediently accepting *e*-ven death,
death *on* a cross!

Be-*cause* of this,
God highly ex-*al*-ted him
and bestowed on *him* the name
above every *o*-ther name,

So that at *Je*-sus' name
every *knee* must bend
in the heavens, *on* the earth,
and un-*der* the earth,

and every *tongue* proclaim
to the glory of *God* the Father:
JESUS *CHRIST* IS LORD! ♦

Antiphon 3 Let everything in heaven *and* on earth
bend the knee at the name of Jesus, *al*-leluia.

READING

CANTICLE OF MARY

Antiphon as in the Proper of Seasons.

Morning Prayer

HYMN

PSALMODY



Antiphon 1 Blessed is he who comes
in the name *of* the Lord, *al*-leluia.

Psalm 118 (117)
Song of joy for salvation

This Jesus is the stone which, rejected by you builders, has become the chief stone supporting all the rest (Acts 4: 11).

Give praise to the LORD, for *he* is good;
his mercy en-*dures* forever.

Let the house of Is-*ra*-el say,
“His mercy en-*dures* forever.”
Let the house of *Aa*-ron say,
“His mercy en-*dures* forever.” —
Let those who fear the LORD say,
“His mercy en-*dures* forever.”

I called to the LORD in *my* distress;
he has an-*swered* and freed me.
The LORD is at my side; I *do* not fear.
What can mankind *do* against me? —
The LORD is at my side *as* my helper;
I shall look in triumph *on* my foes.

It is better to take refuge *in* the LORD
than to *trust* in man;
it is better to take refuge *in* the LORD
than to *trust* in princes.

The nations all en-*cir*-cled me;
in the name of the LORD I *cut* them off.
They encircled me *all* around;
in the name of the LORD I *cut* them off.

They encircled me a *bout* like bees;
 they blazed like a fire *a-mong* thorns.
 In the name of the LORD I *cut* them off.

I was thrust down, thrust *down* and falling,
 but the LORD *was* my helper.
 The LORD is my strength *and* my song;
 he *was* my savior.

There are shouts of joy *and* salvation
 in the tents *of* the just.
 “The LORD’s right hand has done mighty deeds; †
 his right hand *is* exalted.
 The LORD’s right hand has done *might*-y deeds;”

I shall not die, *I* shall live
 and recount the deeds *of* the LORD.
 The LORD punished me, punished *me* severely,
 but did not hand me o-*ver* to death.

Open to me the *gates* of justice:
 I will enter and *thank* the LORD.
 This is the *LORD’s* own gate,
 where the *just* enter. —
 I will thank you, for *you* have answered,
 and you *are* my savior.

The stone that the build-*ers* rejected
 has become the *cor*-nerstone.
 By the LORD has *this* been done,
 a marvel *in* our eyes. —
 This is the day the *LORD* has made;
 let us rejoice in it *and* be glad.

O LORD, *grant* salvation;
 O LORD, *grant* success.
 Blest is *he* who comes
 in the name *of* the LORD. —
 We bless you from the house *of* the Lord;
 the LORD is God, and has giv-*en* us light.

Go forward in proces-*sion* with branches,
 as far as the horns *of* the altar.
 You are my **God**, I praise you.
 My God, **I** exalt you. —
 Give praise to the LORD, for **he** is good;
 his mercy en-*dures* forever. ♦

Antiphon 1 Blessed is he who comes
 in the name *of* the Lord, *al*-leluia.



Antiphon 2 Let us sing a *hymn* of praise
 to our God, *al*-leluia.

Canticle

Daniel 3: 52–57

Let all creatures praise the Lord

The Creator...is blessed for ever (Romans 1: 25).

Blessed are you, O Lord, the God *of* our fathers,
 praiseworthy and exalted above **all** forever

And blessed is your holy and glor-*i*-ous name,
 praiseworthy and exalted above all **for** all ages.

Blessed are you in the temple of your *ho*-ly glory,
 praiseworthy and glorious above **all** forever

Blessed are you on the throne *of* your kingdom,
 praiseworthy and exalted above **all** forever

Blessed are you who look in-*to* the depths
 from your throne upon the *che*-rubim,
 praiseworthy and exalted above **all** forever

Blessed are you in the firma-*ment* of heaven,
 praiseworthy and glorious above **all** forever

Bless the Lord, all you works *of* the Lord,
 praise and exalt him above **all** forever ♦

Antiphon 2 Let us sing a *hymn* of praise
 to our God, *al*-leluia.

The Messiah, king and priest

Christ's reign will last until all his enemies are made subject to him
(1 Corinthians 15: 25).

The LORD's revelation *to* my lord:
"Sit at *my* right hand,
until I make your *foes* your footstool."

The LORD will *send* from Sion
your scep-*ter* of power:
rule in the midst *of* your foes.

With you is *prince*-ly rule
on the day *of* your power.
In holy splendor, from the womb be-*fore* the dawn,
I *have* begotten you.

The LORD has sworn an oath he *will* not change:
"You are a *priest* forever,
in the line *of* Melchizedek."

The LORD, standing *at* your right,
shatters kings in the day *of* his wrath.
He shall drink from the stream *by* the wayside
and therefore he shall lift *up* his head. ♦

Antiphon 1 Christ our Lord is a *priest* for ever,
like Melchizedek of old, *al-leluia*.



Antiphon 2 The *Lord* will come;
he is true *to* his word.
If he seems to delay, keep *watch* for him,
for he will surely come, *al-leluia*.

Psalm 115 (113B)
Praise of the true God

You have renounced idol worship to serve the living and true God
(1 Thessalonians 1: 9).

Not to us, O LORD, not to us, †
 but to your name *give* the glory,
 for your merciful love *and* fidelity.
 Why should the *na*-tions say:
 “Where *is* their God?”

But our God is *in* the heavens;
 he does whatev-*er* he wills.
 Their idols are sil-*ver* and gold,
 the work of *hu*-man hands.

They have mouths but they *can*-not speak;
 they have eyes but they *can*-not see.
 They have ears but they *can*-not hear;
 they have nostrils but they *can*-not smell.

They have hands but they *can*-not feel;
 they have feet but they *can*-not walk.
 They make no sound *from* their throats.
 Their makers will come to be like them, †
 as will all who *trust* in them.

House of Israel, trust *in* the LORD;
 he is their help *and* their shield.
 House of Aaron, trust *in* the LORD;
 he is their help *and* their shield. —
 Those who fear the LORD, trust *in* the LORD;
 he is their help *and* their shield.

The LORD remembers us, and *he* will bless us;
 he will bless the *house* of Israel.
 He will bless the *house* of Aaron.

He will bless those who *fear* the LORD,
 the little no less *than* the great.
 To you may the LORD grant increase,
 to you and *all* your children.

May you be blest *by* the LORD,
 the maker of heav-*en* and earth.
 The heavens, the heavens belong *to* the LORD,
 but to the children of men, he has *giv*-en the earth.

The dead shall not *praise* the LORD,
nor those who go down in *to* the silence.
But we who live *bless* the LORD
both now and for *ev*-ermore. ♦

Antiphon 2 The *Lord* will come;
he is true *to* his word.
If he seems to delay, keep *watch* for him,
for he will surely come, *al*-leluia.



Antiphon 3 The Lord our *king* and lawgiver
will *come* to save us.

The following canticle is said with the Alleluia when Evening Prayer is sung; when the office is recited, the Alleluia may be said at the beginning and end of each strophe.

Canticle **See Revelation 19: 1–7**
The wedding of the Lamb

Alleluia. †
Salvation, glory, and power *to* our God:
(R. *Al-le*-luia.)
his judgments are hon-*est* and true.
R. Alleluia (*al*-leluia).

Alleluia. †
Sing praise to our God, all *you* his servants;
(R. *Al-le*-luia.)
all who worship him reverently, *great* and small.
R. Alleluia (*al*-leluia).

Alleluia. †
The Lord our all-powerful *God* is King,
(R. *Al-le*-luia.)
let us rejoice, sing praise, and *give* him glory.
R. Alleluia (*al*-leluia).

Alleluia. †
The wedding feast of the Lamb *has* begun,
(R. *Al-le*-luia.)
and his bride is prepared to *wel*-come him.
R. Alleluia (*al*-leluia). ♦

Antiphon 3 The Lord our *king* and lawgiver
will *come* to save us.

Lent:



Canticle

1 Peter 2: 21–24

The willing acceptance of his passion by Christ, the servant of God

Christ suf:*fered* for you,
and left you *an* example
to have you follow *in* his footsteps.

He *did* no wrong;
no deceit was found *in* his mouth.
When he *was* insulted,
he re-*turned* no insult.

When he was *made* to suffer,
he did not coun-*ter* with threats.
Instead he delivered *him*-self up
to the One who *judg*-es justly.

In *his* own body
he brought our sins *to* the cross,
so that all of us, *dead* to sin,
could live in accord *with* God's will.

By his wounds *you* were healed. ♦

READING

CANTICLE OF MARY

Antiphon as in the Proper of Seasons.

MONDAY

Morning Prayer

HYMN

PSALMODY



Antiphon 1 When will I come to the end *of* my pilgrimage
and enter the *pres*-ence of God?

Easter As a deer longs for *flow*-ing streams,
so my soul longs for you, my God, *al*-leluia.

Psalm 42 (41)**Longing for the Lord's presence in his temple**

Let all who thirst come; let all who desire it, drink from the life-giving water
(Revelation 22: 17).

Like the *deer* that yearns
for *run*-ning streams,
so my *soul* is yearning
for *you*, my God.

My soul is thirst-*ing* for God,
the *liv*-ing God;
when can I enter *and* appear
before the *face* of God?

My tears have be-*come* my bread,
by *day*, by night,
as they say to me all the *day* long,
“Where *is* your God?”

These things will *I* remember
as I pour *out* my soul:
For I would go to the place †
of your *won*-drous tent,
all the way to the *house* of God, —
amid cries of gladness *and* thanksgiving,
the throng keeping *joy*-ful festival.

Why are you cast *down*, my soul;
why *groan* within me?
Hope in God; I will praise him *yet* again,
my saving presence *and* my God.

My soul is cast *down* within me,
 therefore I re-*mem*-ber you
 from the land of Jordan *and* Mount Hermon,
 from the *Hill* of Mizar.

Deep is call-*ing* on deep,
 in the roar *of* your torrents;
 your billows and *all* your waves
 swept *o*-ver me.

By day the *LORD* decrees
 his mer-*ci*-ful love;
 by night his *song* is with me,
 prayer to the God *of* my life.

I will say to *God*, my rock,
 “Why have you for-*got*-ten me?
 Why do *I* go mourning,
 oppressed *by* the foe?”

With a deadly wound *in* my bones,
 my ene-*mies* revile me,
 saying to me all the *day* long,
 “Where *is* your God?”

Why are you cast *down*, my soul;
 why *groan* within me?
 Hope in God; I will praise him *yet* again,
 my saving presence *and* my God. ♦

Antiphon 1 When will I come to the end *of* my pilgrimage
 and enter the *pres*-ence of God?

Easter As a deer longs for *flow*-ing streams,
 so my soul longs for you, my God, *al*-leluia.



Antiphon 2 Lord, show us the *ra*-diance
of your mercy.

Easter Fill Sion with your *prais*-es, Lord,
 and let your wonders be proclaimed, *al*-leluia.

Canticle

Sirach 36: 1–5, 10–13

Prayer of entry for the holy city, Jerusalem

This is eternal life: to know you, the one true God, and Jesus Christ whom you have sent (John 17: 3).

Come to our aid, O God of the **u**-niverse,
and put all the nations in **dread** of you!
Raise your hand a**gainst** the heathen,
that they may real**ize** your power.

As you have used us to show **them** your holiness,
so now use them to show **us** your glory.
Thus they will **know**, as we know,
that there is no **God** but you.

Give new signs and **work** new wonders;
show forth the splendor of your right **hand** and arm.

Gather all the **tribes** of Jacob,
that they may inherit the land **as** of old.
Show mercy to the people called **by** your name;
Israel, who you **named** your first-born.

Take pity on you **ho**-ly city,
Jerusalem, your **dwel**-ling place.
Fill Zion **with** your majesty,
your temple **with** your glory. ♦

Antiphon 2 Lord, show us the **ra**-diance
of your mercy.

Easter Fill Sion with your **prais**-es, Lord,
and let your wonders be proclaimed, **al**-leluia.



Antiphon 3 The vaults of **heav**-en ring
with your **praise**, O Lord.

Easter The glory of God illum**ines** the city;
the Lamb of God is its light, **al**-leluia.

Psalm 19A (18A)

Praise of the Lord, Creator of all

The dawn from on high shall break on us...to guide our feet into the way of peace
(Luke 1: 78, 79).

The heavens declare the glo-ry of God,
and the firmament proclaims the work *of* his hands.
Day unto day con-veys the message,
and night unto night im-parts the knowledge.

No speech, no word, whose voice *goes* unheeded;
their sound goes forth through *all* the earth,
their message to the utmost bounds *of* the world.

There he has placed a tent *for* the sun;
it comes forth like a bridegroom coming *from* his tent,
rejoices like a champion to *run* its course.

At one end of the heavens is the rising *of* the sun;
to the furthest end it *runs* its course.
There is nothing concealed from its *burn*-ing heat. ♦

Antiphon 3 The vaults of *heav*-en ring
with your *praise*, O Lord.

Easter The glory of God illum-*ines* the city;
the Lamb of God is its light, *al*-leluia.

READING

CANTICLE OF ZECHARIAH

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

Evening Prayer

HYMN

PSALMODY



Antiphon 1 Yours is more than *mor*-tal beauty;
every word you speak is *full* of grace.

Easter

Blessed is **he** who comes
in the name of the Lord, *al-leluia*.

Psalm 45 (44)

The marriage of the king

The Bridegroom is here; go out and welcome him (Matthew 25: 6).

I

My heart overflows with *no*-ble words.
To the king I address the song **I** have made,
my tongue as nimble as the pen *of* a scribe.

You are the most handsome of the *sons* of men,
and graciousness is poured up-*on* your lips,
for God has blessed you for-*ev*-ermore.

Gird your sword upon your thigh, O *might*-y one,
with your splendor *and* your majesty.
In your majesty, ride on triumphant †
in the cause of truth, meek-*ness*, and justice.
May your right hand show your *won*-drous deeds.

Your arrows are sharp—peoples *fall* beneath you—
in the heart of the foes *of* the king.

Your throne, O God, shall en-*dure* forever.
A scepter of justice is the scepter *of* your kingdom.
Your love is for justice; your ha-*ted* for evil.

Therefore God, your God, has a-*noint*-ed you
with the oil of gladness above *oth*-er kings:
your robes are fragrant with aloes, *myrrh*, and cassia.
From the ivory palace you are glad-*dened* with music.

The daughters of kings are those *whom* you favor.
On your right stands the queen in *gold* of Ophir. ♦

Antiphon 1

Yours is more than *mor*-tal beauty;
every word you speak is *full* of grace.

Easter

Blessed is **he** who comes
in the name of the Lord, *al-leluia*.

Easter

From his fullness we have *all* received,
 grace upon grace, *al*-leluia.

Canticle
God our Savior

Ephesians 1: 3–10

Praised be the *God* and Father
 of our Lord *Je*-sus Christ,

God chose *us* in him
 before the *world* began
to be holy
 and blameless *in* his sight.

He predestined us †
 to be his adopted sons through *Je*-sus Christ,
 such was his *will* and pleasure,
 that all might praise the glo-*ri*-ous favor
 he has bestowed on us in *his* beloved.

In him and through his blood, we have *been* redeemed,
 and our *sins* forgiven,
 so immeasur-*a*bly generous
 is God's *fa*-vor to us.

God has given *us* the wisdom
 to understand ful-*ly* the mystery,
 the plan *he* was pleased
 to de-*cree* in Christ.

A plan to be *car*-ried out
 in Christ, in the full-*ness* of time,
 to bring all things into *one* in him,
 in the heavens and *on* the earth. ♦

Antiphon 3

God planned in the full-*ness* of time
 to restore all *things* in Christ.

Easter

From his fullness we have *all* received,
 grace upon grace, *al*-leluia.

CANTICLE OF MARY

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

TUESDAY

Morning Prayer

HYMN

PSALMODY



Antiphon 1 Lord, send *forth* your light
and your truth.

Easter You have come *to* Mount Sion
and to the city of the living God, *al*-leluia.

Psalm 43 (42)**Longing for the Temple**

I have come into the world to be its light (John 12: 46).

Give me justice, O God, and *plead* my cause
against a nation *that* is faithless.
From the deceitful *and* the cunning
rescue *me*, O God.

You, O God, *are* my strength;
why have you re-*ject*-ed me?
Why do *I* go mourning,
oppressed *by* the foe?

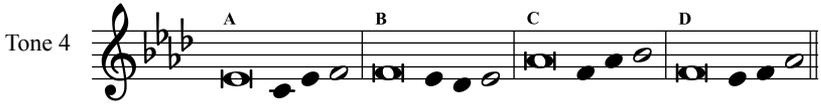
O send forth your light *and* your truth;
they will *guide* me on.
They will bring me to your *ho*-ly mountain,
to the place *where* you dwell.

And I will come to the *al*-tar of God,
to God, my *joy* and gladness.
To you will I give thanks *on* the harp,
O *God*, my God.

Why are you cast *down*, my soul;
 why *groan* within me?
 Hope in God; I will praise him *yet* again,
 my saving presence *and* my God. ♦

Antiphon 1 Lord, send *forth* your light
and your truth.

Easter You have come *to* Mount Sion
 and to the city of the living God, *al-leluia*.



Antiphon 2 Lord, *keep* us safe
 all the days *of* our life.

Easter Lord, you have pre-*served* my life
 from destruction, *al-leluia*.

Canticle **Isaiah 38: 10–14, 17–20**

Anguish of a dying man and joy in his restoration

I am living, I was dead...and I hold the keys of death (Revelation 1: 17–18).

Once *I* said,
 “In the noontime of life I *must* depart!
 To the gates of the nether world I shall *be* consigned
 for the rest *of* my years.”

I said, “I shall see the *LORD* no more
 in the land *of* the living.
 No longer shall I behold my *fel*-low men
 among those who dwell *in* the world.”

My dwelling, like a *shep*-herd’s tent,
 is struck down and borne a-*way* from me;
 you have folded up my life, *like* a weaver
 who severs the *last* thread.

Day and night you give me o-*ver* to torment;
 I cry out un-*til* the dawn.
 Like a lion he breaks *all* my bones;
 day and night you give me o-*ver* to torment.

Like a swallow I ut-**ter** shrill cries;
 I moan **like** a dove.
 My eyes grow weak, **gaz**-ing heaven-ward:
 O lord, I am in straits; **be** my surety!

You have pre-**served** my life
 from the pit **of** destruction,
 when you cast be-**hind** your back
all my sins.

For it is not the nether world that **gives** you thanks,
 nor **death** that praises you;
 neither do those who go down in-**to** the pit
 a-**wait** your kindness.

The living, the living **give** you thanks,
 as I **do** today.
 Fathers declare **to** their sons,
 O **God**, your faithfulness.

The LORD **is** our savior;
 we shall sing **to** stringed instruments
 in the house **of** the LORD
 all the days **of** our life. ♦

Antiphon 2 Lord, **keep** us safe
 all the days **of** our life.

Easter Lord, you have pre-**served** my life
 from destruction, **al**-leluia.



Antiphon 3 To **you**, O God,
 our praise is **due** in Zion.

Easter You have visit-**ed** the earth
 and brought life-giving rain to fill it with plenty, **al**-leluia.

Psalm 65 (64)

Solemn thanksgiving

Sion represents heaven (Origen).

Praise is *due* to you
 in Si-*on*, O God.
 To you we pay our vows *in* Jerusalem,
 you who *hear* our prayer.

To you all *flesh* will come.
 Our evil deeds are too heav-y for us,
 but our transgressions you *wipe* away.

Blessed is he whom you *choose* and call
 to dwell *in* your courts.
 We are filled with the good things *of* your house,
 of your *ho-ly* temple.

With wondrous deliverance you *an-swer* us,
 O *God* our savior.
 You are the hope of *all* the earth,
 and of far *dis-tant* isles.

You establish the mountains *with* your strength;
 you are gird-*ed* with power.
 You still the roaring of the seas, †
 the roaring *of* their waves,
 and the tumult *of* the peoples.

Distant peoples *stand* in awe
 at your *won-drous* deeds.
 The lands of sun-*rise* and sunset
 you fill *with* your joy.

You visit the earth, *give* it water;
 you fill *it* with riches.
 God's ever-flowing riv-*er* brims over
 to pre-*pare* the grain.

And thus you provide *for* the earth:
 you *drench* its furrows;
 you level it, soften *it* with showers,
 you *bless* its growth.

You crown the year *with* your bounty.
 Abundance flows *in* your pathways,
 in pastures of the de-*sert* it flows.

The hills are gird-*ed* with joy,
 the meadows *clothed* with flocks.
 The valleys are *decked* with wheat.
 They shout for joy; *yes*, they sing! ♦

Antiphon 3 To *you*, O God,
 our praise is *due* in Sion.

Easter You have visit-*ed* the earth
 and brought life-giving rain to fill it with plenty, *al*-leluia.

READING

CANTICLE OF ZECHARIAH

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

Evening Prayer

HYMN

PSALMODY



Antiphon 1 You *can*-not serve
 both *God* and mammon.

Easter Seek the *things* of heaven,
 not those that are on the earth, *al*-leluia.

Psalm 49 (48)
Emptiness of riches

It is difficult for a rich man to enter the kingdom of heaven (Matthew 19: 23).

I

Hear this, *all* you peoples,
 give heed, all who dwell *in* the world,
 people both *high* and low,
 rich and *poor* alike!

My mouth will *ut*-ter wisdom.

The reflections of my heart *of*-fer insight.
I will incline my ear *to* a mystery;
with the harp I will set *forth* my problem.

Why should I fear in *e*-vil days
the malice of the foes *who* surround me,
those who trust *in* their wealth,
and boast of the vastness *of* their riches?

No man can ran-*som* a brother,
nor pay a price to God *for* his life.
How high is the price *of* his soul!
The ransom can never *be* enough! —
No one can buy *life* unending,
nor avoid coming *to* the grave.

Anyone sees that the *wise* will die;
the foolish will perish *with* the senseless,
and leave their *wealth* to others.

Their graves are their *homes* for ever,
their dwelling place from *age* to age,
though lands were called *by* their names.

In his riches, man does *not* endure;
he is like the beasts that *are* destroyed. ♦

Antiphon 1 You *can*-not serve
both *God* and mammon.

Easter Seek the *things* of heaven,
not those that are on the earth, *al*-leluia.



Antiphon 2 Store up for yourselves treas-*ure* in heaven,
says the Lord.

Easter The Lord has rescued my life
from the power of hell, *al*-leluia.

Canticle Revelation 4: 11; 5: 9, 10, 12
Redemption Hymn

O Lord our God, *you* are worthy
 to receive glory and hon-*or* and power.

For you have creat-*ed* all things;
 by your will they came to be *and* were made.

Worthy are *you*, O Lord,
 to receive the scroll and break o-*pen* its seals.

For *you* were slain;
 with your blood you pur-*chased* for God
 men of every *race* and tongue,
 of every peo-*ple* and nation.

You made of *them* a kingdom,
 and priests to *serve* our God,
 and they shall reign *on* the earth.

Worthy is the Lamb *that* was slain
 to receive pow-*er* and riches,
 wis-*dom* and strength,
 honor and glo-*ry* and praise. ♦

Antiphon 3 Adoration and glory be-*long* by right
 to the Lamb *who* was slain.

Easter Yours, O Lord, is majes-*ty* and power,
 glory and triumph, *al*-leluia.

READING

CANTICLE OF MARY

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

WEDNESDAY
Morning Prayer

HYMN

PSALMODY



Antiphon 1 O God, all your *ways* are holy;
what god can compare *with* our God?

Easter The waters saw *you*, O God;
you led your people through the sea, *al-leluia*.

Psalm 77 (76)

Recalling God's works

We suffer all kinds of afflictions and yet are not overcome (2 Corinthians 4: 8).

I cry a-*loud* to God,
cry aloud to God that *he* may hear me.

In the day of my distress I seek the LORD. †
In the night my hands are *raised* unwearied;
my soul re-*fuses* comfort.
As I remember my *God*, I groan.
I ponder, and my *spir*-it faints.

You keep my *eyes* from closing.
I was troubled, una-*ble* to speak.
I think of the days of *long* ago,
and remember the *years* long past. —
At night I muse with-*in* my heart.
I ponder, and my *spir*-it questions.

“Will the LORD reject *us* forever?
Will he show us his fa-*vor* no more?
Has his mercy van-*ished* for ever?
Has his promise come *to* an end? —
Has God forgot-*ten* his mercy,
or in anger withdrawn *his* compassion?”

I said: “This is what caus-*es* my grief:
that the right hand of the Most *High* has changed.”
I remember the deeds *of* the LORD,
I remember your won-*ders* of old; —
I muse on *all* your works,
and ponder your *migh*-ty deeds.

Your way, O God, is in the *ho*-ly place.
 What god is as great *as* our God?
 You are the God *who* works wonders.
 Among the peoples you *showed* your power. —
 Your strong arm re-*deemed* your people,
 the descendants of Ja-*cob* and Joseph.

The waters saw *you*, O God,
 the waters saw *you* and anguished.
 Yes, the depths were *moved* to tremble.
 The clouds poured *down* with rain. —
 The skies sent *forth* their voice;
 your arrows flashed *to* and fro.

Your thunderous voice was in the whirlwind; †
 your flashes lighted *up* the world.
 The earth was *moved* and trembled.
 Your way was through the sea, †
 your path through the *might*-y waters,
 but the trace of your steps *was* not seen.

You guided your people *like* a flock
 by the hand of Mo-*ses* and Aaron. ◆

Antiphon 1 O God, all your *ways* are holy;
 what god can compare *with* our God?

Easter The waters saw *you*, O God;
 you led your people through the sea, *al*-leluia.



Antiphon 2 My heart leaps up with joy *to* the Lord,
 for he humbles only *to* exalt us.

Easter The Lord puts to death
 and raises to life, *al*-leluia.

Canticle

1 Samuel 2: 1–10

The humble find joy in God

He has cast down the mighty from their thrones and has lifted up the lowly. He has filled the hungry with good things (Luke 1: 52–53)

My heart exults *in* the LORD,
my horn is exalted *in* my God.

I have swallowed *up* my enemies;
I rejoice *in* my victory.
There is no Holy One *like* the LORD;
there is no Rock *like* our God.

Speak boastful-*ly* no longer,
nor let arrogance issue *from* your mouths.
For an all-knowing God *is* the LORD,
a God who *judg*-es deeds.

The bows of the might-*y* are broken,
while the tottering *gird* on strength.
The well-fed hire themselves *out* for bread,
while the hungry bat-*ten* on spoil. —
The barren wife bears *sev*-en sons,
while the mother of *man*-y languishes.

The LORD puts to death and gives life; †
he casts down to the *neth*-er world;
he raises *up* again.
The LORD makes poor *and* makes rich,
he humbles, he al-*so* exalts.

He raises the needy *from* the dust;
from the ash heap he lifts *up* the poor,
to seat *them* with nobles
and make a glorious *throne* their heritage.

For the pillars of the earth *are* the LORD's,
and he has set the *world* upon them.
He will guard the footsteps of his *faith*-ful ones,
but the wicked shall perish *in* the darkness. —
For not by strength does *man* prevail;
the LORD's foes *shall* be shattered.

The Most High in *heav*-en thunders;
the LORD judges the ends *of* the earth.
Now may he give strength *to* his king
and exalt the horn of *his* anointed! ♦

Antiphon 2 My heart leaps up with joy *to* the Lord,
for he humbles only *to* exalt us.

Easter The Lord puts to death
and raises to life, *al·leluia*.



Antiphon 3 The *Lord* is king,
let the *earth* rejoice.

Easter A light has dawned *for* the just;
joy has come to the upright of heart, *al·leluia*.

Psalm 97 (96)

The glory of the Lord in his decrees for the world

This psalm foretells a world-side salvation and that peoples of all nations will believe in Christ (Saint Athanasius).

The LORD is king, let *earth* rejoice;
let the many is·*lands* be glad.
Cloud and dark·*ness* surround him;
justice and right are the foundation *of* his throne.

A fire pre·*pare*s his path;
it burns up his foes on *eve*·ry side.
His lightnings light *up* the world;
the earth looks *on* and trembles.

The mountains melt like wax †
before the face *of* the LORD,
before the face of the LORD of *all* the earth.
The skies pro·*claim* his justice;
all peoples *see* his glory.

Let those who serve idols *be* ashamed,
those who boast of their *worth*·less gods.
All you angels, *wor*·ship him.
Sion hears *and* is glad; —
the daughters of *Ju*·dah rejoice
because of your judg·*ments*, O LORD.

For you indeed *are* the LORD,
most high above *all* the earth,
exalted far a·*bove* all gods.

The LORD loves those *who* hate evil;
 he guards the souls *of* his faithful;
 he sets them free *from* the wicked.

Light shines forth for the *just* one,
 and joy for the up-*right* of heart.
 Rejoice in the *LORD*, you just;
 to the memory of his holi-*ness* give thanks. ♦

Antiphon 3 The *Lord* is king,
 let the *earth* rejoice.

Easter A light has dawned *for* the just;
 joy has come to the upright of heart, *al-leluia*.

READING

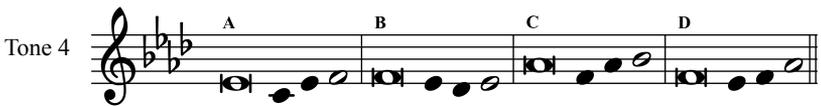
CANTICLE OF ZECHARIAH

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

Evening Prayer

HYMN

PSALMODY



Antiphon 1 Eagerly we await the fulfillment *of* our hope,
 the glorious coming *of* our Savior.

Easter Do not let your *hearts* be troubled;
 have faith in me, *al-leluia*.

Psalm 62 (61)
Peace in God

May God, the source of our hope, fill your hearts with peace as you believe in him
 (Romans 15: 13).

In God alone is my *soul* at rest;
 my salvation *comes* from him.
 He alone is my rock, *my* salvation,
 my fortress; never *shall* I falter.

How long will you all at *tack* one man
to *break* him down,
as though he were a tot-*ter*-ing wall,
or a *tum*-bling fence?

Their plan is only *to* bring down;
they take pleas-*ure* in lies.
With their mouth they *ut*-ter blessing,
but in their *heart* they curse.

In God alone be at *rest*, my soul,
for my hope *is* from him.
He alone is my rock, *my* salvation,
my fortress; never *shall* I falter.

In God is my salvation and glory, †
my *rock* of strength;
in God *is* my refuge.
Trust him at all times, O people. †
Pour out your *hearts* before him,
for God *is* our refuge.

The sons of men *are* a breath,
an illusion, the *sons* of men.
Placed in the *scales*, they rise;
they all weigh less *than* a breath.

Do not put your trust *in* oppression,
nor vain *hopes* on plunder.
Even if rich-*es* increase,
set not your *heart* on them.

For God has said on-*ly* one thing;
only two *have* I heard:
that to God alone be-*longs* power,
and to you, LORD, mer-*ci*-ful love; —
and that you re-*pay* each man
according *to* his deeds. ♦

Antiphon 1 Eagerly we await the fulfillment *of* our hope,
the glorious coming *of* our Savior.

Easter Do not let your *hearts* be troubled;
have faith in me, *al*-leluia.



Antiphon 2 May God turn his radiant *face* toward us
and fill us *with* his blessings.

Easter Let the peoples praise *you*, Lord God;
let them rejoice in your salvation, *al-leluia*.

When Psalm 67 (66) is the invitatory psalm, Psalm 95 (94) is used as the second psalm at Evening Prayer.

Psalm 67 (66)

People of all nations will worship the Lord

You must know that God is offering his salvation to all the world (Acts 28: 28).

O God, be *gra-cious* and bless us
and let your face shed its light *up*-on us.
So will your ways be known *up*-on earth
and all nations learn *your* salvation.

Let the peoples praise *you*, O God;
let all the *peo*-ples praise you.

Let the nations be glad and *shout* for joy,
with uprightness you *rule* the peoples;
you guide the nat-*ions* on earth.

Let the peoples praise *you*, O God;
let all the *peo*-ples praise you.

The earth has yield-*ed* its fruit
for God, our *God*, has blessed us.
May God still give *us* his blessing
that all the ends of the earth *may* revere him. ♦

Antiphon 2 May God turn his radiant *face* toward us
and fill us *with* his blessings.

Easter Let the peoples praise *you*, Lord God;
let them rejoice in your salvation, *al-leluia*.



Antiphon 3 Through him all *things* were made;
he holds all creation together *in* himself.

Easter His glory cov-*ers* the heavens
and his praise fills the earth, *al*-leluia.

Canticle

Colossians 1: 12–20

Christ the first-born of all creation and the first-born from the dead

Let us give thanks to the Father †
for having *made* you worthy
to share the lot of the *saints* in light.

He rescued us from the pow-*er* of darkness
and brought us into the kingdom of his be-*lov*-ed Son.
Through him we *have* redemption,
the forgiveness *of* our sins.

He is the image of the invis-*i*-ble God,
the first-born *of* all creatures.
In him everything in heaven and on earth *was* created,
things visible *and* invisible.

All were creat-*ed* through him;
all were creat-*ed* for him.
He is before all *else* that is.
In him everything contin-*ues* in being.

It is he who is head of the bod-*y*, the church!
he who is *the* beginning,
the first-born *of* the dead,
so that primacy may be his in *eve*-rything.

It pleased God to make absolute fullness re-*side* in him
and, by means of him, to reconcile everything *in* his person,
both on earth and *in* the heavens,
making peace through the blood *of* his cross. ♦

Antiphon 3 Through him all *things* were made;
he holds all creation together *in* himself.

Easter His glory cov-*ers* the heavens
and his praise fills the earth, *al*-leluia.

CANTICLE OF MARY

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

THURSDAY

Morning Prayer

HYMN

PSALMODY



Antiphon 1 Stir up your mighty *pow*-er, Lord;
come *to* our aid.

Easter I *am* the vine;
you are the branches, *al*-leluia.

Psalm 80 (79)

Lord, come, take care of your vineyard

Come, Lord Jesus (Revelation 22: 20).

O shepherd of Israel, hear us, †
you who lead Joseph *like* a flock:
enthroned on the cheru-*bim*, shine forth
upon Ephraim, Benja-*min*, Manasseh.
Rouse up your might and *come* to save us.

O God, *bring* us back;
let your face shine on us, and we *shall* be saved.

How long, O LORD, **God** of hosts,
will you be angry at the prayer *of* your people?
You have fed them with tears *for* their bread,
an abundance of tears *for* their drink. —
You have made us the taunt *of* our neighbors;
our foes mock us a-*mong* themselves.

O God of hosts, *bring* us back;
let your face shine forth, and we *shall* be saved.

You brought a vine *out* of Egypt;
 you drove out the na·*tions* and planted it.
 Before it you *cleared* the ground;
 it took root and *filled* the land.

The mountains were covered *with* its shadow,
 the cedars of God *with* its boughs.
 It stretched out its branches *to* the sea;
 to the River it stretched *out* its shoots.

Then why have you broken *down* its walls?
 It is plucked by all who pass *by* the way.
 It is ravaged by the boar *of* the forest,
 devoured by the beasts *of* the field.

God of hosts, turn again, *we* implore;
 look down from heav·*en* and see.

Visit this vine and protect it, †
 the vine your right *hand* has planted,
 the son of man you have claimed *for* yourself.
 They have burnt it with fire and *cut* it down.
 May they perish at the frown *of* your face.

May your hand be on the man at *your* right hand,
 the son of man you have confirmed *as* your own.
 And we shall never forsake *you* again;
 give us life that we may call up·*on* your name.

O LORD God of hosts, *bring* us back;
 let your face shine forth, and we *shall* be saved. ♦

Antiphon 1 Stir up your mighty *pow*-er, Lord;
 come *to* our aid.

Easter I *am* the vine;
 you are the branches, al·leluia.



Antiphon 2 The Lord has worked mar·*vels* for us;
 make it known to the ends *of* the world.

Easter Rejoicing, you **will** draw water
from the well-springs of the Savior, **al**-leluia.

Canticle

Isaiah 12: 1–6

Joy of God's ransomed people

If anyone thirsts, let him come to me and drink (John 7: 37).

I give you **thanks**, O Lord;
though you have been an-**gry** with me,
your anger has abated, and you **have** consoled me.

God indeed **is** my savior;
I am confident and **un**-afraid.
My strength and my courage **is** the Lord,
and he has **been** my savior.

With joy you **will** draw water
at the fountain of salvation, and say **on** that day:
Give thanks to the Lord, acclaim his name; †
among the nations make **known** his deeds, †
proclaim how exalted **is** his name.

Sing praise to the Lord for his glori-**ous** achievements;
let this be known throughout **all** the earth.

Shout with exultation, O cit-y of Sion,
for great **in** your midst
is the Holy **One** of Israel! ♦

Antiphon 2 The Lord has worked mar-**vels** for us;
make it known to the ends **of** the world.

Easter Rejoicing, you **will** draw water
from the well-springs of the Savior, **al**-leluia.



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

Easter The **Lord** has fed us
with the finest wheat, **al**-leluia.

Psalm 81 (80)**Solemn renewal of the Covenant**

See that no one among you has a faithless heart (Hebrews 3: 12).

Sing joyfully to **God** our strength,
shout in triumph to the **God** of Jacob.
Raise a song and **sound** the timbrel,
the sweet-sounding harp **and** the lute; —
blow the trumpet at the **new** moon,
when the moon is full, **on** our feast.

For this is a stat-**ute** in Israel,
a command of the **God** of Jacob.
He made it a de-**cre**e for Joseph,
when he went out from the **land** of Egypt.

A voice I did not know **said** to me:
“I freed your shoulder **from** the burden;
your hands were freed from the **build**-er’s basket.
You called in distress and I de-**liv**-ered you.

I answered, concealed **in** the thunder;
at the waters of Meribah I **test**-ed you.
Listen, my people, **as** I warn you.
O Israel, if only **you** would heed!

Let there be no strange **god** among you,
nor shall you worship a **for**-eign god.
I am the LORD your God, †
who brought you up from the **land** of Egypt.
Open wide your mouth, and **I** will fill it.

But my people did not **heed** my voice,
and Israel would not **o**-bey me.
So I left them in their stubborn-**ness** of heart,
to follow their **own** designs.

O that my peo-**ple** would heed me,
that Israel would walk **in** my ways!
At once I would sub-**due** their foes,
turn my hand a-**gainst** their enemies.

Those who hate the LORD would **cringe** before him,
and their subjection would **last** for ever.
But Israel I would feed with **fin**-est wheat,
and satisfy with honey **from** the rock.” ♦

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

Easter The *Lord* has fed us
with the finest wheat, *al-leluia*.

READING

CANTICLE OF ZECHARIAH

Antiphon Give your people knowledge of sal-*va*-tion, Lord,
and forgive *us* our sins.

Evening Prayer

HYMN

PSALMODY



Antiphon 1 I have made you the light *of* all nations
to carry my salvation to the ends *of* the earth.

Easter God has appointed *him* to judge
the living and the dead, *al-leluia*.

Psalm 72 (71)

The Messiah's royal power

*Opening their treasures, they offered him gifts: gold, frankincense and myrrh
(Matthew 2: 11).*

I

O God, give your judgment *to* the king,
to a king's *son* your justice,
that he may judge your peo-*ple* in justice,
and your poor *in* right judgment.

May the mountains bring forth peace *for* the people,
and the *hills* justice.

May he defend the poor of the people, †
and save the children *of* the needy,
and crush *the* oppressor.

He shall endure like the sun *and* the moon
through all *gen*-erations.

He shall descend like rain *on* the meadow,
like showers that wa-*ter* the earth. —

In his days jus-*tice* shall flourish
and great peace till the moon *is* no more.

He shall rule from *sea* to sea,
from the River to the bounds *of* the earth.
Let the desert dwellers *fall* before him,
and his enemies *lick* the dust.

The king of Tarshish *and* the islands
shall *pay* him tribute.

The kings of She-*ba* and Seba
shall *bring* him gifts. —

Before him all kings *shall* fall prostrate,
all na-*tions* shall serve him. ♦

Antiphon 1 I have made you the light *of* all nations
to carry my salvation to the ends *of* the earth.

Easter God has appointed *him* to judge
the living and the dead, *al*-leluia.



Antiphon 2 The Lord will save the children *of* the poor
and rescue *them* from slavery.

Easter All the peoples *of* the earth
will be blessed in him, *al*-leluia.

II

For he shall save the needy *when* they cry,
the poor, and those *who* are helpless.
He will have pity on the weak *and* the needy,
and save the lives *of* the needy. —

From oppression and violence he re-*deems* their souls;
to him their *blood* is dear.

Long *may* he live!
 May the gold of Sheba be *giv*-en him.
 They shall pray for him *with*-out ceasing,
 and bless him *all* the day.

May grain be abundant *in* the land,
 waving to the peaks *of* the mountains.
 May its fruit rustle like Lebanon; †
 may the people flourish *in* the cities
 like grass *on* the earth.

May his name en-*dure* forever,
 his name continue *like* the sun.
 Every tribe shall be *blest* in him,
 all nations shall *call* him blessed.

* * *

Blest be the LORD, God of Israel, †
 who a-*lone* works wonders,
 ever blest his glo-*ri*-ous name.
 Let his glory *fill* the earth.
 A-*men!* Amen! ♦

Antiphon 2 The Lord will save the children *of* the poor
 and rescue *them* from slavery.

Easter All the peoples *of* the earth
 will be blessed in him, *al*-leluia.



Antiphon 3 Now the victo-*ri*-ous reign
 of our God *has* begun.

Easter Christ yesterday *and* today:
 he is the same forever, *al*-leluia.

Canticle Revelation 11: 17–18; 12: 10b–

12a

The judgement of God

We praise you, the Lord **God** Almighty,
 who is **and** who was.
 You have assumed **your** great power,
 you have be-**gun** your reign.

The nations have **raged** in anger,
 but then came your **day** of wrath
 and the moment to **judge** the dead:
 the time to reward your ser-**vants** the prophets —
 and the holy ones **who** revere you,
 the great and the **small** alike.

Now have salvation and **pow**-er come,
 the reign of our God and the authority of **his** Anointed One.
 For the accuser of our brothers **is** cast out,
 who night and day accused them be-**fore** God.

They defeated him by the blood **of** the Lamb
 and by the word **of** their testimony;
 love for life did not deter **them** from death.
 So rejoice, you heavens, †
 and you that **dwel**l therein! ♦

Antiphon 3 Now the victo-**ri**-ous reign
 of our God **has** begun.

Easter Christ yesterday **and** today:
 he is the same forever, **al**-leluia.

READING

CANTICLE OF MARY

Antiphon If you hunger for holiness, God will satis-**fy** your longing,
 good measure, and **flow**-ing over.

FRIDAY

Morning Prayer

HYMN

PSALMODY



Antiphon 1 A humble, contrite *heart*, O God,
you *will* not spurn.

Easter Have cour-*age*, my son;
your sins are forgiven, *al-leluia*.

Psalm 51 (50)**O God, have mercy on me**

Your inmost being must be renewed, and you must put on the new man
(Ephesians 4: 23–24).

Have mercy on *me*, O God,
according to your mer-*ci*-ful love;
according to your *great* compassion,
blot out *my* transgressions. —
Wash me completely from *my* iniquity,
and cleanse me *from* my sin.

My transgressions, tru-*ly* I know them;
my sin is al-*ways* before me.
Against you, you alone, *have* I sinned;
what is evil in your sight *I* have done. —
So you are just *in* your sentence,
without reproach *in* your judgment.

O see, in guilt *I* was born,
a sinner when my moth-*er* conceived me.
Yes, you delight in sinceri-*ty* of heart;
in secret you *teach* me wisdom. —
Cleanse me with hyssop, and I *shall* be pure;
wash me, and I shall be whit-*er* than snow.

Let me hear rejoic-*ing* and gladness,
that the bones you have crushed *may* exult.
Turn away your face *from* my sins,
and blot out *all* my guilt.

Create a pure heart for *me*, O God,
 renew a steadfast spir-*it* within me.
 Do not cast me away *from* your presence;
 take not your holy *spir*-it from me.

Restore in me the joy of *your* salvation;
 sustain in me a *will*-ing spirit.
 I will teach transgres-*sors* your ways,
 that sinners may re-*turn* to you.

Rescue me from bloodshed, O God, †
 God of *my* salvation,
 and then my tongue shall ring *out* your justice.
 O LORD, o-*pen* my lips
 and my mouth shall pro-*claim* your praise.

For in sacrifice you take *no* delight;
 burnt offering from me *would* not please you
 My sacrifice to God, a broken spirit: †
 a broken and *hum*-bled heart,
 O God, you *will* not spurn.

In your good pleasure, show fa-*vor* to Sion;
 rebuild the walls *of* Jerusalem.
 Then you will delight in right sacrifice, †
 burnt offerings whol-*ly* consumed.
 Then you will be offered young bulls *on* your altar. ♦

Antiphon 1 A humble, contrite *heart*, O God,
 you *will* not spurn.

Easter Have cour-*age*, my son;
 your sins are forgiven, *al*-leluia.



Antiphon 2 Even in your *an*-ger, Lord,
 you will remem-*ber* compassion.

Easter You go forth to *save* your people,
 to save your anointed one, *al*-leluia.

Canticle Habakkuk 3: 2–4, 13a, 15–19**God comes to judge**

Lifts up your heads for your redemption is at hand (Luke 21: 28).

O LORD, I have heard **your** renown,
and feared, O **LORD**, your work.
In the course of the years revive it, †
in the course of the years **make** it known;
in your wrath remem-**ber** compassion!

God **comes** from Teman,
the Holy One **from** Mount Paran.
Covered are the heavens **with** his glory,
and with his praise the **earth** is filled.

His splendor spreads like the light; †
rays shine forth **from** beside him,
where his power **is** concealed.
You come forth to **save** your people,
to save your a-**noint**-ed one.

You tread the sea **with** your steeds
amid the churning of the **deep** waters.
I hear, and my **bod**-y trembles;
at the sound, **my** lips quiver.

Decay in-**vades** my bones,
my legs trem-**ble** beneath me.
I await the day **of** distress
that will come upon the people **who** attack us.

For though the fig tree **blos**-som not
nor fruit be **on** the vines,
though the yield of the **ol**-ive fail
and the terraces pro-**duce** no nourishment,

Though the flocks disappear **from** the fold
and there be no herd **in** the stalls,
yet will I rejoice **in** the LORD
and exult in my **sav**-ing God.

GOD, my Lord, **is** my strength;
he makes my feet swift as **those** of hinds
and enables me to go up-**on** the heights. ♦

Antiphon 2 Even in your *an*-ger, Lord,
you will remem-*ber* compassion.

Easter You go forth to *save* your people,
to save your anointed one, *al*-leluia.



Easter Sion, give praise *to* your God;
he has brought peace to your borders, *al*-leluia.

READING

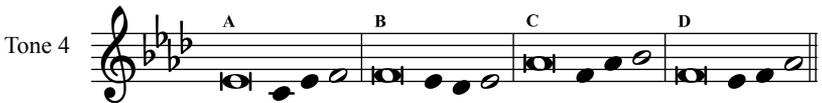
CANTICLE OF ZECHARIAH

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

Evening Prayer

HYMN

PSALMODY



Antiphon 1 Lord, keep my *soul* from death,
never *let* me stumble.

Easter The Lord has res-*cued* my life
from the grip of hell, *al*-leluia.

Psalm 116: 1–9 (114: 1–9; 115)

Thanksgiving

We must endure many trials before entering God's kingdom (Acts 14: 21).

I love the LORD, for *he* has heard
my voice, *my* appeal;
for he has turned his *ear* to me
whenever *er* I call.

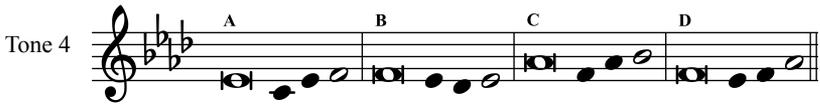
They surrounded me, the snares of death; †
the anguish of the *grave* has found me;
anguish and sor-*row* I found.
I called on the name *of* the LORD:
“Deliver my *soul*, O LORD!”

How gracious is the *LORD*, and just;
our God *has* compassion.
The LORD pro-*TECTS* the simple;
I was brought low, *and* he saved me.

Turn back, my soul, *to* your rest,
 for the LORD has been *good* to you;
 he has kept my *soul* from death,
 my eyes from tears, and my *feet* from stumbling. —
 I will walk in the presence *of* the LORD
 in the land *of* the living. ♦

Antiphon 1 Lord, keep my *soul* from death,
 never *let* me stumble.

Easter The Lord has res-*cued* my life
 from the grip of hell, *al-leluia*.



Antiphon 2 My help comes *from* the Lord,
 who made heav-*en* and earth.

Easter The Lord watches o-*ver* his people,
 and protects them as the apple of his eye, *al-leluia*.

Psalm 121 (120)

Guardian of his people

Never again will they hunger and thirst, never again know scorching heat
 (Revelation 7: 16).

I lift up my eyes *to* the mountains;
 from where shall *come* my help?
 My help shall come *from* the LORD,
 who made heav-*en* and earth.

He will keep your *foot* from stumbling.
 Your guard will *nev-er* slumber.
 No, he sleeps *not* nor slumbers,
 Is-*ra-el*'s guard.

The LORD your guard, the *LORD* your shade
 at *your* right hand.
 By day the sun *shall* not smite you,
 nor the moon *in* the night.

The LORD will guard *you* from evil;
 he will *guard* your soul.
 The LORD will guard your go-*ing* and coming,
 both now *and* forever. ♦

Antiphon 2 My help comes *from* the Lord,
 who made heav-*en* and earth.

Easter The Lord watches o-*ver* his people,
 and protects them as the apple of his eye, *al*-leluia.



Antiphon 3 King of *all* the ages,
 your ways are per-*fect* and true.

Easter The Lord is my strength, I shall *al*-ways praise him,
 for he has become my Savior, *al*-leluia.

Canticle

Revelation 15: 3–4

Hymn of adoration

Mighty and wonderful *are* your works,
 Lord *God* Almighty!
 Righteous and true *are* your ways,
 O King *of* the nations!

Who would dare re-*fuse* you honor,
 or the glory due your *name*, O Lord?

Since you a-*lone* are holy,
 all na-*tions* shall come
 and worship *in* your presence.
 Your mighty deeds are *clear*-ly seen. ♦

Antiphon 3 King of *all* the ages,
 your ways are per-*fect* and true.

Easter The Lord is my strength, I shall *al*-ways praise him,
 for he has become my Savior, *al*-leluia.

READING

CANTICLE OF MARY

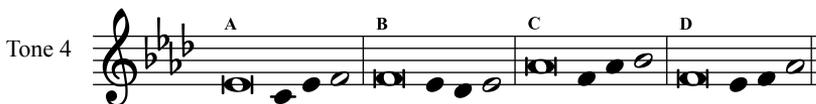
Antiphon Remember your *mer-cy*, Lord,
the promise of mercy you made *to* our fathers.

SATURDAY

Morning Prayer

HYMN

PSALMODY



Antiphon 1 As morning breaks we sing of your *mer-cy*, Lord,
and night will find us proclaiming *your* fidelity.

Easter You have filled me with *glad-ness*, Lord;
I will sing for joy at the works of your hands, *al-leluia*.

Psalm 92 (91)**Praise of God the Creator**

Sing in praise of Christ's redeeming work (Saint Athanasius).

It is good to give thanks *to* the LORD,
to make music to your name, **O** Most High,
to proclaim your loving mercy *in* the morning,
and your truth in the watches *of* the night, —
on the ten-stringed lyre *and* the lute,
with the sound of song *on* the harp.

You have gladdened me, O LORD, *by* your deeds;
for the work of your hands I *shout* with joy.
O LORD, how great *are* your works!
How deep are *your* designs! —
The senseless *can-not* know this,
and the fool cannot *un-derstand*.

Though the wicked spring *up* like grass,
and all who do *e-vil* thrive,
they are doomed to be eternal-*ly* destroyed.
But you, O LORD, are eternal-*ly* on high.

See, your ene-*mies*, O LORD,
see, your ene-*mies* will perish;
all who do evil *will* be scattered.

To me you give the wild *ox*'s strength;
you have poured out on me *pur*-est oil.
My eyes looked in triumph *on* my foes;
my ears heard gladly *of* their fall.

The just will flourish *like* the palm-tree,
and grow like a Leb-*a*-non cedar.

Planted in the house *of* the LORD,
they will flourish in the courts *of* our God,
still bearing fruit when *they* are old,
still full of *sap*, still green, —
to proclaim that the *LORD* is upright.
In him, my rock, there *is* no wrong. ♦

Antiphon 1 As morning breaks we sing of your *mer*-cy, Lord,
and night will find us proclaiming *your* fidelity.

Easter You have filled me with *glad*-ness, Lord;
I will sing for joy at the works of your hands, *al*-leluia.



Antiphon 2 Ex-*tol* the greatness
of our God.

Easter It is I who bring death and I *who* give life;
I inflict injury and I bring healing, *al*-leluia.

Canticle

Deuteronomy 32: 1–12

God's kindness to his people

*How often I have longed to gather your children as a hen gathers her brood under
her wing (Matthew 23: 37)*

Give ear, O heavens, *while* I speak;
let the earth hearken to the words *of* my mouth!
May my instruction soak in *like* the rain,
and my discourse permeate *like* the dew, —
like a downpour up-*on* the grass,
like a shower up-*on* the crops:

For I will sing the *Lord's* renown.
 Oh, proclaim the greatness *of* our God!
 The Rock—how faultless *are* his deeds,
 how right *all* his ways! —
 A faithful God, with *out* deceit,
 how just and up-*right* he is!

Yet basely has he been treated by his degen-*er*-ate children,
 a perverse and *crook*-ed race!
 Is the LORD to be thus re-*paid* by you,
 O stupid and *fool*-ish people? —
 Is he not your father who cre-*at*-ed you?
 Has he not made and es-*tab*-lished you?

Think back on the *days* of old,
 reflect on the years of age *up*-on age.
 Ask your father and he *will* inform you,
 ask your elders and *they* will tell you:

When the Most High assigned the na-*tions* their heritage,
 when he parceled out the descen-*dants* of Adam,
 he set up the boundaries *of* the peoples
 after the number of the *sons* of God; —
 while the LORD's own por-*tion* was Jacob,
 his hereditary *share* was Israel.

He found them in a *wil*-derness,
 a wasteland of *howl*-ing desert.
 He shielded them and *cared* for them,
 guarding them as the apple *of* his eye.

As an eagle incites its *nest*-lings forth
 by hovering o-*ver* its brood,
 so he spread his wings *to* receive them
 and bore them up *on* his pinions. —
 The LORD alone *was* their leader,
 no strange *god* was with him. ♦

Antiphon 2 Ex-*tol* the greatness
of our God.

Easter It is I who bring death and I *who* give life;
 I inflict injury and I bring healing, *al*-leluia.



Antiphon 3 How wonderful is your *name*, O Lord,
in *all* creation.

Easter You have crowned your A-*noint*-ed One
with glory and honor, *al*-leluia.

Psalm 8

The majesty of the Lord and man's dignity

The Father gave Christ lordship of creation and made him head of the Church
(Ephesians 1: 22).

O LORD, our Lord, *how* majestic
is your name through *all* the earth!
Your majesty is set a-*bove* the heavens.
From the mouths of children *and* of babes —
you fashioned praise to *foil* your enemy,
to silence the foe *and* the rebel.

When I see the heavens, the work *of* your fingers,
the moon and the stars which *you* arranged,
what is man that you should keep *him* in mind,
the son of man that you *care* for him?

Yet you have made him little lower *than* the angels;
with glory and hon-*or* you crowned him,
gave him power over the works *of* your hands:
you put all things un-*der* his feet.

All of them, *sheep* and oxen,
yes, even the cattle *of* the fields,
birds of the air, and fish *of* the sea
that make their way *through* the waters. —
O LORD, our Lord, *how* majestic
is your name through *all* the earth! ♦

Antiphon 3 How wonderful is your *name*, O Lord,
in *all* creation.

Easter You have crowned your A-*noint*-ed One
with glory and honor, *al*-leluia.

READING

CANTICLE OF ZECHARIAH

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

WEEK III
SUNDAY
Evening Prayer I

HYMN

PSALMODY



Antiphon 1 From the rising of the sun *to* its setting,
 praised be the name *of* the Lord.

Psalm 113 (112)
Praise the name of the Lord

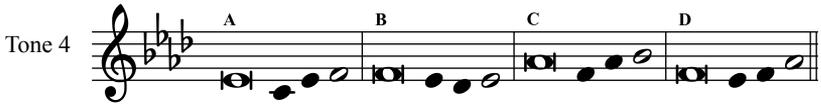
He has cast down the mighty and has lifted up the lowly (Luke 1: 52).

Praise, O servants *of* the LORD,
 praise the name *of* the LORD!
 May the name of the **LORD** be blest
 both now and for-*ev-er*more! —
 From the rising of the sun *to* its setting,
 praised be the name *of* the LORD!

High above all nations *is* the LORD,
 above the heav-*ens* his glory.
 Who is like the **LORD**, our God,
 who *dwells* on high, —
 who lowers himself *to* look down,
 upon heav-*en* and earth?

From the dust he lifts *up* the lowly,
 from the ash heap he rais-*es* the poor,
 to set them in the compa-*ny* of princes,
 yes, with the princes *of* his people. —
 To the childless wife he *gives* a home
 as a joyful moth-*er* of children. ♦

Antiphon 1 From the rising of the sun *to* its setting,
 praised be the name *of* the Lord.



Antiphon 2 The cup of salvation *I* will raise;
I will call on the name *of* the Lord.

Psalm 116: 10–19 (115: 10–19)

Thanksgiving in the Temple

Through Christ let us offer God a continual sacrifice of praise (Hebrews 13: 15).

I trusted, even *when* I said,
“I am sore-*ly* afflicted,”
and when I said in *my* alarm,
“These people *are* all liars.”

How can I re-*pay* the LORD
for all his good-*ness* to me?
The cup of salvation *I* will raise;
I will call on the name *of* the LORD.

My vows to the LORD I *will* fulfill
before *all* his people.
How precious in the eyes *of* the LORD
is the death *of* his faithful.

Your servant, LORD, your servant am I, †
the son *of* your handmaid;
you have loos-*ened* my bonds.
A thanksgiving sacri-*fice* I make;
I will call on the name *of* the LORD.

My vows to the LORD I *will* fulfill
before *all* his people,
in the courts of the house *of* the LORD,
in your midst, *O* Jerusalem. ♦

Antiphon 2 The cup of salvation *I* will raise;
I will call on the name *of* the Lord.



Antiphon 3 The Lord Jesus hum-*bled* himself,
and God exalted *him* for ever.

Canticle**Philippians 2: 6–11****Christ, God's holy servant**

Though he was in the *form* of God,
 Jesus did not deem equali·*ty* with God
 something *to* be grasped at.

Rather, he emp·*ti*ed himself
 and took the form *of* a slave,
 being born in the like·*ness* of men.

He was known to be of hu·*man* estate,
 and it was thus that he hum·*bled* himself,
 obediently accepting *e*·ven death,
 death *on* a cross!

Be·*cause* of this,
 God highly ex·*al*·ted him
 and bestowed on *him* the name
 above every *o*·ther name,

So that at *Je*·sus' name
 every *knee* must bend
 in the heavens, *on* the earth,
 and un·*der* the earth,

and every *tongue* proclaim
 to the glory of *God* the Father:
 JESUS *CHRIST* IS LORD! ♦

Antiphon 3 The Lord Jesus hum·*bled* himself,
 and God exalted *him* for ever.

READING

CANTICLE OF MARY

Antiphon as in the Proper of Seasons.

Morning Prayer

HYMN

PSALMODY



Antiphon 1 Glorious is the **Lord** on high,
al·**le**·luia.

Psalm 93 (92)**Splendor of God the Creator**

The Lord our mighty God now reigns supreme; let us rejoice and be glad and give him praise (Revelation 19: 6–7).

The LORD is king, with majes·**ty** enrobed.
The LORD has robed him·**self** with might;
he has girded him·**self** with power.

The world you made firm, not **to** be moved;
your throne has stood firm **from** of old.
From all eternity, O **LORD**, you are.

The floods have lifted **up**, O LORD,
the floods have lifted **up** their voice;
the floods have lifted **up** their thunder.

Greater than the roar of **might**·y waters,
more glorious than the surgings **of** the sea,
the LORD is glori·**ous** on high.

Truly your decrees are **to** be trusted.
Holiness is fitting **to** your house,
O LORD, until the **end** of time. ♦

Antiphon 1 Glorious is the **Lord** on high,
al·**le**·luia.



Antiphon 2 To you, Lord, be highest glory and **praise** for ever,
al·**le**·luia.

Canticle**Daniel 3: 57–88, 56****Let all creatures praise the Lord**

All you servants of the Lord, sing praise to him (Revelation 19: 5).

Bless the Lord, all you works *of* the Lord.
Praise and exalt him above *all* forever.
Angels of the Lord, *bless* the Lord.
You heavens, *bless* the Lord.

All you waters above the heavens, *bless* the Lord.
All you hosts of the Lord, *bless* the Lord.
Sun and moon, *bless* the Lord.
Stars of heaven, *bless* the Lord.

Every shower and dew, *bless* the Lord.
All you winds, *bless* the Lord.
Fire and heat, *bless* the Lord.
Cold and chill, *bless* the Lord.

Dew and rain, *bless* the Lord.
Frost and chill, *bless* the Lord.
Ice and snow, *bless* the Lord.
Nights and days, *bless* the Lord. —
Light and darkness, *bless* the Lord.
Lightnings and clouds, *bless* the Lord.

Let the earth *bless* the Lord.
Praise and exalt him above *all* forever.
Mountains and hills, *bless* the Lord.
Everything growing from the earth, *bless* the Lord. —
You springs, *bless* the Lord.
Seas and rivers, *bless* the Lord.

You dolphins and all water creatures, *bless* the Lord.
All you birds of the air, *bless* the Lord.
All you beasts, wild and tame, *bless* the Lord.
You sons of men, *bless* the Lord.

O Israel, *bless* the Lord.
Praise and exalt him above *all* forever.
Priests of the Lord, *bless* the Lord.
Servants of the Lord, *bless* the Lord.

Spirits and souls of the just, *bless* the Lord.
Holy men of humble heart, *bless* the Lord.
Hananiah, Azariah, Mishael, *bless* the Lord.
Praise and exalt him above *all* forever. ♦

Let us bless the Father, and the Son, and the **Ho**-ly Spirit.
 Let us praise and exalt him above **all** forever.
 Blessed are you, Lord, in the firma-**ment** of heaven.
 Praiseworthy and glorious and exalted above **all** forever.

At the end of the canticle the Glory to the Father is not said.

Antiphon 2 To you, Lord, be highest glory and **praise** for ever,
 al-**le**-luia.



Antiphon 3 Praise the Lord **from** the heavens,
 al-**le**-luia.

Psalm 148

Praise to the Lord, the Creator

Praise and honor, glory and power for ever to him who sits upon the throne and to the Lamb (Revelation 5: 13).

Praise the LORD **from** the heavens;
 praise him **in** the heights.
 Praise him, **all** his angels;
 praise him, **all** his hosts.

Praise him, **sun** and moon;
 praise him, all **shin**-ing stars.
 Praise him, **high**-est heavens,
 and the waters a-**bove** the heavens.

Let them praise the name **of** the LORD.
 He commanded: they **were** created.
 He established them forev-**er** and ever,
 gave a law which shall not **pass** away.

Praise the LORD **from** the earth,
 sea creatures and all **o**-cean depths,
 fire and hail, **snow** and mist,
 stormy winds that fulfill **his** command;

Mountains **and** all hills,
 fruit trees **and** all cedars,
 beasts, both **wild** and tame,
 reptiles and birds **on** the wing;

Kings of the earth *and* all peoples,
princes and all judges *of* the earth,
young men and maid-*ens* as well,
the old and the *young* together.

Let them praise the name *of* the LORD,
for his name alone *is* exalted,
his splendor above heav-*en* and earth.

He exalts the strength *of* his people.
He is the praise of *all* his faithful,
the praise of the child-*ren* of Israel,
of the people to whom *he* is close. ♦

Antiphon 3 Praise the Lord *from* the heavens,
al-*le*luia.

READING

CANTICLE OF ZECHARIAH

Antiphon as in the Proper of Seasons.

Evening Prayer II

HYMN

PSALMODY



Antiphon 1 The Lord said *to* my Master:
Sit at my right hand, *al*leluia.

Psalm 110 (109): 1–5, 7

The Messiah, king and priest

Christ's reign will last until all his enemies are made subject to him
(1 Corinthians 15: 25).

The LORD's revelation *to* my lord:
“Sit at *my* right hand,
until I make your *foes* your footstool.”

The LORD will *send* from Sion
your scap-*ter* of power:
rule in the midst *of* your foes.

With you is *prince*-ly rule
 on the day *of* your power.
 In holy splendor, from the womb be-*fore* the dawn,
 I *have* begotten you.

The LORD has sworn an oath he *will* not change:
 “You are a *priest* forever,
 in the line *of* Melchizedek.”

The LORD, standing *at* your right,
 shatters kings in the day *of* his wrath.
 He shall drink from the stream *by* the wayside
 and therefore he shall lift *up* his head. ♦

Antiphon 1 The Lord said *to* my Master:
 Sit at my right hand, *al*-leluia.



Antiphon 2 Our compassionate Lord has left us *a* memorial
 of his wonderful work, *al*-leluia.

Psalm 111 (110) God's marvelous works

We are lost in wonder at all that you have done for us, our Lord and mighty God
 (Revelation 15: 3).

I will praise the LORD with *all* my heart,
 in the meeting of the just and *the* assembly.
 Great are the works *of* the LORD,
 to be pondered by all who de-*light* in them.

Majestic and glori-*ous* his work;
 his justice stands *firm* forever.
 He has given us a memorial *of* his wonders.
 The LORD is gra-*cious* and merciful.

He gives food to *those* who fear him;
 keeps his covenant ev-*er* in mind.
 His mighty works he has shown *to* his people
 by giving them the heri-*tage* of nations.

His handiwork is jus-*tice* and truth;
 he precepts are all *of* them sure,
 standing firm forev-*er* and ever,
 wrought in upright-*ness* and truth.

He has sent redemption *to* his people,
 and established his cove-*nant* forever.
 Holy his name, *to* be feared.

The fear of the LORD is the begin-*ning* of wisdom;
 understanding marks all *who* attain it.
 His praise en-*dures* forever! ♦

Antiphon 2 Our compassionate Lord has left us *a* memorial
 of his wonderful work, *al·leluia*.



Antiphon 3 All pow-*er* is yours,
 Lord God, our mighty King, *al·leluia*.

The following canticle is said with the Alleluia when Evening Prayer is sung; when the office is recited, the Alleluia may be said at the beginning and end of each strophe.

Canticle **See Revelation 19: 1–7**
The wedding of the Lamb

Alleluia. †
 Salvation, glory, and power *to* our God:
 (R. Al-*le*-luia.)
 his judgments are hon-*est* and true.
 R. Alleluia (*al·leluia*).

Alleluia. †
 Sing praise to our God, all *you* his servants;
 (R. Al-*le*-luia.)
 all who worship him reverently, *great* and small.
 R. Alleluia (*al·leluia*).

Alleluia. †
 The Lord our all-powerful *God* is King,
 (R. Al-*le*-luia.)
 let us rejoice, sing praise, and *give* him glory.
 R. Alleluia (*al·leluia*).

Alleluia. †

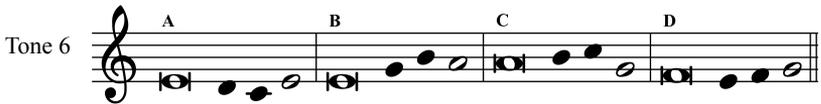
The wedding feast of the Lamb *has* begun,
(R. Al·*le*·luia.)

and his bride is prepared to *wel*-come him.

R. Alleluia (*al*-leluia). ♦

Antiphon 3 All pow·*er* is yours,
Lord God, our mighty King, *al*-leluia.

Lent:



Canticle

1 Peter 2: 21–24

The willing acceptance of his passion by Christ, the servant of God

Christ suf·*fered* for you,
and left you *an* example
to have you follow *in* his footsteps.

He *did* no wrong;
no deceit was found *in* his mouth.
When he *was* insulted,
he re·*turned* no insult.

When he was *made* to suffer,
he did not coun·*ter* with threats.
Instead he delivered *him*-self up
to the One who *judg*-es justly.

In *his* own body
he brought our sins *to* the cross,
so that all of us, *dead* to sin,
could live in accord *with* God's will.

By his wounds *you* were healed. ♦

READING

CANTICLE OF MARY

Antiphon as in the Proper of Seasons.

MONDAY

Morning Prayer

HYMN

PSALMODY



Antiphon 1 Blessed are *they* who dwell
in your *house*, O Lord.

Dec. 17–23 The Lord, the ruler over the kings of the *earth*, will come;
blessed are they who are ready to go and *wel*-come him.

Easter My heart and my *flesh* rejoice
in the living God, *al*-leluia.

Psalm 84 (83)

Longing for God's Temple

Here we do not have a lasting city; we seek a home that is yet to come
(Hebrews 13: 14).

How lovely is your *dwell*-ing place,
O *LORD* of hosts.
My soul is long-*ing* and yearning
for the courts *of* the *LORD*. —
My heart and my *flesh* cry out
to the *liv*-ing God.

Even the sparrow *finds* a home,
and the swallow a nest *for* herself
in which she sets her young, *at* your altars,
O *LORD* of hosts, my king *and* my God.

Blessed are they who dwell *in* your house,
forever sing-*ing* your praise.
Blessed the people whose strength *is* in you,
whose heart is set on *pil*-grim ways.

As they go through the Baca Valley, †
they make it a *place* of springs;
the autumn rain covers *it* with pools.
They walk with ever-*grow*-ing strength;
the God of gods will ap-*pear* in Sion.

O LORD God of hosts, *hear* my prayer;
 give ear, O *God* of Jacob.
 Turn your eyes, O *God*, our shield;
 look on the face of *your* anointed.

One day with *in* your courts
 is better than a *thou*-sand elsewhere.
 The threshold of the *house* of God
 I prefer to the dwellings *of* the wicked.

For the LORD God is a *sun*, a shield;
 the LORD will give us his fa-*vor* and glory.
 he will not withhold *an*-y good
 to those who walk *with*-out blame. —
 O LORD of *hosts*, how blessed
 is the man who *trusts* in you! ♦

Antiphon 1 Blessed are *they* who dwell
 in your *house*, O Lord.

Dec. 17–23 The Lord, the ruler over the kings of the *earth*, will come;
 blessed are they who are ready to go and *wel*-come him.

Easter My heart and my *flesh* rejoice
 in the living God, *al*-leluia.



Antiphon 2 Come, *let* us climb
 the mountain *of* the Lord.

Dec. 17–23 Sing a new song *to* the Lord;
 proclaim his praises to the ends *of* the earth.

Easter The house of the Lord has been *raised* on high,
 and all the nations will go up to it, *al*-leluia.

Canticle

Isaiah 2: 2–5

The mountain of the Lord's dwelling towers above every mountain
All peoples shall come and worship in your presence (Revelation 15: 4).

In *days* to come,
the mountain of the LORD'S house
shall be established as the *high*-est mountain
and raised a-*bove* the hills.

All nations shall *stream* toward it;
many peoples shall *come* and say:
“Come, let us climb the LORD'S mountain,
to the house of the *God* of Jacob, —
that he may instruct us *in* his ways,
and we may walk *in* his paths.”

For from Sion shall go *forth* instruction,
and the word of the LORD *from* Jerusalem.

He shall judge be-*tween* the nations,
and impose terms on *man*-y peoples.
They shall beat their swords *in*-to plowshares
and their spears into *prun*-ing hooks; —
one nation shall not raise the sword a-*gainst* another,
nor shall they train for *war* again.

O house of *Ja*-cob, come,
let us walk in the light *of* the LORD! ♦

Antiphon 2 Come, *let* us climb
the mountain *of* the Lord.

Dec. 17–23 Sing a new song *to* the Lord;
proclaim his praises to the ends *of* the earth.

Easter The house of the Lord has been *raised* on high,
and all the nations will go up to it, *al*-leluia.



Antiphon 3 Sing *to* the Lord
and *bless* his name.

Dec. 17–23 When the Son of Man *comes* to earth,
do you think he will find faith *in* men's hearts?

Easter Proclaim this a-*mong* the nations:
the Lord is king, *al*-leluia.

Psalm 96 (95)

The Lord, king and judge of the world

*A new theme now inspires their praise of God; they belong to the Lamb
(Revelation 14: 3).*

O sing a new song *to* the LORD;
sing to the LORD, *all* the earth.
O sing to the LORD; *bless* his name.
Proclaim his salvation *day* by day. —
Tell among the na-*tions* his glory,
and his wonders among *all* the peoples.

For the LORD is great and highly to be praised, †
to be feared a-*bove* all gods.
For the gods of the na-*tions* are naught.
It was the LORD who made the heavens, †
In his presence are majes-*ty* and splendor,
strength and honor in his *ho*-ly place.

Give the LORD, you fami-*lies* of peoples,
give the LORD glo-*ry* and power;
give the LORD the glory *of* his name.

Bring an offering and en-*ter* his courts;
worship the LORD in *ho*-ly splendor.
O tremble before him, *all* the earth.

Say to the nations, “The *LORD* is king.”
The world he made firm *in* its place;
he will judge the peo-*ples* in fairness.

Let the heavens rejoice and *earth* be glad;
let the sea and all within it *thun*-der praise.
Let the land and all it *bears* rejoice,

Then will all the trees of the wood shout for joy †
at the presence of the LORD, *for* he comes,
he comes to *judge* the earth.
He will judge the *world* with justice;
he will govern the peoples *with* his truth. ♦

Antiphon 3 Sing *to* the Lord
and *bless* his name.

Dec. 17–23 When the Son of Man *comes* to earth,
do you think he will find faith *in* men’s hearts?

Easter Proclaim this a**mong** the nations:
the Lord is king, *al*-leluia.

READING

CANTICLE OF ZECHARIAH

Antiphon Blessed *be* the Lord,
the *Lord* our God.

Evening Prayer

HYMN

PSALMODY



Antiphon 1 Our eyes are on the *Lord* our God,
till he show *us* his mercy.

Dec. 17–23 The Lord, the ruler over the kings of the *earth*, will come;
blessed are they who are ready to go and *wel*-come him.

Easter The Lord will be your *light* for ever;
your God will be your glory, *al*-leluia.

Psalm 123 (122)**The Lord, unfailing hope of his people**

Two blind men cried out: "Have pity on us, Lord, Son of David" (Matthew 20: 30).

To you have I lifted *up* my eyes,
you who dwell *in* the heavens.

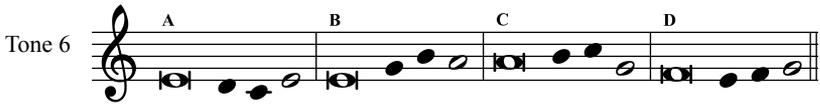
Behold, like the *eyes* of slaves
on the hand *of* their lords,
like the eyes *of* a servant
on the hand *of* her mistress, —
so our eyes are on the *LORD* our God,
till he show *us* his mercy.

Have mercy on us, **LORD**, have mercy.
 We are filled **with** contempt.
 Indeed, all too full is our soul †
 with the scorn **of** the arrogant,
 the disdain **of** the proud. ♦

Antiphon 1 Our eyes are on the **Lord** our God,
 till he show **us** his mercy.

Dec. 17–23 The Lord, the ruler over the kings of the **earth**, will come;
 blessed are they who are ready to go and **wel**-come him.

Easter The Lord will be your **light** for ever;
 your God will be your glory, **al**-leluia.



Antiphon 2 Our help is in the name **of** the Lord
 who made heav-**en** and earth.

Dec. 17–23 Sing a new song **to** the Lord;
 proclaim his praises to the ends **of** the earth.

Easter The **snare** was broken
 and we were set free, **al**-leluia.

Psalm 124 (123)

Our help is in the name of the Lord

The Lord said to Paul: “Fear not...I am with you” (Acts 18: 9–10).

“If the LORD had not been **on** our side,”
 let Is-**ra**-el say— —

“If the LORD had not been **on** our side
 when people **rose** against us,
 then would they have swallowed **us** alive
 when their an-**ger** was kindled.

Then would the waters **have** engulfed us,
 the torrent gone **o**-ver us;
 over our head **would** have swept
 the **rag**-ing waters.”

Blest be the LORD who *did* not give us
a prey *to* their teeth!
Our life, like a bird, *has* escaped
from the snare *of* the fowler.

Indeed the snare *has* been broken
and we *have* escaped.
Our help is in the name *of* the LORD,
who made heav-*en* and earth. ♦

Antiphon 2 Our help is in the name *of* the Lord
who made heav-*en* and earth.

Dec. 17–23 Sing a new song *to* the Lord;
proclaim his praises to the ends *of* the earth.

Easter The *snare* was broken
and we were set free, *al*-leluia.



Antiphon 3 God chose us *in* his Son
to be his a-*dopt*-ed children.

Dec. 17–23 When the Son of Man *comes* to earth,
do you think he will find faith *in* men's hearts?

Easter When I am lifted up *from* the earth,
I shall draw all people to myself, *al*-leluia.

Canticle
God our Savior

Ephesians 1: 3–10

Praised be the **God** and Father
of our Lord **Je**-sus Christ,

God chose **us** in him
before the **world** began
to be holy
and blameless **in** his sight.

He predestined us †
to be his adopted sons through *Je*-sus Christ,
such was his *will* and pleasure,
that all might praise the glo-*ri*-ous favor
he has bestowed on us in *his* beloved.

In him and through his blood, we have *been* redeemed,
and our *sins* forgiven,
so immeasur-*a*bly generous
is God's *fa*-vor to us.

God has given *us* the wisdom
to understand ful-*ly* the mystery,
the plan *he* was pleased
to de-*cree* in Christ.

A plan to be *car*-ried out
in Christ, in the full-*ness* of time,
to bring all things into *one* in him,
in the heavens and *on* the earth. ♦

Antiphon 3 God chose us *in* his Son
to be his a-*dopt*-ed children.

Dec. 17–23 When the Son of Man *comes* to earth,
do you think he will find faith *in* men's hearts?

Easter When I am lifted up *from* the earth,
I shall draw all people to myself, *al*-leluia.

READING

CANTICLE OF MARY

Antiphon My soul proclaims the greatness *of* the Lord
for he has looked with favor on his *low*-ly servant.

TUESDAY

Morning Prayer

HYMN

PSALMODY



Antiphon 1 Lord, you have fa-*vored* your land,
you forgave the guilt *of* your people.

Dec. 17–23 The Lord will come from his *ho-*ly place
to *save* his people.

Easter You will turn back, O God, and bring *us* to life,
and your people will rejoice in you, *al*-leluia.

Psalm 85 (84)
Our salvation is near

God blessed the land when our Savior came to earth (Origen).

O LORD, you have fa-*vored* your land,
and brought back the cap-*tives* of Jacob.
You forgave the guilt *of* your people,
and covered *all* their sins. —
You averted *all* your rage;
you turned back the heat *of* your anger.

Bring us back, O *God*, our savior!
Put an end to your griev-*ance* against us.
Will you be angry with *us* forever?
Will your anger last from *age* to age?

Will you not restore a-*gain* our life,
that your people may re-*joice* in you?
Let us see, O *LORD*, your mercy,
and grant us *your* salvation.

I will hear what the LORD God speaks, †
he speaks of peace for his people *and* his faithful,
and those who turn their *hearts* to him.
His salvation is near for *those* who fear him,
and his glory will dwell *in* our land.

Merciful love and faithful-*ness* have met;
justice and *peace* have kissed.
Faithfulness shall spring *from* the earth,
and justice look *down* from heaven.

Also the LORD will be *stow* his bounty,
and our earth shall *yield* its increase.
Justice will *march* before him
and guide his steps *on* the way. ♦

Antiphon 1 Lord, you have fa-*vored* your land,
you forgave the guilt *of* your people.

Dec. 17–23 The Lord will come from his *ho*-ly place
to *save* his people.

Easter You will turn back, O God, and bring *us* to life,
and your people will rejoice in you, *al*-leluia.



Antiphon 2 My soul has yearned for you *in* the night,
and as morning breaks I watch *for* your coming.

Dec. 17–23 Sion is our *might*-y citadel,
our saving Lord its wall and *its* defense;
throw o-*pen* the gates,
for our God is here among us, *al*-leluia.

Easter We have placed all our hope *in* the Lord,
and he has given us his peace, *al*-leluia.

Canticle

Isaiah 26: 1–4, 7–9, 12

Hymn after the defeat of the enemy

The city wall had twelve foundation stones (see Revelation 21: 14).

A strong cit-*y* have we;
he sets up walls and ramparts *to* protect us.
Open up the gates †
to let in a nation *that* is just,
one *that* keeps faith.

A nation of firm purpose you *keep* in peace;
in peace, for its *trust* in you.
Trust in the **LORD** forever!
For the LORD is an e-*ter*-nal Rock.

The way of the **just** is smooth;
 the path of the just **you** make level.
 Yes, for your way and your judg-**ments**, O LORD,
 we **look** to you; —
 your name **and** your title
 are the desire **of** our souls.

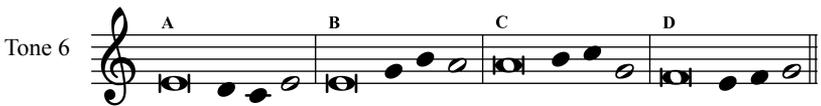
My soul yearns for you **in** the night,
 yes, my spirit within me keeps vig-**il** for you;
 when your judgment dawns up-**on** the earth,
 the world's inhabit-**ants** learn justice.

O LORD, you mete out **peace** to us,
 for it is you who have accomplished all **we** have done. ♦

Antiphon 2 My soul has yearned for you **in** the night,
 and as morning breaks I watch **for** your coming.

Dec. 17–23 Sion is our **might**-y citadel,
 our saving Lord its wall and **its** defense;
 throw o-**pen** the gates,
 for our God is here among us, **al**-leluia.

Easter We have placed all our hope **in** the Lord,
 and he has given us his peace, **al**-leluia.



Antiphon 3 Lord, **let** your face
 shed its **light** upon us.

Dec. 17–23 Lord, make known your will through-**out** the earth;
 proclaim your salvation to **eve**-ry nation.

Easter The earth has yield-**ed** its fruit;
 let the nations be glad and sing for joy, **al**-leluia.

When Psalm 67 (66) is the invitatory psalm, Psalm 95 (94) is used as the third psalm at Morning Prayer.

Psalm 67 (66)

People of all nations will worship the Lord

You must know that God is offering his salvation to all the world (Acts 28: 28).

O God, be gra-*ci*ous and bless us
and let your face shed its light *up*-on us.
So will your ways be known *up*-on earth
and all nations learn *your* salvation.

Let the peoples praise *you*, O God;
let all the *peo*-ples praise you.

Let the nations be glad and *shout* for joy,
with uprightness you *rule* the peoples;
you guide the nat-*ions* on earth.

Let the peoples praise *you*, O God;
let all the *peo*-ples praise you.

The earth has yield-*ed* its fruit
for God, our *God*, has blessed us.
May God still give *us* his blessing
that all the ends of the earth *may* revere him. ♦

Antiphon 3 Lord, *let* your face
shed its *light* upon us.

Dec. 17–23 Lord, make known your will through-*out* the earth;
proclaim your salvation to *eve*-ry nation.

Easter The earth has yield-*ed* its fruit;
let the nations be glad and sing for joy, *al*-leluia.

READING

CANTICLE OF ZECHARIAH

Antiphon God has raised up for us a *migh*-ty Savior,
as he promised of old through his *ho*-ly prophets.

Evening Prayer

HYMN

PSALMODY



Antiphon 1 The Lord *sur*-rounds his people
with his strength.

Dec. 17–23 The Lord will come from his *ho*-ly place to *save* his people.

Easter Peace *be* with you;
it is I, do not be afraid, *al*-leluia.

Psalm 125 (124)

The Lord, guardian of his people

Peace to God's true Israel (Galatians 6: 16).

Those who put their trust in the LORD †
are like Mount Sion, that can-*not* be shaken,
that *stands* for ever.

Jerusalem! The mountains surround her; †
so the Lord sur-*rounds* his people,
both now *and* forever.

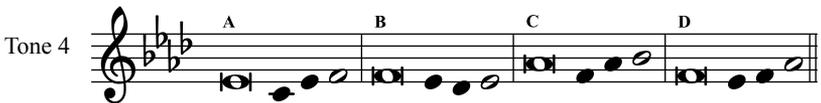
For the scepter of the wicked *shall* not rest
over the land allotted *to* the just,
for fear that the hands *of* the just
should *turn* to evil.

Do good, LORD, to those *who* are good,
to the up-*right* of heart;
but those who turn to crooked ways— †
the LORD will drive away *with* the wicked!
On Is-*ra*-el, peace! ♦

Antiphon 1 The Lord *sur*-rounds his people
with his strength.

Dec. 17–23 The Lord will come from his *ho*-ly place
to *save* his people.

Easter Peace *be* with you;
it is I, do not be afraid, *al*-leluia.



Antiphon 2 Unless you acquire the heart *of* a child,
you cannot enter the king-*dom* of God.

Dec. 17–23 Sion is our *might*-y citadel,
our saving Lord its wall and *its* defense;
throw o-*pen* the gates,
for our God is here among us, *al*-leluia.

Easter Let *Is*-rael hope
in the Lord, *al*-leluia.

Psalm 131 (130)
Childlike trust in God

Learn from me, for I am gentle and humble of heart (Matthew 11: 29).

O LORD, my heart *is* not proud,
nor haugh-*ty* my eyes.
I have not gone after *things* too great,
nor mar-*vels* beyond me.

Truly, I have *set* my soul
in tranquili-*ty* and silence.
As a weaned child *on* its mother,
as a weaned child is my *soul* within me.

O Israel, wait *for* the LORD,
both now *and* forever. ♦

Antiphon 2 Unless you acquire the heart *of* a child,
you cannot enter the king-*dom* of God.

Dec. 17–23 Sion is our *might*-y citadel,
our saving Lord its wall and *its* defense;
throw o-*pen* the gates,
for our God is here among us, *al*-leluia.

Easter Let *Is*-rael hope
in the Lord, *al*-leluia.



Antiphon 3 Lord, you have made us a king-*dom* and priests
for *God* our Father.

Dec. 17–23 Lord, make known your will through-*out* the earth;
proclaim your salvation to *eve*-ry nation.

Easter Let all cre-*a*-tion serve you,
for all things came into being at your word, *al*-leluia.

Canticle Revelation 4: 11; 5: 9, 10, 12
Redemption Hymn

O Lord our God, *you* are worthy
to receive glory and hon-*or* and power.

For you have creat-*ed* all things;
by your will they came to be *and* were made.

Worthy are *you*, O Lord,
to receive the scroll and break o-*pen* its seals.

For *you* were slain;
with your blood you pur-*chased* for God
men of every *race* and tongue,
of every peo-*ple* and nation.

You made of *them* a kingdom,
and priests to *serve* our God,
and they shall reign *on* the earth.

Worthy is the Lamb *that* was slain
to receive pow-*er* and riches,
wis-*dom* and strength,
honor and glo-*ry* and praise. ♦

Antiphon 3 Lord, you have made us a king-*dom* and priests
for *God* our Father.

Dec. 17–23 Lord, make known your will through-*out* the earth;
proclaim your salvation to *eve*-ry nation.

Easter Let all cre-*a*-tion serve you,
for all things came into being at your word, *al*-leluia.

READING

CANTICLE OF MARY

Antiphon My spir-*it* rejoices
in *God* my Savior.

WEDNESDAY
Morning Prayer

HYMN

PSALMODY



All the nations you have made shall come; †
 they will bow down before *you*, O LORD,
 and glori-*fy* your name,
 for you are great and do mar-*vel*-ous deeds,
 you who a-*lone* are God.

Teach me, O *LORD*, your way,
 so that I may walk *in* your truth,
 single-hearted to *fear* your name.

I will praise you, LORD my God, with *all* my heart,
 and glorify your *name* forever.
 Your mercy to me *has* been great;
 you have saved me from the depths *of* the grave.

The proud have risen against *me*, O God;
 a band of the ruthless *seeks* my life.
 To you they *pay* no heed.

But you, O God, are compassion-*ate* and gracious,
 slow to an-*ger*, O LORD,
 abundant in mercy *and* fidelity;
 turn and take pit-*y* on me.

O give your strength *to* your servant,
 and save the son *of* your handmaid.
 Show me the sign of your favor, †
 that my foes may see *to* their shame
 that you, O LORD, give me com-*fort* and help. ♦

Antiphon 1 Gladden the soul of your ser-*vant*, O Lord,
 for I lift up my *soul* to you.

Dec. 17–23 The Lord, the *might*-y God,
 will come forth from Sion to set his *peo*-ple free.

Easter People of every na-*tion* shall come
 and worship you, O Lord, *al*-leluia.



Antiphon 2 Blessed is the *up*-right man
 who *speaks* the truth.

Dec. 17–23 I shall not cease to plead with **God** for Sion
until he sends his Holy One in all his **ra**-diant beauty.

Easter Our eyes will **see** the King
in all his radiant beauty, **al**-leluia.

Canticle
God's flawless judgment

Isaiah 33: 13–16

*What God has promised is for you, for your children, and for those still far away
(Acts 2: 39).*

Hear, you who **are** far off,
what **I** have done;
you **who** are near,
acknow-**ledge** my might.

On Sion sinners **are** in dread,
trembling **grips** the impious;
“Who of us can live with the con-**sum**-ing fire?
Who of us can live with the ever-**last**-ing flames?”

He who practices virtue **and** speaks honestly,
who spurns what is gained **by** oppression,
brush-**ing** his hands
free of contact **with** a bribe, —
stopping his ears lest he **hear** of bloodshed,
closing his eyes lest he **look** on evil.

He shall dwell **on** the heights,
his stronghold shall be the **rock**-y fastness,
his **food** and drink
in stead-**y** supply. ♦

Antiphon 2 Blessed is the **up**-right man
who **speaks** the truth.

Dec. 17–23 I shall not cease to plead with **God** for Sion
until he sends his Holy One in all his **ra**-diant beauty.

Easter Our eyes will **see** the King
in all his radiant beauty, **al**-leluia.



Antiphon 3 Let us cele-*brate* with joy
in the presence of our **Lord** and King.

Dec. 17–23 The Spirit of the Lord *rests* upon me;
he has sent me to preach his joyful message *to* the poor.

Easter All people will see
the saving power of our God, *al*-leluia.

Psalm 98 (97)

The Lord triumphs in his judgment

This psalm tells of the Lord's first coming and that people of all nations will believe in him (Saint Athanasius).

O sing a new song *to* the LORD,
for he *has* worked wonders.
His right hand and his *ho*-ly arm
have *brought* salvation.

The LORD has made known *his* salvation,
has shown his deliverance *to* the nations.
He has remembered his mer-*ci*-ful love
and his truth for the *house* of Israel.

All the ends of the earth have seen †
the salvation *of* our God.
Shout to the LORD, *all* the earth;
break forth into *joy*-ous song,
and sing *out* your praise.

Sing psalms to the LORD *with* the harp,
with the harp and the *sound* of song.
With trumpets and the sound *of* the horn,
raise a shout before the **King**, the LORD.

Let the sea and all with-*in* it thunder;
the world, and those who *dw*ll in it.
Let the rivers *clap* their hands,
and the hills ring *out* their joy —
at the presence of the LORD, *for* he comes,
he comes to *judge* the earth.

He will judge the *world* with justice,
and the peo-*ples* with fairness. ♦

Antiphon 3 Let us cele-*brate* with joy
in the presence of our *Lord* and King.

Dec. 17–23 The Spirit of the Lord *rests* upon me;
he has sent me to preach his joyful message *to* the poor.

Easter All people will see
the saving power of our God, *al-leluia*.

READING

CANTICLE OF ZECHARIAH

Antiphon Show us your *mer-cy*, Lord,
remember your *ho-ly* covenant.

Evening Prayer

HYMN

PSALMODY



Antiphon 1 Those who are sow-*ing* in tears
will sing *when* they reap.

Dec. 17–23 The Lord, the *migh-t*y God,
will come forth from Sion to set his *peo-ple* free.

Easter Your sorrow will be turned *in-*to joy,
al-le-luia.

Psalm 126 (125)

Joyful hope in God

Just as you share in sufferings so you will share in the divine glory
(2 Corinthians 1: 7).

When the LORD brought back the ex-*iles* of Sion,
we thought *we* were dreaming.
Then was our mouth *filled* with laughter;
on our tongues, *songs* of joy.

Then the nations themselves said, “**What** great deeds the LORD **worked** for them!”

What great deeds the LORD **worked** for us!

Indeed **we** were glad.

Bring back our **ex-iles**, O LORD,
as streams **in** the south.

Those who are sow-**ing** in tears
will sing **when** they reap.

The go out, they go out, **full** of tears,
bearing seed **for** the sowing;
they come back, they come back **with** a song,
bear-**ing** their sheaves. ♦

Antiphon 1 Those who are sow-**ing** in tears
will sing **when** they reap.

Dec. 17–23 The Lord, the **might-y** God,
will come forth from Sion to set his **peo-ple** free.

Easter Your sorrow will be turned **in-to** joy,
al-le-luia.



Antiphon 2 May the Lord **build** our house
and **guard** our city.

Dec. 17–23 I shall not cease to plead with **God** for Sion
until he sends his Holy One in all his **ra-diant** beauty.

Easter Whether we **live** or die
we are the Lord’s, **al-le-luia**.

Psalm 127 (126)

Apart from God our labors are worthless

You are God’s building (1 Corinthians 3: 9).

If the LORD does not **build** the house,
in vain do its **build-ers** labor;
if the LORD does not **guard** the city,
in vain does the **guard** keep watch.

In vain is your ear-*li*-er rising,
 your going lat-*er* to rest,
 you who toil for the *bread* you eat,
 when he pours gifts on his beloved *while* they slumber.

Yes, children are a gift *from* the LORD,
 a blessing, the fruit *of* the womb.
 Indeed, the *sons* of youth
 are like arrows in the hand *of* a warrior.

Blessed *is* the warrior
 who has filled his quiver *with* these arrows!
 He will have no *cause* for shame
 when he disputes with his foes *in* the gateways. ♦

Antiphon 2 May the Lord *build* our house
 and *guard* our city.

Dec. 17–23 I shall not cease to plead with *God* for Sion
 until he sends his Holy One in all his *ra*-diant beauty.

Easter Whether we *live* or die
 we are the Lord's, *al*-leluia.



Antiphon 3 He is the first-born of *all* creation;
 in every way the prima-*cy* is his.

Dec. 17–23 The Spirit of the Lord *rests* upon me;
 he has sent me to preach his joyful message *to* the poor.

Easter From him, through him, and in him all *things* exist;
 glory to him for ever, *al*-leluia.

Canticle

Colossians 1: 12–20

Christ the first-born of all creation and the first-born from the dead

Let us give thanks to the Father †
 for having *made* you worthy
 to share the lot of the *saints* in light.

He rescued us from the pow-*er* of darkness
and brought us into the kingdom of his be-*lov*-ed Son.
Through him we *have* redemption,
the forgiveness *of* our sins.

He is the image of the invis-*i*-ble God,
the first-born *of* all creatures.
In him everything in heaven and on earth *was* created,
things visible *and* invisible.

All were creat-*ed* through him;
all were creat-*ed* for him.
He is before all *else* that is.
In him everything contin-*ues* in being.

It is he who is head of the bod-*y*, the church!
he who is *the* beginning,
the first-born *of* the dead,
so that primacy may be his in *eve*-rything.

It pleased God to make absolute fullness re-*side* in him
and, by means of him, to reconcile everything *in* his person,
both on earth and *in* the heavens,
making peace through the blood *of* his cross. ♦

Antiphon 3 He is the first-born of *all* creation;
in every way the prima-*cy* is his.

Dec. 17–23 The Spirit of the Lord *rests* upon me;
he has sent me to preach his joyful message *to* the poor.

Easter From him, through him, and in him all *things* exist;
glory to him for ever, *al*-leluia.

READING

CANTICLE OF MARY

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

THURSDAY

Morning Prayer

HYMN



Antiphon 2 The Lord, the mighty conquer-*or*, will come;
he will bring with him the *prize* of victory.

Dec. 17–23 Bless those, O Lord, who have waited *for* your coming;
let your prophets *be* proved true.

Easter Like a shepherd he will gather the lambs *in* his arms
and carry them close to his heart, *al-leluia*.

Canticle

Isaiah 40: 10–17

The Good Shepherd: God most high and most wise

See, I come quickly; I have my reward in hand (Revelation 22: 12).

Here comes with power the *Lord* God,
who rules by *his* strong arm;
here is his re-*ward* with him,
his recom-*pense* before him.

Like a shepherd he *feeds* his flock;
in his arms he gath-*ers* the lambs,
carrying them *in* his bosom,
and leading the *ewes* with care.

Who has cupped in his hand the waters *of* the sea,
and marked off the heavens *with* a span?
Who has held in a measure the dust of the earth, †
weighed the moun-*tains* in scales
and the hills *in* a balance?

Who has directed the spirit of the LORD, †
or has instructed him *as* his counselor?
Whom did he consult *to* gain knowledge?
Who taught him the *path* of judgment,
or showed him the way of *un*-derstanding?

Behold, the nations count as a drop *of* the bucket,
as rust *on* the scales;
the coastlands weigh no *more* than powder.

Lebanon would not suf:*fice* for fuel,
nor its animals be e-*nough* for holocausts.
Before him all the nations *are* as nought,
as nothing and void *he* accounts them. ♦

Antiphon 2 The Lord, the mighty conquer-*or*, will come;
he will bring with him the *prize* of victory.

Dec. 17–23 Bless those, O Lord, who have waited *for* your coming;
let your prophets *be* proved true.

Easter Like a shepherd he will gather the lambs *in* his arms
and carry them close to his heart, *al-leluia*.



Antiphon 3 Exalt the *Lord* our God;
bow down before his *ho-ly* mountain.

Dec. 17–23 Turn to *us*, O Lord,
make haste to *help* your people.

Easter Great is the *Lord* in Sion;
he is exalted above all the peoples, *al-leluia*.

Psalm 99 (98)

Holy is the Lord our God

*Christ, higher than the Cherubim, when you took our lowly nature you transformed
our sinful world (Saint Athanasius).*

The LORD is king; the *peo*-ples tremble.
He is enthroned on the cherubim; *earth* quakes.
The LORD is *great* in Sion.
He is exalted over *all* the peoples.

Let them praise your great and *awe*-some name.
Ho-*ly* is he!
O mighty King, lover of justice, †
you have established *what* is upright;
you have made justice and *right* in Jacob.

Exalt the *LORD* our God;
bow down be-*fore* his footstool.
Ho-*ly* is he!

Among his priests were Aar-*on* and Moses;
among those who invoked his *name* was Samuel.
They cried out to the LORD *and* he answered.

To them he spoke in the pil-*lar* of cloud.
They obeyed his decrees *and* the statutes
which he had *giv*-en them.

O LORD our God, you *an*-swered them.
For them you were a God *who* forgives,
and yet you punished *their* offenses.

Exalt the *LORD* our God;
bow down before his *ho*-ly mountain,
for the LORD our *God* is holy. ♦

Antiphon 3 Exalt the *Lord* our God;
bow down before his *ho*-ly mountain.

Dec. 17–23 Turn to *us*, O Lord,
make haste to *help* your people.

Easter Great is the *Lord* in Sion;
he is exalted above all the peoples, *al*-leluia.

READING

CANTICLE OF ZECHARIAH

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

Evening Prayer

HYMN

PSALMODY



Antiphon 1 Let your holy people re-*joice*, O Lord,
as they enter your *dwell*-ing place.

Dec. 17–23 To you, O Lord, I lift *up* my soul;
come and rescue me, for you are my refuge *and* my strength.

Easter The Lord God has *giv*-en him
the throne of David his father, *al*-leluia.

Psalm 132 (131)

God's promises to the house of David

The Lord God will give him the throne of his ancestor David (Luke 1: 32).

I

O LORD, re-*mem*-ber David
and all the hardships *he* endured,
the oath he swore *to* the LORD,
his vow to the Strong *One* of Jacob.

“I will not en-*ter* my house
nor go to the bed *where* I rest;
I will give no sleep *to* my eyes,
to my eyelids I will *give* no slumber, —
till I find a place *for* the LORD,
a dwelling for the Strong *One* of Jacob.”

At Ephrata we *heard* of it;
we found it in the *plains* of Yearim.
“Let us go to the place *of* his dwelling;
let us bow down *at* his footstool.”

Go up, LORD, to the place *of* your rest,
you and the ark *of* your strength.
Your priests shall be *clothed* with justice;
your faithful shall ring *out* their joy. —
For the sake of Da-*vid* your servant,
do not reject *your* anointed. ♦

Antiphon 1 Let your holy people re-*joice*, O Lord,
as they enter your *dwell*-ing place.

Dec. 17–23 To you, O Lord, I lift *up* my soul;
come and rescue me, for you are my refuge *and* my strength.

Easter The Lord God has *giv*-en him
the throne of David his father, *al*-leluia.

Easter Jesus Christ is supreme *in* his power.
He is King of kings and Lord of lords, *al*-leluia.



Antiphon 3 The Father has given Christ all power, hon-*or* and kingship;
all people *will* obey him.

Dec. 17–23 Turn to *us*, O Lord,
make haste to *help* your people.

Easter Lord, who is your e-*qual* in power?
Who is like you, majestic in holiness? *al*-leluia.

Canticle Revelation 11: 17–18; 12: 10b–

12a

The judgement of God

We praise you, the Lord *God* Almighty,
who is *and* who was.
You have assumed *your* great power,
you have be-*gun* your reign.

The nations have *raged* in anger,
but then came your *day* of wrath
and the moment to *judge* the dead:
the time to reward your ser-*vants* the prophets —
and the holy ones *who* revere you,
the great and the *small* alike.

Now have salvation and *pow*-er come,
the reign of our God and the authority of *his* Anointed One.
For the accuser of our brothers *is* cast out,
who night and day accused them be-*fore* God.

They defeated him by the blood *of* the Lamb
and by the word *of* their testimony;
love for life did not deter *them* from death.
So rejoice, you heavens, †
and you that *dwel*l therein! ♦

Antiphon 3 The Father has given Christ all power, hon-*or* and kingship;
all people *will* obey him.

Dec. 17–23 Turn to *us*, O Lord,
make haste to *help* your people.

Easter Lord, who is your e-*qual* in power?
Who is like you, majestic in holiness? *al*-leluia.

READING

CANTICLE OF MARY

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

FRIDAY

Morning Prayer

HYMN

PSALMODY



Antiphon 1 You alone I have grieved *by* my sin;
have pity on *me*, O Lord.

Dec. 17–23 Our King will *come* from Sion;
the Lord, God-is-with-us, is his *might*-y name.

Easter Lord, wash a-*way* my guilt,
al-le-luia.

Psalm 51 (50)

O God, have mercy on me

Your inmost being must be renewed, and you must put on the new man
(Ephesians 4: 23–24).

Have mercy on *me*, O God,
according to your mer-*ci*-ful love;
according to your *great* compassion,
blot out *my* transgressions. —
Wash me completely from *my* iniquity,
and cleanse me *from* my sin.

My transgressions, tru·ly I know them;
 my sin is al·ways before me.
 Against you, you alone, **have** I sinned;
 what is evil in your sight **I** have done. —
 So you are just **in** your sentence,
 without reproach **in** your judgment.

O see, in guilt **I** was born,
 a sinner when my moth·er conceived me.
 Yes, you delight in sinceri·ty of heart;
 in secret you **teach** me wisdom. —
 Cleanse me with hyssop, and I **shall** be pure;
 wash me, and I shall be whit·er than snow.

Let me hear rejoic·ing and gladness,
 that the bones you have crushed **may** exult.
 Turn away your face **from** my sins,
 and blot out **all** my guilt.

Create a pure heart for **me**, O God,
 renew a steadfast spir·it within me.
 Do not cast me away **from** your presence;
 take not your holy spir·it from me.

Restore in me the joy of **your** salvation;
 sustain in me a **will**-ing spirit.
 I will teach transgres·sors your ways,
 that sinners may re·turn to you.

Rescue me from bloodshed, O God, †
 God of **my** salvation,
 and then my tongue shall ring **out** your justice.
 O LORD, o·pen my lips
 and my mouth shall pro·claim your praise.

For in sacrifice you take **no** delight;
 burnt offering from me **would** not please you
 My sacrifice to God, a broken spirit: †
 a broken and **hum**-bled heart,
 O God, you **will** not spurn.

In your good pleasure, show fa-**vor** to Zion;
rebuild the walls **of** Jerusalem.
Then you will delight in right sacrifice, †
burnt offerings whol-**ly** consumed.
Then you will be offered young bulls **on** your altar. ♦

Antiphon 1 You alone I have grieved **by** my sin;
have pity on **me**, O Lord.

Dec. 17–23 Our King will **come** from Zion;
the Lord, God-is-with-us, is his **might-y** name.

Easter Lord, wash a-**way** my guilt,
al-**le**-luia.



Antiphon 2 Truly we know our of-**fens**-es, Lord,
for we have **sinned** against you.

Dec. 17–23 Wait for the Lord and he will **come** to you
with his **sav**-ing power.

Easter Christ bore our sins in **his** own body
as he hung upon the cross, **al**-leluia.

Canticle

Jeremiah 14: 17–21

The lament of the people in war and famine

The kingdom of god is at hand. Repent and believe the Good News (Mark 1: 15).

Let my eyes **stream** with tears
day and night, **with**-out rest,
over the great destruction which overwhelms †
the virgin daughter **of** my people,
over her incur-**a**-ble wound.

If I walk out in-**to** the field,
look! those slain **by** the sword;
if I en-**ter** the city,
look! those con-**sumed** by hunger. —
Even the prophet **and** the priest
forage in a land **they** know not.

Have you cast Judah *off* completely?
 Is Sion loath-*some* to you?
 Why have you struck *us* a blow
 that can-*not* be healed?

We wait for peace, to *no* avail;
 for a time of healing, but terror *comes* instead.
 We recognize, O LORD, our wickedness, †
 the guilt *of* our fathers;
 that we have *sinned* against you.

For your name's sake *spurn* us not,
 disgrace not the throne *of* your glory;
 remember your covenant with us, and *break* it not. ♦

Antiphon 2 Truly we know our of-*fens*-es, Lord,
 for we have *sinned* against you.

Dec. 17–23 Wait for the Lord and he will *come* to you
 with his *sav*-ing power.

Easter Christ bore our sins in *his* own body
 as he hung upon the cross, *al*-leluia.



Antiphon 3 The Lord is God; we *are* his people,
 the sheep *of* his flock.

Dec. 17–23 Eagerly I watch *for* the Lord;
 I wait in joyful hope for the coming of *God* my Savior.

Easter Come into the *Lord's* presence
 singing for joy, *al*-leluia.

When Psalm 100 (99) is the invitatory psalm, Psalm 95 (94) is used as the third psalm at Morning Prayer.

Psalm 100 (99)

The joyful song of those entering God's temple

The Lord calls his ransomed people to sing songs of victory (Athanasius).

Cry out with joy to the LORD, *all* the earth.
 Serve the *LORD* with gladness.
 Come before him, sing*ing* for joy.

Know that he, the *LORD*, is God.
 He made us; we be *long* to him.
 We are his people, the sheep *of* his flock.

Enter his gates *with* thanksgiving
 and his courts with *songs* of praise.
 Give thanks to him, and *bless* his name.

Indeed, how good *is* the LORD,
 eternal his mer-*ci*-ful love.
 He is faithful from *age* to age. ♦

Antiphon 3 The Lord is God; we *are* his people,
 the sheep *of* his flock.

Dec. 17–23 Eagerly I watch *for* the Lord;
 I wait in joyful hope for the coming of *God* my Savior.

Easter Come into the *Lord's* presence
 singing for joy, *al*-leluia.

READING

CANTICLE OF ZECHARIAH

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

Evening Prayer

HYMN

PSALMODY



Antiphon 1 Great is the *Lord*, our God,
 high a-*bove* all gods.

Dec. 17–23 Our King will *come* from Sion;
 the Lord, God-is-with-us, is his *might*-y name.

Easter

I, the Lord, **am** your savior
and redeemer, **al**-leluia.

Psalm 135 (134)

Praise for the wonderful things God does for us

He has won us for himself...and you must proclaim what he has done for you. He has called you out of darkness into his own wonderful light (see 1 Peter 2: 9).

I

Praise the name **of** the LORD;
praise him, servants **of** the LORD,
who stand in the house **of** the LORD,
in the courts of the house **of** our God.

Praise the LORD, for the **LORD** is good.
Sing a psalm to his name, for this is **our** delight.
For the LORD has chosen Jacob **for** himself,
and Israel as his treas-**ured** possession.

For I know the **LORD** is great,
that our LORD is high a-**bove** all gods.
The LORD does whatever he wills, †
in heaven, **and** on earth,
in the seas, and in **all** the depths.

He summons clouds from the ends **of** the earth,
makes lighting pro-**duce** the rain;
from his treasures he sends **forth** the wind.

The firstborn of the Egypt-**ians** he smote,
of man and **beast** alike.
He sent signs and wonders in your **midst**, O Egypt,
against Pharaoh and **all** his servants. —
Nations in great num-**bers** he struck,
and kings in their **might** he slew.

Sihon, king of the Amorites, †
Og, the **king** of Bashan,
and all the king-**doms** of Canaan.
Their land he gave **as** a heritage,
a heritage to Isra-**el**, his people. ♦

Antiphon 1 Great is the **Lord**, our God,
high a-**bove** all gods.

Dec. 17–23 Our King will *come* from Sion;
the Lord, God-is-with-us, is his *might*y name.

Easter I, the Lord, *am* your savior
and redeemer, *al*-leluia.



Antiphon 2 House of Israel, *bless* the Lord!
Sing psalms to him, for *he* is merciful.

Dec. 17–23 Wait for the Lord and he will *come* to you
with his *sav*-ing power.

Easter Blessed is the kingdom of Da-*vid* our father
which has come among us, *al*-leluia.

II

LORD, your name *stands* for ever,
your renown, LORD, from *age* to age.
For the LORD does justice *for* his people
and takes pity *on* his servants.

Pagan idols are sil-*ver* and gold,
the work of *hu*-man hands.
They have mouths but they *do* not speak;
they have eyes but they *do* not see.

They have ears but they *do* not hear;
there is never a breath *on* their lips.
Their makers will come to *be* like them,
and so will all who *trust* in them!

House of Israel, *bless* the LORD!
House of Aaron, *bless* the LORD!
House of Levi, *bless* the LORD!
You who fear the LORD, *bless* the LORD! —
From Sion may the LORD be blest,
he who dwells *in* Jerusalem! ♦

Antiphon 2 House of Israel, *bless* the Lord!
Sing psalms to him, for *he* is merciful.

Dec. 17–23 Wait for the Lord and he will *come* to you
with his *sav*-ing power.

Easter Blessed is the kingdom of Da-*vid* our father
which has come among us, *al*-leluia.



Antiphon 3 All nations will *come* and worship
before *you*, O Lord.

Dec. 17–23 Eagerly I watch *for* the Lord;
I wait in joyful hope for the coming of *God* my Savior.

Easter Let us sing *to* the Lord,
glorious in his triumph, *al*-leluia.

Canticle

Revelation 15: 3–4

Hymn of adoration

Mighty and wonderful *are* your works,
Lord *God* Almighty!
Righteous and true *are* your ways,
O King *of* the nations!

Who would dare re-*fuse* you honor,
or the glory due your *name*, O Lord?

Since you a-*lone* are holy,
all na-*tions* shall come
and worship *in* your presence.
Your mighty deeds are *clear*-ly seen. ♦

Antiphon 3 All nations will *come* and worship
before *you*, O Lord.

Dec. 17–23 Eagerly I watch *for* the Lord;
I wait in joyful hope for the coming of *God* my Savior.

Easter Let us sing *to* the Lord,
glorious in his triumph, *al*-leluia.

But you, O **Lord**, are close;
 all your com-**mands** are truth.
 From of old I have known that **your** decrees
 are esta-**blished** for ever. ♦

Antiphon 1 You, O **Lord**, are close;
 all your com-**mands** are truth.

Dec. 17–23 Our King will **come** from Lebanon;
 he shall be as brilliant **as** the sun.

Easter The words I have spoken to you
 are spir-**it** and life, **al**-leluia.



Antiphon 2 Wisdom of God, **be** with me,
 always at **work** in me.

Dec. 17–23 May the Holy One from heaven come down like **gen**-tle rain;
 may the earth burst into blossom and bear the **ten**-der Savior.

Easter Lord, you have **built** your temple
 and altar on your holy mountain, **al**-leluia.

Canticle

Wisdom 9: 1–6, 9–11

Lord, give me wisdom

I will inspire you with wisdom which your adversaries will be unable to resist
 (Luke 21: 15).

God of my fathers, **Lord** of mercy,
 you who have made all things **by** your word
 and in your wisdom have es-**tab**-lished man
 to rule the creatures pro-**duced** by you, —
 to govern the world in holi-**ness** and justice,
 and to render judgment in integri-**ty** of heart:

Give me Wisdom, the attendant **at** your throne,
 and reject me not from a-**mong** your children;
 for I am your servant, the son of your handmaid, †
 a man weak **and** short-lived
 and lacking in comprehension of judgment **and** of laws.

Indeed, though one be perfect among the *sons* of men,
if Wisdom, who comes from you, *be* not with him,
he shall be held in *no* esteem.

Now with you is Wisdom, who *knows* your works
and was present when you *made* the world;
who understands what is pleasing *in* your eyes
and what is conformable with *your* commands.

Send her forth from your *ho*-ly heavens
and from your glorious *throne* dispatch her
that she may be with me and *work* with me,
that I may know what *is* your pleasure.

For she knows and under-*stands* all things,
and will guide me discreetly in *my* affairs
and safeguard me *by* her glory. ♦

Antiphon 2 Wisdom of God, *be* with me,
always at *work* in me.

Dec. 17–23 May the Holy One from heaven come down like *gen*-tle rain;
may the earth burst into blossom and bear the *ten*-der Savior.

Easter Lord, you have *built* your temple
and altar on your holy mountain, *al*-leluia.



Antiphon 3 The Lord *re*-mains faithful
to his prom-*ise* forever.

Dec. 17–23 Israel, prepare yourself to *meet* the Lord,
for *he* is coming.

Easter I am the *way*, the truth
and the life, *al*-leluia.

Psalm 117 (116)

Praise for God's loving compassion

*I affirm that...the Gentile peoples are to praise God because of his mercy
(Romans 15: 8-9).*

O praise the LORD, *all* you nations;
acclaim him, *all* you peoples!

For his merciful love has prevailed *o*-ver us;
and the LORD's faithfulness en-*dures* forever. ♦

Antiphon 3 The Lord *re*-mains faithful
to his prom-*ise* forever.

Dec. 17–23 Israel, prepare yourself to *meet* the Lord,
for *he* is coming.

Easter I am the *way*, the truth
and the life, *al*-leluia.

READING

CANTICLE OF ZECHARIAH

Antiphon Lord, shine of those who *dwell* in darkness
and the shad-*ow* of death.

WEEK IV
SUNDAY
Evening Prayer I

HYMN

PSALMODY



Antiphon 1 Pray *for* the peace,
the peace *of* Jerusalem.

Psalm 122 (121)
Holy city Jerusalem

You have come to Mount Zion, to the city of the living God, heavenly Jerusalem
(Hebrews 12: 22).

I rejoiced when they *said* to me,
“Let us go to the house *of* the LORD.”
And now our *feet* are standing
within your gates, O Je-*ru*-salem.

Jerusalem is built *as* a city
bonded as *one* together.
It is there that the *tribes* go up,
the tribes *of* the LORD.

For Israel’s *wit*-ness it is
to praise the name *of* the LORD.
There were set the *thrones* for judgment,
the thrones of the *house* of David.

For the peace of Jeru-*sa*-lem pray,
“May they prosper, *those* who love you.”
May peace abide *in* your walls,
and security be *in* your towers.

For the sake of my fami-*ly* and friends,
let me say: “*Peace* upon you.”
For the sake of the house of the *LORD*, our God,
I will seek good *things* for you. ♦

Antiphon 1 Pray *for* the peace,
the peace *of* Jerusalem.



Antiphon 2 From the morning watch *un*-til night,
I have waited trustingly *for* the Lord.

Psalm 130 (129)

A cry from the depths

He himself will save his people from their sins (Matthew 1: 21).

Out of the depths I cry to *you*, O LORD;
LORD, *hear* my voice!
O let your ears *be* attentive
to the sound *of* my pleadings.

If you, O LORD, should *mark* iniquities,
LORD, *who* could stand?
But with you is *found* forgiveness,
that you may *be* revered.

I long for *you*, O LORD,
my soul longs *for* his word.
My soul hopes *in* the LORD
more than watch-*men* for daybreak.

More than watch-*men* for daybreak,
let Israel hope *for* the LORD.
For with the LORD *there* is mercy,
in him is plenti-*ful* redemption. —
It is he who will re-*deem* Israel
from all *its* iniquities. ♦

Antiphon 2 From the morning watch *un*-til night,
I have waited trustingly *for* the Lord.



Antiphon 3 Let everything in heaven *and* on earth
bend the knee at the *name* of Jesus.

Canticle**Philippians 2: 6–11****Christ, God's holy servant**

Though he was in the *form* of God,
 Jesus did not deem equali·*ty* with God
 something *to* be grasped at.

Rather, he emp·*ti*ed himself
 and took the form *of* a slave,
 being born in the like·*ness* of men.

He was known to be of hu·*man* estate,
 and it was thus that he hum·*bled* himself,
 obediently accepting *e*·ven death,
 death *on* a cross!

Be·*cause* of this,
 God highly ex·*al*ted him
 and bestowed on *him* the name
 above every *o*·ther name,

So that at *Je*·sus' name
 every *knee* must bend
 in the heavens, *on* the earth,
 and un·*der* the earth,

and every *tongue* proclaim
 to the glory of *God* the Father:
 JESUS *CHRIST* IS LORD! ♦

Antiphon 3 Let everything in heaven *and* on earth
 bend the knee at the *name* of Jesus.

READING

CANTICLE OF MARY

Antiphon as in the Proper of Seasons.

Morning Prayer

HYMN

PSALMODY



Antiphon 1 Give praise to the Lord, for *he* is good;
his mercy endures forever, *al-leluia*.

Psalm 118 (117)
Song of joy for salvation

This Jesus is the stone which, rejected by you builders, has become the chief stone supporting all the rest (Acts 4: 11).

Give praise to the LORD, for *he* is good;
his mercy en-*dures* forever.

Let the house of Is-*ra*-el say,
“His mercy en-*dures* forever.”
Let the house of *Aa*-ron say,
“His mercy en-*dures* forever.” —
Let those who fear the LORD say,
“His mercy en-*dures* forever.”

I called to the LORD in *my* distress;
he has an-*swered* and freed me.
The LORD is at my side; I *do* not fear.
What can mankind *do* against me? —
The LORD is at my side *as* my helper;
I shall look in triumph *on* my foes.

It is better to take refuge *in* the LORD
than to *trust* in man;
it is better to take refuge *in* the LORD
than to *trust* in princes.

The nations all en-*cir*-cled me;
in the name of the LORD I *cut* them off.
They encircled me *all* around;
in the name of the LORD I *cut* them off.

They encircled me a-*bout* like bees;
they blazed like a fire *a*-mong thorns.
In the name of the LORD I *cut* them off.

I was thrust down, thrust *down* and falling,
 but the LORD *was* my helper.
 The LORD is my strength *and* my song;
 he *was* my savior.

There are shouts of joy *and* salvation
 in the tents *of* the just.
 “The LORD’s right hand has done mighty deeds; †
 his right hand *is* exalted.
 The LORD’s right hand has done *might-y* deeds;”

I shall not die, *I* shall live
 and recount the deeds *of* the LORD.
 The LORD punished me, punished *me* severely,
 but did not hand me o-*ver* to death.

Open to me the *gates* of justice:
 I will enter and *thank* the LORD.
 This is the *LORD’s* own gate,
 where the *just* enter. —
 I will thank you, for *you* have answered,
 and you *are* my savior.

The stone that the build-*ers* rejected
 has become the *cor*-nerstone.
 By the LORD has *this* been done,
 a marvel *in* our eyes. —
 This is the day the *LORD* has made;
 let us rejoice in it *and* be glad.

O LORD, *grant* salvation;
 O LORD, *grant* success.
 Blest is *he* who comes
 in the name *of* the LORD. —
 We bless you from the house *of* the Lord;
 the LORD is God, and has giv-*en* us light.

Go forward in proces-*sion* with branches,
 as far as the horns *of* the altar.
 You are my *God*, I praise you.
 My God, *I* exalt you. —
 Give praise to the LORD, for *he* is good;
 his mercy en-*dures* forever. ♦

Antiphon 1 Give praise to the Lord, for *he* is good;
his mercy endures forever, *al·leluia*.



Antiphon 2 *Al·leluia!*
Bless the Lord, all you works *of* the Lord,
al·le·luia!

Canticle

Daniel 3: 52–57

Let all creatures praise the Lord

The Creator...is blessed for ever (Romans 1: 25).

Blessed are you, O Lord, the God *of* our fathers,
praiseworthy and exalted above *all* forever

And blessed is your holy and glor-*i*-ous name,
praiseworthy and exalted above all *for* all ages.

Blessed are you in the temple of your *ho*-ly glory,
praiseworthy and glorious above *all* forever

Blessed are you on the throne *of* your kingdom,
praiseworthy and exalted above *all* forever

Blessed are you who look in-*to* the depths
from your throne upon the *che*-rubim,
praiseworthy and exalted above *all* forever

Blessed are you in the firma-*ment* of heaven,
praiseworthy and glorious above *all* forever

Bless the Lord, all you works *of* the Lord,
praise and exalt him above *all* forever ♦

Antiphon 2 *Al·leluia!*
Bless the Lord, all you works *of* the Lord,
al·le·luia!



Antiphon 3 Let every *thing* that breathes
praise the Lord, *al·leluia*.

Psalm 150
Praise the Lord

Let mind and heart be in your song: this is to glorify God with your whole self (Hesychius).

Praise God in his *ho*-ly place;
praise him in his *might*-y firmament.
Praise him for his pow-*er*-ful deeds;
praise him for his *bound*-less grandeur.

O praise him with *sound* of trumpet;
praise him with *lute* and harp.
Praise him with timb-*rel* and dance;
praise him with *strings* and pipes.

O praise him with re-*sound*-ing cymbals;
praise him with clash-*ing* of cymbals.
Let everything that breathes *praise* the LORD. ♦

Antiphon 3 Let every-*thing* that breathes
praise the Lord, *al*-leluia.

READING

CANTICLE OF ZECHARIAH

Antiphon as in the Proper of Seasons.

Evening Prayer II

HYMN

PSALMODY



Antiphon 1 In holy splendor, from the womb be-*fore* the dawn,
I have begotten you, *al*-leluia.

Psalm 110 (109): 1–5, 7
The Messiah, king and priest

Christ's reign will last until all his enemies are made subject to him (1 Corinthians 15: 25).

The LORD's revelation *to* my lord:
"Sit at *my* right hand,
until I make your *foes* your footstool."

The LORD will *send* from Sion
your scep-*ter* of power:
rule in the midst *of* your foes.

With you is *prince*-ly rule
on the day *of* your power.
In holy splendor, from the womb be-*fore* the dawn,
I *have* begotten you.

The LORD has sworn an oath he *will* not change:
“You are a *priest* forever,
in the line *of* Melchizedek.”

The LORD, standing *at* your right,
shatters kings in the day *of* his wrath.
He shall drink from the stream *by* the wayside
and therefore he shall lift *up* his head. ♦

Antiphon 1 In holy splendor, from the womb be-*fore* the dawn,
I have begotten you, *al*-leluia.



Antiphon 2 Blessed are they who hunger and *thirst* for holiness;
they *will* be satisfied.

Psalm 112 (111)

The happiness of the just man

Live as children born of the light. Light produces every kind of goodness and justice and truth (Ephesians 5: 8–9).

Blessed the man who *fears* the LORD,
who takes great delight in *his* commandments.
His descendants shall be power-*ful* on earth;
the generation of the upright *will* be blest.

Riches and wealth are *in* his house;
his justice stands *firm* forever.
A light rises in the darkness *for* the upright;
he is generous, merci-*ful*, and just.

It goes well for the man who deals generous-*ly* and lends,
 who conducts his af-*fairs* with justice.
 He will nev-*er* be moved;
 forever shall the just *be* remembered.

He has no fear of *e*-vil news;
 with a firm heart he trusts *in* the LORD.
 With a steadfast heart he *will* not fear;
 he will see the downfall *of* his foes.

Open-handed, he gives *to* the poor;
 his justice stands *firm* forever.
 His might shall be ex-*alt*-ed in glory.

The wicked sees *and* is angry,
 grinds his teeth and *fades* away;
 the desire of the wicked *leads* to doom. ♦

Antiphon 2 Blessed are they who hunger and *thirst* for holiness;
 they *will* be satisfied.



Antiphon 3 Sing praise to our God, all *you* his servants,
 great and small, *al*-leluia.

The following canticle is said with the Alleluia when Evening Prayer is sung; when the office is recited, the Alleluia may be said at the beginning and end of each strophe.

Canticle

See Revelation 19: 1–7

The wedding of the Lamb

Alleluia. †
 Salvation, glory, and power *to* our God:
 (R. Al-*le*-luia.)
 his judgments are hon-*est* and true.
 R. Alleluia (*al*-leluia).

Alleluia. †
 Sing praise to our God, all *you* his servants;
 (R. Al-*le*-luia.)
 all who worship him reverently, *great* and small.
 R. Alleluia (*al*-leluia).

Alleluia. †

The Lord our all-powerful **God** is King,

(R. Al·**le**·luia.)

let us rejoice, sing praise, and **give** him glory.

R. Alleluia (**al**·leluia).

Alleluia. †

The wedding feast of the Lamb **has** begun,

(R. Al·**le**·luia.)

and his bride is prepared to **wel**-come him.

R. Alleluia (**al**·leluia). ♦

Antiphon 3 Sing praise to our God, all **you** his servants,
great and small, **al**·leluia.

Lent:



Canticle

1 Peter 2: 21–24

The willing acceptance of his passion by Christ, the servant of God

Christ suf·**fered** for you,
and left you **an** example
to have you follow **in** his footsteps.

He **did** no wrong;
no deceit was found **in** his mouth.
When he **was** insulted,
he re·**turned** no insult.

When he was **made** to suffer,
he did not coun·**ter** with threats.
Instead he delivered **him**-self up
to the One who **judg**-es justly.

In **his** own body
he brought our sins **to** the cross,
so that all of us, **dead** to sin,
could live in accord **with** God's will.

By his wounds **you** were healed. ♦

READING

CANTICLE OF MARY

Antiphon as in the Proper of Seasons.

MONDAY

Morning Prayer

HYMN

PSALMODY



Antiphon 1 Each *morn*-ing, Lord,
you fill us *with* your kindness.

Dec. 17–23 The Lord, the ruler over the kings of the *earth*, will come;
blessed are they who are ready to go and *wel*-come him.

Easter Let the splendor of the *Lord* our God
be upon us, *al*-leluia.

Psalm 90 (89)

May we live in the radiance of God

There is no time with God: a thousand years, a single day: it is all one (2 Peter 3: 8).

O LORD, you have *been* our refuge
from generation to *gen*-eration.
Before the mountains were born, †
or the earth or the *world* brought forth,
you are God, from *age* to age.

You turn man back *in*-to dust,
and say: “Return, O child-*ren* of men.”
To your eyes a thousand years †
are like yesterday, *come* and gone,
or like a watch *in* the night.

You sweep them away *like* a dream,
like grass which is fresh *in* the morning.
In the morning it sprouts *and* is fresh;
by evening it with-*ers* and fades.

Indeed, we are consumed **by** your anger;
 we are struck with terror **at** your fury.
 You have set our **guilt** before you,
 our secrets in the light **of** your face.

All our days pass away **in** your anger.
 Our years are consumed **like** a sigh.
 Seventy years is the span **of** our days,
 or eighty if **we** are strong. —
 And most of these are **toil** and pain.
 They pass swiftly and **we** are gone.

Who understands the power **of** your anger?
 Your fury matches the **fear** of you.
 Then teach us to num-**ber** our days,
 that we may gain wis-**dom** of heart.

Turn back, O **LORD!** How long?
 Show pity **to** your servants.
 At dawn, fill us with your mer-**ci**-ful love;
 we shall exult and rejoice **all** our days. —
 Give us joy for the days of **our** affliction,
 for the years when we looked **up**-on evil.

Let your deed be seen **by** your servants;
 and your glorious power **by** their children.
 Let the favor of the Lord our God be upon us; †
 give success to the work **of** our hands.
 O give success to the work **of** our hands. ♦

Antiphon 1 Each **morn**-ing, Lord,
 you fill us **with** your kindness.

Dec. 17–23 The Lord, the ruler over the kings of the **earth**, will come;
 blessed are they who are ready to go and **wel**-come him.

Easter Let the splendor of the **Lord** our God
 be upon us, **al**-leluia.



Antiphon 2 From the farthest **bounds** of earth,
 may **God** be praised!

Dec. 17–23 Sing a new song *to* the Lord;
proclaim his praises to the ends *of* the earth.

Easter I will turn darkness *in*-to light
before them, *al*-leluia.

Canticle
God, victor and savior

Isaiah 42: 10–16

They were singing a new hymn before the throne of God (Revelation 14: 3).

Sing to the LORD *a* new song,
his praise from the end *of* the earth:

Let the sea and what fills *it* resound,
the coastlands, and those who *dwell* in them.
Let the steppe and its cit-*ies* cry out,
the villages where *Ke*-dar dwells;

Let the inhabitants of *Se*-la exult,
and shout from the top *of* the mountains.
Let them give glory *to* the LORD,
and utter his praise *in* the coastlands.

The LORD goes forth *like* a hero,
like a warrior he stirs *up* his ardor;
he shouts out his *bat*-tle cry,
against his enemies he *shows* his might:

I have looked away, *and* kept silence,
I have said nothing, holding *my*-self in;
but now, I cry out as a wom-*an* in labor,
gasp-*ing* and panting.

I will lay waste moun-*tains* and hills,
all their heritage I *will* dry up;
I will turn the rivers *in*-to marshes,
and the marshes I *will* dry up.

I will lead the blind *on* their journey;
by paths unknown *I* will guide them.
I will turn darkness into *light* before them,
and make crook-*ed* ways straight. ♦

Antiphon 2 From the farthest *bounds* of earth,
may *God* be praised!

Dec. 17–23 Sing a new song *to* the Lord;
proclaim his praises to the ends *of* the earth.

Easter I will turn darkness *in* to light
before them, *al*-leluia.



Antiphon 3 You who stand in the house *of* the Lord,
praise the name *of* the Lord.

Dec. 17–23 When the Son of Man *comes* to earth,
do you think he will find faith *in* men's hearts?

Easter The Lord does whatev-*er* he wills,
al-le-luia.

Psalm 135 (134)

Praise for the wonderful things God does for us

He has won us for himself...and you must proclaim what he has done for you. He has called you out of darkness into his own wonderful light (see 1 Peter 2: 9).

I

Praise the name *of* the LORD;
praise him, servants *of* the LORD,
who stand in the house *of* the LORD,
in the courts of the house *of* our God.

Praise the LORD, for the *LORD* is good.
Sing a psalm to his name, for this is *our* delight.
For the LORD has chosen Jacob *for* himself,
and Israel as his treas-*ured* possession.

For I know the *LORD* is great,
that our LORD is high a-*bove* all gods.
The LORD does whatever he wills, †
in heaven, *and* on earth,
in the seas, and in *all* the depths.

He summons clouds from the ends *of* the earth,
makes lighting pro-*duce* the rain;
from his treasures he sends *forth* the wind.

The firstborn of the Egypt*ians* he smote,
of man and *beast* alike.
He sent signs and wonders in your *midst*, O Egypt,
against Pharaoh and *all* his servants. —
Nations in great num*bers* he struck,
and kings in their *might* he slew.

Sihon, king of the Amorites, †
Og, the *king* of Bashan,
and all the king*doms* of Canaan.
Their land he gave *as* a heritage,
a heritage to Isra*el*, his people. ◆

Antiphon 3 You who stand in the house *of* the Lord,
praise the name *of* the Lord.

Dec. 17–23 When the Son of Man *comes* to earth,
do you think he will find faith *in* men's hearts?

Easter The Lord does whatev*er* he wills,
*al-le*luia.

READING

CANTICLE OF ZECHARIAH

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

Evening Prayer

HYMN

PSALMODY



Antiphon 1 Give thanks *to* the Lord,
for his great love is *with*-out end.

Dec. 17–23 The Lord, the ruler over the kings of the *earth*, will come;
blessed are they who are ready to go and *wel*-come him.

Easter Whoever *is* in Christ
is a new creature, *al-le*luia.

Psalm 136 (135)**Easter hymn**

We praise God by recalling his marvelous deeds (Cassiodorus).

I

O give thanks to the LORD, for **he** is good,
for his mercy en-**dures** forever.

Give thanks to the **God** of gods,
for his mercy en-**dures** forever. —

Give thanks to the **Lord** of Lords,
for his mercy en-**dures** forever;

Who alone has wrought mar-**vel**-ous works,
for his mercy en-**dures** forever;
who in wisdom **made** the heavens,
for his mercy en-**dures** forever; —
who spread the earth **on** the waters,
for his mercy en-**dures** forever.

It was he who made the **great** lights,
for his mercy en-**dures** forever;
the sun to rule **in** the day,
for his mercy en-**dures** forever; —
the moon and stars **in** the night,
for his mercy en-**dures** forever. ♦

Antiphon 1 Give thanks **to** the Lord,
for his great love is **with**-out end.

Dec. 17–23 The Lord, the ruler over the kings of the **earth**, will come;
blessed are they who are ready to go and **wel**-come him.

Easter Whoever **is** in Christ
is a new creature, **al**-leluia.



Antiphon 2 Great and wonderful **are** your deeds,
Lord God **the** Almighty.

Dec. 17–23 Sing a new song **to** the Lord;
proclaim his praises to the ends **of** the earth.

Easter

Let *us* love God,
for he has first loved us, *al-leluia*.

II

The firstborn of the Egyp-*tians* he smote,
for his mercy en-*dures* forever.
He brought Israel out *from* their midst,
for his mercy en-*dures* forever; —
with mighty hand and *out*-stretched arm,
for his mercy en-*dures* forever.

The Red Sea he divid-*ed* in two,
for his mercy en-*dures* forever;
he made Israel pass *through* the midst,
for his mercy en-*dures* forever; —
he flung Pharaoh and his force *in* the Red Sea,
for his mercy en-*dures* forever.

Through the desert his peo-*ple* he led,
for his mercy en-*dures* forever.
Nations in their great-*ness* he struck,
for his mercy en-*dures* forever. —
Kings in their splen-*dor* he slew,
for his mercy en-*dures* forever:

Sihon, king *of* the Amorites,
for his mercy en-*dures* forever;
and Og, the *king* of Bashan,
for his mercy en-*dures* forever.

He gave their land *as* a heritage,
for his mercy en-*dures* forever;
a heritage for Isra-*el*, his servant,
for his mercy en-*dures* forever. —
He remembered us in *our* distress,
for his mercy en-*dures* forever.

And he snatched us away *from* our foes,
for his mercy en-*dures* forever.
He gives food to all *liv*-ing creatures,
for his mercy en-*dures* forever. —
To the God of heav-*en* give thanks,
for his mercy en-*dures* forever. ♦

Antiphon 2 Great and wonderful *are* your deeds,
Lord God *the* Almighty.

Dec. 17–23 Sing a new song *to* the Lord;
proclaim his praises to the ends *of* the earth.

Easter Let *us* love God,
for he has first loved us, *al·leluia*.



Antiphon 3 God planned in the full-*ness* of time
to restore all *things* in Christ.

Dec. 17–23 When the Son of Man *comes* to earth,
do you think he will find faith *in* men's hearts?

Easter From his fullness we have *all* received,
grace upon grace, *al·leluia*.

Canticle
God our Savior

Ephesians 1: 3–10

Praised be the *God* and Father
of our Lord *Je·sus* Christ,

God chose *us* in him
before the *world* began
to be holy
and blameless *in* his sight.

He predestined us †
to be his adopted sons through *Je·sus* Christ,
such was his *will* and pleasure,
that all might praise the glo-*ri·ous* favor
he has bestowed on us in *his* beloved.

In him and through his blood, we have *been* redeemed,
and our *sins* forgiven,
so immeasur-*a·bly* generous
is God's *fa·vor* to us.

God has given *us* the wisdom
to understand ful-*ly* the mystery,
the plan *he* was pleased
to de-*cre*e in Christ.

A plan to be *car*-ried out
in Christ, in the full-*ness* of time,
to bring all things into *one* in him,
in the heavens and *on* the earth. ♦

Antiphon 3 God planned in the full-*ness* of time
to restore all *things* in Christ.

Dec. 17–23 When the Son of Man *comes* to earth,
do you think he will find faith *in* men’s hearts?

Easter From his fullness we have *all* received,
grace upon grace, *al*-leluia.

READING

CANTICLE OF MARY

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

TUESDAY

Morning Prayer

HYMN

PSALMODY



Antiphon 1 I will sing to *you*, O Lord;
I will learn from you the way *of* perfection.

Dec. 17–23 The Lord will come from his *ho*-ly place
to *save* his people.

Easter Whoever does the will *of* my Father
will enter the kingdom of heaven, *al*-leluia.

Psalm 101 (100)**Avowal of a good ruler**

If you love me, keep my commandments (John 14: 15).

I sing of merciful *love* and justice;
I raise a psalm to *you*, O LORD.
I will ponder the way *of* the blameless.
O when will you *come* to me?

I will walk with *blame*-less heart
with-*in* my house;
I will not set be-*fore* my eyes
whatev-*er* is base.

I hate the deeds *of* the crooked;
I *will* have none of it.
The false-hearted must keep *far* away;
I will *know* no evil.

Whoever slanders a neigh-*bor* in secret
I will *bring* to silence.
Proud eyes and *haugh*-ty heart
I will nev-*er* endure.

My eyes are on the faithful *of* the land
that they may *dwell* with me.
The one who walks in the way *of* the blameless
shall *be* my servant.

No one who practic-*es* deceit
shall live with-*in* my house.
One who *ut*-ters lies
shall not stand be-*fore* my eyes.

Morning by morning I *will* destroy
all the wicked *in* the land,
uprooting from the city *of* the LORD
all *who* do evil. ♦

Antiphon 1 I will sing to *you*, O Lord;
I will learn from you the way *of* perfection.

Dec. 17–23 The Lord will come from his *ho*-ly place
to *save* his people.

Easter Whoever does the will *of* my Father
will enter the kingdom of heaven, *al*-leluia.



Antiphon 2 Lord, do *not* withhold
your compas-*sion* from us.

Dec. 17–23 Sion is our *might*-y citadel,
our saving Lord its wall and *its* defense;
throw o-*pen* the gates,
for our God is here among us, *al*-leluia.

Easter Let all the na-*tions*, O Lord,
know the depths of your loving mercy for us, *al*-leluia.

Canticle Daniel 3: 26, 27, 29, 34–41

Azariah's prayer in the furnace

With your whole hearts turn to God and he will blot out all your sins (Acts 3: 19).

Blessed are *you*, and praiseworthy,
O Lord, the God *of* our fathers,
and glorious forever *is* your name.

For you are just in all *you* have done;
and your deeds are faultless, all *your* ways right,
and all your *judg*-ments proper.

For we have sinned *and* transgressed
by depart-*ing* from you,
and we have done every *kind* of evil.

For your name's sake, do not deliver us *up* forever,
or make *void* your covenant.

Do not take away your mer-*cy* from us,
for the sake of Abraham, *your* beloved,
Isaac your servant, and Israel your *ho*-ly one,

to whom you promised to multi-*ply* their offspring
like the *stars* of heaven,
or the sand on the shore *of* the sea.

For we are reduced, O Lord, beyond any *oth*-er nation,
brought low everywhere in the *world* this day
because *of* our sins.

We have in our day no prince, proph-*et*, or leader,
no holocaust, sacrifice, obla-*tion*, or incense,
no place to offer first fruits, to find fa-*vor* with you.

But with contrite heart and *hum*-ble spirit
let us *be* received;
as though it were holocausts of *rams* and bullocks,
or thousands *of* fat lambs, —
so let our sacrifice be in your pres-*ence* today
as we follow you *un*-reservedly;
for those who trust in you cannot be *put* to shame.

And now we follow you with *our* whole heart,
we fear you and we *pray* to you. ♦

Antiphon 2 Lord, do *not* withhold
your compas-*sion* from us.

Dec. 17–23 Sion is our *might*-y citadel,
our saving Lord its wall and *its* defense;
throw o-*pen* the gates,
for our God is here among us, *al*-leluia.

Easter Let all the na-*tions*, O Lord,
know the depths of your loving mercy for us, *al*-leluia.



Antiphon 3 To *you*, O God,
will I sing *a* new song;

Dec. 17–23 Lord, make known your will through-*out* the earth;
proclaim your salvation to *eve*-ry nation.

Easter The Lord *is* my refuge
and my savior, *al*-leluia.

Psalm 144 (143): 1–10
Prayer for victory and peace

I can do all things in him who strengthens me (Philippians 4: 13).

Blest be the **LORD**, my rock,
 who trains my **hands** for battle,
 who prepares my **fin-gers** for war.

He is my merciful **love**, my fortress;
 he is my strong-**hold**, my savior,
 my shield, in whom **I** take refuge.
 He brings peoples un-**der** my rule.

LORD, what is man that **you** regard him,
 the son of man that you keep **him** in mind,
 man who is mere-**ly** a breath,
 whose days are like a **pass**-ing shadow?

Lower your heavens, O LORD, **and** come down.
 Touch the mountains; wreath **them** in smoke.
 Flash your lightnings; **rout** the foe.
 Shoot your arrows, and put **them** to flight.

Reach down with your hand from on high; †
 rescue me, save me from the **migh**-y waters,
 from the hands of **for**-eign foes
 whose mouths speak **on**-ly emptiness,
 whose hands are **raised** in perjury.

To you, O God, will I sing a new song; †
 I will play on the **ten**-stringed harp
 to you who give **kings** their victory,
 who set David your **ser**-vant free
 from the **e**-vil sword. ♦

Antiphon 3 To **you**, O God,
 will I sing **a** new song;

Dec. 17–23 Lord, make known your will through-**out** the earth;
 proclaim your salvation to **eve**-ry nation.

Easter The Lord **is** my refuge
 and my savior, **al**-leluia.

READING

CANTICLE OF ZECHARIAH

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

Evening Prayer

HYMN

PSALMODY



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

Dec. 17–23 The Lord will come from his *ho*-ly place
to *save* his people.

Easter Sing for us one of *Zi*-on's songs,
al-*le*-luia.

Psalm 137 (136): 1–6
By the rivers of Babylon

The Babylonian captivity is a type of our spiritual captivity (Saint Hilary).

By the rivers of Babylon †
there we *sat* and wept,
remem-*ber*-ing Sion;
on the pop-*lars* that grew there
we hung *up* our harps.

For it was there that they asked us, †
our cap-*tors*, for songs,
our oppres-*sors*, for joy.
“Sing to *us*,” they said,
“one of *Si*-on's songs.”

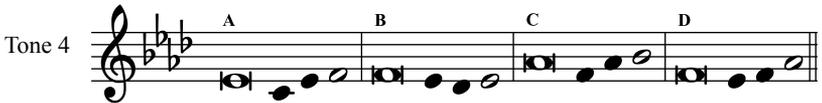
O how could we sing †
the song *of* the LORD
on *for*-eign soil?
If I forget *you*, Jerusalem,
let my *right* hand wither!

O let my tongue †
cleave *to* my palate
if I remem-*ber* you not,
if I prize *not* Jerusalem
as the first *of* my joys! ♦

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

Dec. 17–23 The Lord will come from his **ho**-ly place
to **save** his people.

Easter Sing for us one of **Zi**-on’s songs,
al-**le**-luia.



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

Dec. 17–23 Sion is our **migh**-ty citadel,
our saving Lord its wall and **its** defense;
throw o-**pen** the gates,
for our God is here among us, **al**-leluia.

Easter Though I am surrounded **by** affliction,
you preserve my life, **al**-leluia.

Psalm 138 (137)

Thanksgiving

The kings of the earth will bring his glory and honor into the holy city (see Revelation 21: 24).

I thank you, LORD, with **all** my heart,
you heard the words **of** my mouth.
In the presence of the an-**gels** I praise you.
I bow down toward your **ho**-ly temple.

I give thanks **to** your name
for your merciful love **and** your faithfulness.
You have exalted your name over all. †
On the day I called, you **an**-swered me;
you increased the strength **of** my soul.

All earth’s kings shall thank **you**, O LORD,
when they hear the words **of** your mouth.
They shall sing of the ways **of** the LORD,
“How great is the glory **of** the LORD!”

For *you* were slain;
with your blood you pur-*chased* for God
men of every *race* and tongue,
of every peo-*ple* and nation.

You made of *them* a kingdom,
and priests to *serve* our God,
and they shall reign *on* the earth.

Worthy is the Lamb *that* was slain
to receive pow-*er* and riches,
wis-*dom* and strength,
honor and glo-*ry* and praise. ♦

Antiphon 3 Adoration and glory be-*long* by right
to the Lamb *who* was slain.

Dec. 17–23 Lord, make known your will through-*out* the earth;
proclaim your salvation to *eve*-ry nation.

Easter Yours, O Lord, is majes-*ty* and power,
glory and triumph, *al*-leluia.

READING

CANTICLE OF MARY

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

WEDNESDAY

Morning Prayer

HYMN

PSALMODY



Antiphon 1 My heart is read-*y*, O God,
my *heart* is ready.

Dec. 17–23 The Lord, the *might*-y God,
will come forth from Sion to set his peo-*ple* free.

Easter

O **God**, arise
above the heavens, *al*-leluia.

Psalm 108 (107)

Praise of God and a plea for help

Since the Son of God has been exalted above the heavens, his glory is proclaimed through all the earth (Arnobius).

My heart is ready, O God;
my **heart** is ready.
I will sing, I will **sing** your praise.
A-**wake**, my soul; —
awake, O **lyre** and harp.
I will a-**wake** the dawn.

I will praise you LORD, a-**mong** the peoples;
I will sing psalms to you a-**mong** the nations,
for your mercy reaches **to** the heavens
and your truth **to** the skies.

O God, be exalted a-**bove** the heavens;
may your glory shine on **all** the earth!
With your right hand, grant salvation **and** give answer;
O come and deliv-**er** your friends.

From his holy place God has **made** this promise:
“I will exult and divide the **land** of Shechem;
I will measure out the val-**ley** of Succoth.

Gilead is mine, as is Manasseh; †
Ephraim I take **for** my helmet,
Judah **is** my scepter.
Moab is my washbowl; †
on Edom I will **toss** my shoe.
Over Philistia I will **shout** in triumph.”

But who will lead me to the for-**ti**-fied city?
Who will bring **me** to Edom?
Have you not cast us **off**, O God?
Will you march with our ar-**mies** no longer?

Give us rescue a-**gainst** the foe,
for human **aid** is vain.
With God, we **shall** do bravely,
and he will trample **down** our foes. ♦

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

Dec. 17–23 The Lord, the **mighty** God,
will come forth from Zion to set his **people** free.

Easter O **God**, arise
above the heavens, **alleluia**.



Antiphon 2 The **Lord** has robed me
with grace **and** salvation.

Dec. 17–23 I shall not cease to plead with **God** for Zion
until he sends his Holy One in all his **radiant** beauty.

Easter The Lord will make praise and **justice** blossom
before all the nations, **alleluia**.

Canticle

Isaiah 61: 10–62: 5

The prophet's joy in the vision of a new Jerusalem

I saw the holy city, new Jerusalem, with the beauty of a bride adorned to meet her husband (Revelation 21: 2).

I rejoice heartily **in** the LORD,
in my God is the joy **of** my soul;
for he has clothed me with a robe **of** salvation,
and wrapped me in a man-**tle** of justice, —
like a bridegroom adorned **with** a diadem,
like a bride bedecked **with** her jewels.

As the earth brings **forth** its plants,
and a garden makes its **growth** spring up,
so will the LORD God make jus-**tice** and praise
spring up before **all** the nations.

For Zion's sake I will **not** be silent,
for Jerusalem's sake I will **not** be quiet,
until her vindication shines forth **like** the dawn
and her victory like a **burn**-ing torch.

Nations shall behold your *vin*-dication,
 and all *kings* your glory;
 you shall be called by a *new* name
 pronounced by the mouth *of* the LORD. —
 You shall be a glorious crown in the hand *of* the LORD,
 a royal diadem held *by* your God.

No more shall men call *you* “Forsaken,”
 or *your* land “Desolate,”
 but you shall be called “*My* delight,”
 and your *land* “Espoused.” —
 For the LORD de-*lights* in you,
 and makes your *land* his spouse.

As a young man mar-*ries* a virgin,
 your Builder shall *mar*-ry you;
 and as a bridegroom rejoices *in* his bride
 so shall your God re-*joice* in you. ♦

Antiphon 2 The *Lord* has robed me
 with grace *and* salvation.

Dec. 17–23 I shall not cease to plead with *God* for Sion
 until he sends his Holy One in all his *ra*-diant beauty.

Easter The Lord will make praise and *jus*-tice blossom
 before all the nations, *al*-leluia.



Antiphon 3 I will *praise* my God
 all the days *of* my life.

Dec. 17–23 The Spirit of the Lord *rests* upon me;
 he has sent me to preach his joyful message *to* the poor.

Easter Sion, the *Lord*, your God,
 will reign for ever, *al*-leluia.

Psalm 146 (145)

Those who trust in God know what it is to be happy

To praise god in our lives means all we do must be for his glory (Arnobius).

My soul, give praise *to* the LORD;
I will praise the LORD *all* my life,
sing praise to my God *while* I live.

Put no *trust* in princes,
in mortal man who *can*-not save.
Take their breath, they return *to* the earth
and their plans that day *come* to nothing.

Blessed is he who is helped by *Ja*-cob's God,
whose hope is in the *LORD* his God,
who made the heavens *and* the earth,
the seas and all *they* contain, —
who preserves fide*li*-ty forever,
who does justice to those who *are* oppressed.

It is he who gives bread *to* the hungry,
the LORD who sets pris-*on*-ers free,
the LORD who opens the eyes *of* the blind,
the LORD who raises up those who *are* bowed down.

It is the LORD who *loves* the just,
the LORD who pro-*TECTS* the stranger
and upholds the orphan *and* the widow,
but thwarts the path *of* the wicked. —
The LORD will *reign* forever,
The God of Sion from *age* to age. ♦

Antiphon 3 I will *praise* my God
all the days *of* my life.

Dec. 17–23 The Spirit of the Lord *rests* upon me;
he has sent me to preach his joyful message *to* the poor.

Easter Sion, the *Lord*, your God,
will reign for ever, *al*-leluia.

READING

CANTICLE OF ZECHARIAH

Antiphon I will *praise* my God
all the days *of* my life.

Evening Prayer

HYMN

PSALMODY



Antiphon 1 Lord, how wonderful *is* your wisdom,
so far beyond my *un*-derstanding.

Dec. 17–23 The Lord, the *might*y God,
will come forth from Sion to set his *peo*-ple free.

Easter The *night* will be
as clear as day, *al*-leluia.

Psalm 139 (138): 1–18, 23–24**God sees all that is***Who has known the mind of God, who has been his counselor?* (Romans 11: 34).**I**

O LORD, you search me and you know me. †
You yourself know my resting *and* my rising;
you discern my thoughts *from* afar.
You mark when I walk *or* lie down,
you know all my ways *through* and through.

Before ever a word is *on* my tongue,
you know it, O LORD, *through* and through.
Behind and before, *you* besiege me,
your hand ever *laid* upon me. —
Too wonderful for *me*, this knowledge;
too high, be *yond* my reach.

O where can I go *from* your spirit,
or where can I flee *from* your face?
If I climb the heavens, *you* are there.
If I lie in the grave, *you* are there.

If I take the wings *of* the dawn
or dwell at the sea's *fur*-thest end,
even there your *hand* would lead me;
your right hand would *hold* me fast.

If I say: “Let the darkness hide me †
and the light around *me* be night,”
even darkness is not *dark* to you,
the night shall be as *bright* as day,
and darkness the same *as* the light. ♦

Antiphon 1 Lord, how wonderful *is* your wisdom,
so far beyond my *un*-derstanding.

Dec. 17–23 The Lord, the *might*-y God,
will come forth from Zion to set his *peo*-ple free.

Easter The *night* will be
as clear as day, *al*-leluia.



Antiphon 2 I am the Lord: I search the mind and *probe* the heart;
I give to each one as his *deeds* deserve.

Dec. 17–23 I shall not cease to plead with *God* for Zion
until he sends his Holy One in all his *ra*-diant beauty.

Easter I *know* my sheep
and mine know me *al*-leluia.

II

For it was you who formed my *in*-most being,
knit me together in my *moth*-er’s womb.
I thank you who wonderfully made me; †
how wonderful *are* your works,
which my *soul* knows well!

My frame was not *hid*-den from you,
when I was being *fash-ioned* in secret
and molded in the depths *of* the earth.

Your eyes saw me *yet* unformed;
and all days are recorded *in* your book,
formed before one of them came *in*-to being.

To me how precious your *thoughts*, O God;
 how great is the *sum* of them!
 If I count them, they are more *than* the sand;
 at the end I am still *at* your side.

O search me, God, and *know* my heart.
 O test me, and *know* my thoughts.
 See that my path *is* not wicked,
 and lead me in the way *ev*-erlasting. ♦

Antiphon 2 I am the Lord: I search the mind and *probe* the heart;
 I give to each one as his *deeds* deserve.

Dec. 17–23 I shall not cease to plead with *God* for Sion
 until he sends his Holy One in all his *ra*-diant beauty.

Easter I *know* my sheep
 and mine know me *al*-leluia.



Antiphon 3 Through him all *things* were made;
 he holds all creation together *in* himself.

Dec. 17–23 The Spirit of the Lord *rests* upon me;
 he has sent me to preach his joyful message *to* the poor.

Easter His glory cov-*ers* the heavens
 and his praise fills the earth, *al*-leluia.

Canticle

Colossians 1: 12–20

Christ the first-born of all creation and the first-born from the dead

Let us give thanks to the Father †
 for having *made* you worthy
 to share the lot of the *saints* in light.

He rescued us from the pow-*er* of darkness
 and brought us into the kingdom of his be-*lov*-ed Son.
 Through him we *have* redemption,
 the forgiveness *of* our sins.

He is the image of the invis-*i*ble God,
 the first-born *of* all creatures.
 In him everything in heaven and on earth *was* created,
 things visible *and* invisible.

All were creat-*ed* through him;
 all were creat-*ed* for him.
 He is before all *else* that is.
 In him everything contin-*ues* in being.

It is he who is head of the bod-*y*, the church!
 he who is *the* beginning,
 the first-born *of* the dead,
 so that primacy may be his in *eve*-rything.

It pleased God to make absolute fullness re-*side* in him
 and, by means of him, to reconcile everything *in* his person,
 both on earth and *in* the heavens,
 making peace through the blood *of* his cross. ♦

Antiphon 3 Through him all *things* were made;
 he holds all creation together *in* himself.

Dec. 17–23 The Spirit of the Lord *rests* upon me;
 he has sent me to preach his joyful message *to* the poor.

Easter His glory cov-*ers* the heavens
 and his praise fills the earth, *al*-leluia.

READING

CANTICLE OF MARY

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

THURSDAY

Morning Prayer

HYMN

PSALMODY



Antiphon 1 At day-*break*, be merciful
to *me*, O Lord.

Dec. 17–23 To you, O Lord, I lift *up* my soul;
come and rescue me, for you are my refuge *and* my strength.

Easter Be true to your *name*, O Lord,
and preserve my life, *al-leluia*.

Psalm 143 (142): 1–11**Prayer in distress**

A man is not justified by observance of the law but only through faith in Jesus Christ
(Galatians 2: 16).

O LORD, listen to my prayer; †
turn your ear to *my* appeal.
You are faithful, you are *just*; give answer.
Do not call your ser-*vant* to judgment,
for in your sight no one liv-*ing* is justified.

The enemy pur-*sues* my soul;
he has crushed my life *to* the ground.
He has made me *dwel*l in darkness,
like the dead, *long* forgotten. —
Therefore my *spir*-it fails;
my heart is deso-*late* within me.

I remember the days that are past; †
I ponder *all* your works.
I muse on what your *hand* has wrought,
and to you I stretch *out* my hands.
Like a parched land my soul *thirsts* for you.

O LORD, make haste and *an*-swer me,
for my spirit *fails* within me.
Do not hide your face from me, †
lest I be-*come* like those
who go down in-*to* the grave.

In the morning let me know your *lov*-ing mercy,
for in you I *place* my trust.
Make me know the way *I* should walk;
to you I lift *up* my soul.

Rescue me, O LORD, *from* my foes;
to you have I *fled* for refuge.
Teach me to *do* your will,
for you *are* my God. —
Let your good *spir*-it guide me
upon ground *that* is level.

LORD, save my life for the sake *of* your name;
in your justice, lead my soul out *of* distress. ♦

Antiphon 1 At day-*break*, be merciful
to *me*, O Lord.

Dec. 17–23 To you, O Lord, I lift *up* my soul;
come and rescue me, for you are my refuge *and* my strength.

Easter Be true to your *name*, O Lord,
and preserve my life, *al*-leluia.



Antiphon 2 The Lord will make a riv-*er* of peace
flow *through* Jerusalem.

Dec. 17–23 Bless those, O Lord, who have waited *for* your coming;
let your prophets *be* proved true.

Easter I will see *you* again
and your hearts will rejoice, *al*-leluia.

Canticle
Joys of heaven

Isaiah 66: 10–14a

The heavenly Jerusalem is a free woman and our mother (Galatians 4: 26).

Rejoice with Jerusalem and be glad be-*cause* of her,
all *you* who love her;
exult, ex-*ult* with her,
all you who were mourning *o*-ver her!

Oh, that you *may* suck fully
of the milk *of* her comfort,
that you may nurse *with* delight
at her a-*bund*-ant breasts!

For thus says the LORD: †
Lo, I will spread prosperity over her *like* a river,
and the wealth of the nations like an over-*flow*-ing torrent.
As nurslings, you shall be carried *in* her arms,
and fondled *in* her lap;

As a mother comforts her son, †
so will I *com*-fort you;
in Jerusalem you shall *find* your comfort.
When you see this, your heart *shall* rejoice,
and your bodies flourish *like* the grass. ♦

Antiphon 2 The Lord will make a riv-*er* of peace
flow *through* Jerusalem.

Dec. 17–23 Bless those, O Lord, who have waited *for* your coming;
let your prophets *be* proved true.

Easter I will see *you* again
and your hearts will rejoice, *al*-leluia.



Antiphon 3 Let us joy-*ful*-ly praise
the *Lord* our God.

Dec. 17–23 Turn to *us*, O Lord,
make haste to *help* your people.

Easter The Lord re-*builds* Jerusalem
and heals the *bro*-kenhearted, *al*-leluia.

Psalm 147: 1–11 (146)

The loving kindness of God who can do all he wills
You are God: we praise you; you are the Lord: we acclaim you.

How good to sing psalms *to* our God;
how pleasant to chant *fit*-ting praise!

The LORD builds *up* Jerusalem
and brings back *Is*-rael's exiles;
he heals the *bro*-kenhearted;
he binds up *all* their wounds. —
He counts out the number *of* the stars;
he calls each one *by* its name.

Our LORD is great *and* almighty;
his wisdom can nev-*er* be measured.
The LORD lifts *up* the lowly;
he casts down the wicked *to* the ground. —
O sing to the LORD, *giv*-ing thanks;
sing psalms to our God *with* the harp.

He covers the heav-*ens* with clouds;
he prepares the rain *for* the earth,
making mountains *sprout* with grass,
and plants to serve *hu*-man needs. —
He provides the cattle *with* their food
and young ravens that *call* upon him.

His delight is *not* in horses,
nor his pleasure in a *war*-rior's strength.
The LORD delights in those *who* revere him,
those who wait for his mer-*ci*-ful love. ♦

Antiphon 3 Let us joy-*ful*-ly praise
the *Lord* our God.

Dec. 17–23 Turn to *us*, O Lord,
make haste to *help* your people.

Easter The Lord re-*builds* Jerusalem
and heals the *bro*-kenhearted, *al*-leluia.

READING

CANTICLE OF ZECHARIAH

Antiphon Give your people knowledge of sal-*va*-tion, Lord,
and forgive *us* our sins.

Evening Prayer

HYMN

PSALMODY



Antiphon 1 He is my comfort *and* my refuge.
In him I *put* my trust.

Dec. 17–23 To you, O Lord, I lift *up* my soul;
come and rescue me, for you are my refuge *and* my strength.

Easter The Lord *is* my stronghold
and my savior, *al*-leluia.

Psalm 144 (143)**Prayer for victory and peace**

Christ learned the art of warfare when he overcame the world, as he said: "I have overcome the world" (Saint Hilary).

I

Blest be the **LORD**, my rock,
who trains my *hands* for battle,
who prepares my *fin-gers* for war.

He is my merciful *love*, my fortress;
he is my strong-*hold*, my savior,
my shield, in whom *I* take refuge.
He brings peoples un-*der* my rule.

LORD, what is man that *you* regard him,
the son of man that you keep *him* in mind,
man who is mere-*ly* a breath,
whose days are like a *pass*-ing shadow?

Lower your heavens, O LORD, *and* come down.
Touch the mountains; wreath *them* in smoke.
Flash your lightnings; *rou*t the foe.
Shoot your arrows, and put *them* to flight.

Reach down with your hand from on high; †
rescue me, save me from the *migh*-ty waters,
from the hands of *for*-eign foes
whose mouths speak *on*-ly emptiness,
whose hands are *rais*ed in perjury. ♦

Antiphon 1 He is my comfort *and* my refuge.
In him I *put* my trust.

Dec. 17–23 To you, O Lord, I lift *up* my soul;
come and rescue me, for you are my refuge *and* my strength.

Easter The Lord *is* my stronghold
and my savior, *al*-leluia.



Antiphon 2 Bless *ed* the people
whose God *is* the Lord.

Dec. 17–23 Bless those, O Lord, who have waited *for* your coming;
let your prophets *be* proved true.

Easter Thanks be to God who has given *us* the victory
through our Lord Jesus Christ, *al*-leluia.

II

To you, O God, will I sing a new song; †
I will play on the *ten*-stringed harp
to you who give *kings* their victory,
who set David your *ser*-vant free
from the *e*-vil sword.

Rescue me, free me from the hands of *for*-eign foes,
whose mouths speak *on*-ly emptiness,
whose right hands are *raised* in perjury.

Let our sons then flour-*ish* like saplings,
grown tall and strong *from* their youth;
our daughters grace-*ful* as columns,
as though they were carved *for* a palace.

Let our barns be filled to *o*-verflowing
with crops of *eve*-ry kind;
our sheep increasing by thousands, †
tens of thousands *in* our fields,
our cattle heav-*y* with young.

No ruined *wall*, no exile,
 no sound of weeping *in* our streets.
 Blessed the people of whom *this* is true;
 blessed the people whose God *is* the LORD! ♦

Antiphon 2 Bless-*ed* the people
 whose God *is* the Lord.

Dec. 17–23 Bless those, O Lord, who have waited *for* your coming;
 let your prophets *be* proved true.

Easter Thanks be to God who has given *us* the victory
 through our Lord Jesus Christ, *al*-leluia.



Antiphon 3 Now the victo-*ri*-ous reign
 of our God *has* begun.

Dec. 17–23 Turn to *us*, O Lord,
 make haste to *help* your people.

Easter Christ yesterday *and* today:
 he is the same forever, *al*-leluia.

Canticle Revelation 11: 17–18; 12: 10b–

12a

The judgement of God

We praise you, the Lord *God* Almighty,
 who is *and* who was.
 You have assumed *your* great power,
 you have be-*gun* your reign.

The nations have *raged* in anger,
 but then came your *day* of wrath
 and the moment to *judge* the dead:
 the time to reward your ser-*vants* the prophets —
 and the holy ones *who* revere you,
 the great and the *small* alike.

Now have salvation and *pow*-er come,
 the reign of our God and the authority of *his* Anointed One.
 For the accuser of our brothers *is* cast out,
 who night and day accused them be-*fore* God.

They defeated him by the blood *of* the Lamb
 and by the word *of* their testimony;
 love for life did not deter *them* from death.
 So rejoice, you heavens, †
 and you that *dw*ell therein! ♦

Antiphon 3 Now the victo-*ri*-ous reign
 of our God *has* begun.

Dec. 17–23 Turn to *us*, O Lord,
 make haste to *help* your people.

Easter Christ yesterday *and* today:
 he is the same forever, *al*-leluia.

READING

CANTICLE OF MARY

Antiphon If you hunger for holiness, God will satis-*fy* your longing,
 good measure, and *flow*-ing over.

FRIDAY

Morning Prayer

HYMN

PSALMODY



Antiphon 1 Create a pure heart for *me*, O God;
 renew a steadfast spir-*it* within me.

Dec. 17–23 Our King will *come* from Sion;
 the Lord, God-is-with-us, is his *migh*-ty name.

Easter Christ gave himself *up* for us
 as a sacrificial offering to God, *al*-leluia.

Psalm 51 (50)

O God, have mercy on me

Your inmost being must be renewed, and you must put on the new man
(Ephesians 4: 23–24).

Have mercy on *me*, O God,
according to your mer·*ci*-ful love;
according to your *great* compassion,
blot out *my* transgressions. —
Wash me completely from *my* iniquity,
and cleanse me *from* my sin.

My transgressions, tru·*ly* I know them;
my sin is al·*ways* before me.
Against you, you alone, *have* I sinned;
what is evil in your sight *I* have done. —
So you are just *in* your sentence,
without reproach *in* your judgment.

O see, in guilt *I* was born,
a sinner when my moth·*er* conceived me.
Yes, you delight in sinceri·*ty* of heart;
in secret you *teach* me wisdom. —
Cleans me with hyssop, and I *shall* be pure;
wash me, and I shall be whit·*er* than snow.

Let me hear rejoic·*ing* and gladness,
that the bones you have crushed *may* exult.
Turn away your face *from* my sins,
and blot out *all* my guilt.

Create a pure heart for *me*, O God,
renew a steadfast spir·*it* within me.
Do not cast me away *from* your presence;
take not your holy *spir*-it from me.

Restore in me the joy of *your* salvation;
sustain in me a *will*-ing spirit.
I will teach transgres·*sors* your ways,
that sinners may re·*turn* to you.

Rescue me from bloodshed, O God, †
God of *my* salvation,
and then my tongue shall ring *out* your justice.
O LORD, o·*pen* my lips
and my mouth shall pro·*claim* your praise.

For in sacrifice you take *no* delight;
 burnt offering from me *would* not please you
 My sacrifice to God, a broken spirit: †
 a broken and *hum*-bled heart,
 O God, you *will* not spurn.

In your good pleasure, show fa-*vor* to Zion;
 rebuild the walls *of* Jerusalem.
 Then you will delight in right sacrifice, †
 burnt offerings whol-*ly* consumed.
 Then you will be offered young bulls *on* your altar. ♦

Antiphon 1 Create a pure heart for *me*, O God;
 renew a steadfast spir-*it* within me.

Dec. 17–23 Our King will *come* from Zion;
 the Lord, God-is-with-us, is his *might*-y name.

Easter Christ gave himself *up* for us
 as a sacrificial offering to God, *al*-leluia.



Antiphon 2 Rejoice, Jerusalem, *for* through you
 all men will be gathered *to* the Lord.

Dec. 17–23 Wait for the Lord and he will *come* to you
 with his *sav*-ing power.

Easter Jerusalem, cit-*y* of God,
 you will shine with a radiant light, *al*-leluia.

Canticle

Tobit 13: 8–11, 13–15

Thanksgiving for the people's deliverance

He showed me the holy city Jerusalem which shone with the glory of God
 (Revelation 21: 10–11).

Let all men speak of the *Lord's* majesty,
 and sing his praises *in* Jerusalem.

O Jerusalem, *ho*-ly city,
 he scourged you for the works *of* your hands,
 but will again pity the children *of* the righteous.

Praise the Lord *for* his goodness,
and bless the King *of* the ages,
so that his tent may be rebuilt in *you* with joy.

May he gladden within you all *who* were captives;
all who were ravaged may he cher-*ish* within you
for all genera-*tions* to come.

A bright light will shine to all parts of the earth; †
many nations shall come to you *from* afar,
and the inhabitants of all the limits *of* the earth,
drawn to you by the name of the *Lord* God,
bearing in their hands their gifts for the *King* of heaven.

Every generation shall give joyful *praise* in you,
and shall call you the *cho*-sen one,
through all ag-*es* forever.

Go, then, rejoice over the children *of* the righteous,
who shall all be gath-*ered* together
and shall bless the Lord *of* the ages.

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

Happy are all the men who shall grieve over you, †
over all *your* chastisements,
for they shall re-*joice* in you
as they behold all your *joy* forever.
My spirit blesses the Lord, the *great* King. ♦

Antiphon 2 Rejoice, Jerusalem, *for* through you
all men will be gathered *to* the Lord.

Dec. 17–23 Wait for the Lord and he will *come* to you
with his *sav*-ing power.

Easter Jerusalem, cit-y of God,
you will shine with a radiant light, *al*-leluia.



Antiphon 3 O Sion, *praise* your God,
who sent his Word to re-*new* the earth.

Dec. 17–23 Eagerly I watch *for* the Lord;
I wait in joyful hope for the coming of *God* my Savior.

Easter I saw the *new* Jerusalem
coming down from heaven, *al*-leluia.

Psalm 147: 12–20 (147)
The restoration of Jerusalem

Come, I will show you the bride of the Lamb (Revelation 21: 9).

O Jerusalem, glori·*fy* the LORD!
O Sion, *praise* your God!
He has strengthened the bars *of* your gates;
he has blessed your chil·*dren* within you. —
He established peace *on* your borders;
he gives you your fill of *fin*-est wheat.

He sends out his word *to* the earth,
and swiftly runs *his* command.
He showers down *snow* like wool,
he scatters hoar·*frost* like ashes.

He hurls down hail·*stones* like crumbs;
before such cold, *who* can stand?
He sends forth his word *and* it melts them:
at the blowing of his breath the *wa*-ters flow.

He reveals his *word* to Jacob,
to Israel, his de·*crees* and judgments.
He has not dealt thus with *oth*-er nations;
he has not taught *them* his judgments. ♦

Antiphon 3 O Sion, *praise* your God,
who sent his Word to re·*new* the earth.

Dec. 17–23 Eagerly I watch *for* the Lord;
I wait in joyful hope for the coming of *God* my Savior.

Easter I saw the *new* Jerusalem
coming down from heaven, *al*-leluia.

READING

CANTICLE OF ZECHARIAH

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

Evening Prayer

HYMN

PSALMODY



Antiphon 1 Day after day I will *ble*ss you, Lord;
I will tell of your mar-*vel*-ous deeds.

Dec. 17–23 Our King will *come* from Sion;
the Lord, God-is-with-us, is his *migh*-ty name.

Easter God so *loved* the world
that he gave his only Son, *al*-leluia.

Psalm 145 (144)**Praise of God's majesty**

Lord, you are the Just One, who was and who is (Revelation 16: 5).

I

I will extol you, my *God* and king,
and bless your name forev-*er* and ever.

I will bless you day *af*-ter day,
and praise your name forev-*er* and ever.
The LORD is great and highly *to* be praised;
his greatness can-*not* be measured.

Age to age shall pro-*claim* your works,
shall declare your *migh*-ty deeds.
They will tell of your great glo-*ry* and splendor,
and recount your won-*der*-ful works.

They will speak of your *awe*-some deeds,
recount your great-*ness* and might.
They will recall your a-*bun*-dant goodness,
and sing of your just *deeds* with joy.

The LORD is kind and full *of* compassion,
slow to anger, abound*ing* in mercy.
How good is the *LORD* to all,
compassionate to *all* his creatures.

All your works shall thank *you*, O LORD,
and all your faith*ful* ones bless you.
They shall speak of the glory *of* your reign,
and declare your *might*y deeds,

To make known your might to the child*ren* of men,
and the glorious splendor *of* your reign.
Your kingdom is an ever*last*-ing kingdom;
your rule endures for all *gen*-erations. ♦

Antiphon 1 Day after day I will *bless* you, Lord;
I will tell of your mar*vel*-ous deeds.

Dec. 17–23 Our King will *come* from Sion;
the Lord, God-is-with-us, is his *might*y name.

Easter God so *loved* the world
that he gave his only Son, *al*-leluia.



Antiphon 2 To you alone, Lord, we *look* with confidence;
you are ever close to those who *call* upon you.

Dec. 17–23 Wait for the Lord and he will *come* to you
with his *sav*-ing power.

Easter To the King of ages, immortal *and* invisible,
be all honor and glory, *al*-leluia.

II

The LORD is faithful in *all* his words,
and holy in *all* his deeds.
The LORD supports *all* who fall,
and raises up all who *are* bowed down.

The eyes of all **look** to you,
and you give them their food **in** due season.
You open your **hand** and satisfy
the desire of every **liv**-ing thing.

The LORD is just in **all** his ways,
and holy in **all** his deeds.
The LORD is close to **all** who call him,
who call on **him** in truth.

He fulfills the desires of **those** who fear him;
he hears their cry **and** he saves them.
The LORD keeps watch over **all** who love him;
the wicked he will utter-**ly** destroy.

Let my mouth speak the praise **of** the LORD;
let all flesh bless his **ho**-ly name
forever, for ag-**es** unending. ♦

Antiphon 2 To you alone, Lord, we **look** with confidence;
you are ever close to those who **call** upon you.

Dec. 17–23 Wait for the Lord and he will **come** to you
with his **sav**-ing power.

Easter To the King of ages, immortal **and** invisible,
be all honor and glory, **al**-leluia.



Antiphon 3 King of **all** the ages,
your ways are per-**fect** and true.

Dec. 17–23 Eagerly I watch **for** the Lord;
I wait in joyful hope for the coming of **God** my Savior.

Easter The Lord is my strength, I shall **al**-ways praise him,
for he has become my Savior, **al**-leluia.

Canticle
Hymn of adoration

Revelation 15: 3–4

Mighty and wonderful *are* your works,
Lord **God** Almighty!
Righteous and true *are* your ways,
O King *of* the nations!

Who would dare re-*fuse* you honor,
or the glory due your *name*, O Lord?

Since you a-*lone* are holy,
all na-*tions* shall come
and worship *in* your presence.
Your mighty deeds are *clear*-ly seen. ♦

Antiphon 3 King of *all* the ages,
your ways are per-*fect* and true.

Dec. 17–23 Eagerly I watch *for* the Lord;
I wait in joyful hope for the coming of **God** my Savior.

Easter The Lord is my strength, I shall *al*-ways praise him,
for he has become my Savior, *al*-leluia.

READING

CANTICLE OF MARY

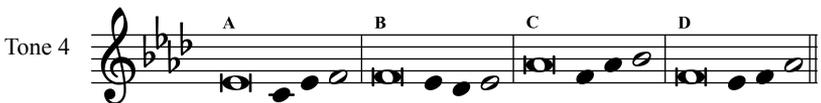
Antiphon Remember your *mer*-cy, Lord,
the promise of mercy you made *to* our fathers.

SATURDAY

Morning Prayer

HYMN

PSALMODY



Antiphon 1 We do well to sing your *name*, Most High,
and proclaim your *mer*-cy at daybreak.

Easter

How wonderful are your **works**, O Lord,
al-**le**-luia.

Psalm 92 (91)**Praise of God the Creator**

Sing in praise of Christ's redeeming work (Saint Athanasius).

It is good to give thanks **to** the LORD,
to make music to your name, **O** Most High,
to proclaim your loving mercy **in** the morning,
and your truth in the watches **of** the night, —
on the ten-stringed lyre **and** the lute,
with the sound of song **on** the harp.

You have gladdened me, O LORD, **by** your deeds;
for the work of your hands I **shout** with joy.
O LORD, how great **are** your works!
How deep are **your** designs! —
The senseless **can**-not know this,
and the fool cannot **un**-derstand.

Though the wicked spring **up** like grass,
and all who do **e**-vil thrive,
they are doomed to be eternal-**ly** destroyed.
But you, O LORD, are eternal-**ly** on high.

See, your ene-**mies**, O LORD,
see, your ene-**mies** will perish;
all who do evil **will** be scattered.

To me you give the wild **ox**'s strength;
you have poured out on me **pur**-est oil.
My eyes looked in triumph **on** my foes;
my ears heard gladly **of** their fall.

The just will flourish **like** the palm-tree,
and grow like a Leb-**a**-non cedar.

Planted in the house **of** the LORD,
they will flourish in the courts **of** our God,
still bearing fruit when **they** are old,
still full of **sap**, still green, —
to proclaim that the **LORD** is upright.
In him, my rock, there **is** no wrong. ♦

Antiphon 1 We do well to sing your *name*, Most High,
and proclaim your mer·cy at daybreak.

Easter How wonderful are your *works*, O Lord,
al·le·luia.



Antiphon 2 I will create a new *heart* in you,
and breath into you *a* new spirit.

Easter I will pour *cleans*-ing water
upon you, al·le·luia.

Canticle

Ezekiel 36: 24–28

The Lord will renew his people

*They will be his own people, and God himself will be with them, their own God
(Revelation 21: 3).*

I will take you away from a·mong the nations,
gather you from all the for·eign lands,
and bring you back to *your* own land.

I will sprinkle clean wa·ter upon you
to cleanse you from all *your* impurities,
and from all your idols *I* will cleanse you.

I will give you *a* new heart
and place a new spir·it within you,
taking from your bodies your *ston*-y hearts
and giving you nat·u·ral hearts.

I will put my spir·it within you
and make you live *by* my statutes,
careful to observe *my* decrees.

You shall live in the land I *gave* your fathers;
you shall *be* my people,
and I will *be* your God. ♦

Antiphon 2 I will create a new *heart* in you,
and breath into you *a* new spirit.

Easter I will pour *cleans*-ing water
upon you, *al*-leluia.



Antiphon 3 From the mouths of children *and* of babes
you *fash*-ioned praise.

Easter All things are yours, and *you* are Christ's,
and Christ is God's, *al*-leluia.

Psalm 8

The majesty of the Lord and man's dignity

The Father gave Christ lordship of creation and made him head of the Church
(Ephesians 1: 22).

O LORD, our Lord, *how* majestic
is your name through *all* the earth!
Your majesty is set a-*bove* the heavens.
From the mouths of children *and* of babes —
you fashioned praise to *foil* your enemy,
to silence the foe *and* the rebel.

When I see the heavens, the work *of* your fingers,
the moon and the stars which *you* arranged,
what is man that you should keep *him* in mind,
the son of man that you *care* for him?

Yet you have made him little lower *than* the angels;
with glory and hon-*or* you crowned him,
gave him power over the works *of* your hands:
you put all things un-*der* his feet.

All of them, *sheep* and oxen,
yes, even the cattle *of* the fields,
birds of the air, and fish *of* the sea
that make their way *through* the waters. —
O LORD, our Lord, *how* majestic
is your name through *all* the earth! ♦

Antiphon 3 From the mouths of children *and* of babes
you *fash*-ioned praise.

Easter

All things are yours, and *you* are Christ's,
and Christ is God's, *al-leluia*.

READING

CANTICLE OF ZECHARIAH

Antiphon

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