

Liturgy of the Hours
LITURGY OF THE HOURS

EVENING PRAYER

January 3, 2025
{ Friday before Epiphany }

during Exposition
of the Blessed Sacrament

concluding with
Benediction and Reposition



Stand and make sign of cross

God, come to my assistance.

— Lord, make haste to help me.

Glory to the Father, and to the Son,
and to the Holy Spirit:
as it was in the beginning, is now,
and will be for ever. Amen. Alleluia.

HYMN

Sing, my tongue, the hidden myst'ry
of Christ's Body glorified,
and his Precious Blood most holy,
shed in ransom for the world,
offered by the King of nations,
born the fruit of noble womb.

Born for us and given to us
Son of Mary, Virgin pure,
in the world he lived among us,
sowed as seeds the word of truth;
then the season of his sojourn
with a wondrous rite he closed.

On the night of that Last Supper
feasting with his chosen friends,
he obeyed the law completely
in the food and drink prescribed;
then he gave his twelve Apostles
with his hands himself as food.

Word made flesh, true bread from heaven,
by a word, made bread his Flesh,
purest wine Christ's Blood becoming,
though our sense cannot perceive;
faith alone brings full assurance
to the pure and faithful heart.

Let us, therefore, bow and worship
such a wondrous Sacrament;

let the ancient law and custom
to a newer rite now yield;
let our faith supply conviction
where the senses tire and fail.

To the Father, unbegotten,
and Sole-begotten Son,
be salvation, blessing, honor,
jubilation, pow'r, and praise;
to the One from both proceeding
equal glory and renown. Amen.

*Metrical hymn, melody: WESTMINSTER ABBEY, 8 7 8 7 8 7; adapted from an
anthem by Henry Purcell (1659–1695)*

*Plainsong, mode III, melody 55; Liber Hymnarius, Solesmes, 1983, Text: Pange,
lingua, gloriosi corporis mysterium, attributed to St. Thomas Aquinas, O.P., 1225–
1274*

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Sit or stand

PSALMODY

Antiphon 1

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

Psalms 41

Prayer of a sick person

One of you will betray me, yes, one who eats with me (Mark 14:18).

Happy the man who considers the poor and the weak.*
The Lord will save him in the day of evil,
will guard him, give him life, make him happy in the land*
and will not give him up to the will of his foes.
The Lord will help him on his bed of pain,*
he will bring him back from sickness to health.

As for mé, I said: “Lórd, have mércy on mé, *
heal my sóul for Í have sinned agáinst you.”
My fóes are spéaking évil agáinst me. *
“How lóng before he díes and his náme be forgóttén?”
They cóme to vísit me and spéak empty wórds, *
their héarts full of málice, they spréad it abróad.

My énemies whísper togéther agáinst me. *
They áll weigh úp the évil which is ón me:
“Some déadly thínghas fástened upón him, *
he will nótrise agáin from whére he líes.”
Thus éven my fríend, in whóm I trústed, *
who áte my bréad, has túrned agáinst me.

But yóu, O Lórd, have mércy on mé. *
Let me ríse once móre and Í will repáy them.
By thís I shall knów that yóu are my fríend, *
if my fóes do not shóut in tríumph óver me.
If yóu uphóld me Í shall be unhármed *
and sét in your présence for évermóre.

Bléssed be the Lórd, the Gód of Ísrael *
from áge to áge. Amén. Amén.

Glory to the Father, and to the Son, *
and to the Holy Spirit:
as it was in the beginning, is now, *
and will be for ever. Amen.

Antiphon

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

Antiphon 2

The mighty Lord is with us; the God of Jacob is our stronghold.

Psalm 46

God our refuge and strength

He shall be called Emmanuel, which means: God-with-us (Matthew 1:23).

Gód is for ús a réfuge and stréngth, *
a hélper close at hánd, in tíme of dístréss:

so wé shall not féar though the éarth should róck,*
though the móuntains fáll into the dépths of the séa,
even thóugh its wáters ráge and fóam,*
even thóugh the móuntains be sháken by its wáves.

The Lórd of hósts is wíth us: *
the Gód of Jácob is our stróngthold.

The wáters of a ríver give jóy to God's cíty,*
the hólý pláce where the Móst High dwélls.
Gód is wíthín, it cánnót be sháken; *
Gód will hélp it at the dáwning of the dáy.
Nátions are in túmult, kíngdoms are sháken: *
he lífts his vóice, the éarth shrinks awáy.

The Lórd of hósts is wíth us: *
the Gód of Jácob is our stróngthold.

Cóme, consíder the wórks of the Lórd,*
the redóutable déeds he has dóne on the éarth.
He puts an énd to wárs over áll the éarth; †
the bów he bréaks, the spéar he snáps. *
He búrn the shíelds with fíre.
“Be stíll and knów that Í am Gód,*
supréme among the nátions, supréme on the éarth!”

The Lórd of hósts is wíth us: *
the Gód of Jácob is our stróngthold.

Glory to the Father, and to the Son,*
and to the Holy Spírít:
as it was in the bégínníng, is now,*
and will be for ever. Amen.

Antiphon

The mighty Lord is with us; the God of Jacob is our stronghold.

Antiphon 3

All nations will come and worship before you, O Lord.

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 refuse you honor, *
or the glory due your name, O Lord?

Since you alone are holy, *
all nations shall come
and worship in your presence. *
Your mighty deeds are clearly seen.

Glory to the Father, and to the Son, *
and to the Holy Spirit:
as it was in the beginning, is now, *
and will be for ever. Amen.

Antiphon

All nations will come and worship before you, O Lord.

Sit

READING

Acts 10:37–38

I take it you know what has been reported all over Judea about Jesus of Nazareth, beginning in Galilee with the baptism John preached; of the way God anointed him with the Holy Spirit and power. He went about doing good works and healing all who were in the grip of the devil, and God was with him.

RESPONSORY

The Word was made man, alleluia, alleluia.

— The Word was made man, alleluia, alleluia.

He lived among us.

— Alleluia, alleluia.

Glory to the Father, and to the Son, and to the Holy Spirit,

— The Word was made man, alleluia, alleluia.

Stand

GOSPEL CANTICLE

Antiphon

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

Luke 1:46-55

The soul rejoices in the Lord

Make sign of cross

My soul proclaims the greatness of the Lord, *
my spirit rejoices in God my Savior
for he has looked with favor on his lowly 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 generation.

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 away empty.

He has come to the help of his servant Israel *
for he has remembered his promise of mercy,
the promise he made to our fathers, *
to Abraham and his children for ever.

Glory to the Father, and to the Son, *
and to the Holy Spirit:
as it was in the beginning, is now, *
and will be for ever. Amen.

Antiphon

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

INTERCESSIONS

At the birth of Jesus, angels proclaimed peace to the world. We worship him now with joy, and we pray with hearts full of faith:

— May your birth bring peace to all.

Lord, fill your holy people with whatever good they need, let the mystery of your birth be the source of our peace.

— May your birth bring peace to all.

You came as chief shepherd and guardian of our lives, let the pope and bishops be faithful channels of your many gifts of grace.

— May your birth bring peace to all.

King from all eternity, you desired to be born within time and to experience the day-to-day life of men and women, share your gift of unending life with us, weak people, doomed to death.

— May your birth bring peace to all.

Awaited from the beginning of the world, you came only in the fullness of time, now reveal your presence to those who are still expecting you.

— May your birth bring peace to all.

You became man and gave new life to our human condition in the grip of death, now give the fullness of life to all who have died.

— May your birth bring peace to all.

The Lord's Prayer

Our Father who art in heaven,
hallowed be thy name.
Thy kingdom come.

Thy will be done on earth, as it is in heaven.
Give us this day our daily bread,
and forgive us our trespasses,
as we forgive those who trespass against us,
and lead us not into temptation,
but deliver us from evil.

Kneel

BENEDICTION

Tantum ergo sacramentum
Veneremur cernui:
Et antiquum documentum
Novo cedat ritui:
Praestet fides supplementum
Sensuum defectui.

Genitori, Genitoque
Laus et iubilatio
Salus, honor, virtus quoque
Sit et benedictio:
Procedenti ab utroque
Compar sit laudatio. Amen.

*Melody: Pange Lingua 87.87.87; Music: Mode III Vatican Plainsong; Text: Pange
Lingua, St. Thomas Aquinas, c. 1225-1274*

Incensation

Let us pray.

Lord Jesus Christ,
you gave us the eucharist
as the memorial of your suffering and death.
May our worship of this sacrament of your body and blood
help us to experience the salvation you won for us
and the peace of the kingdom
where you live with the Father and the Holy Spirit,

God, for ever and ever.

— Amen.

Blessing

Divine Praises

Blessed be God.

Blessed be his holy Name.

Blessed be Jesus Christ, true God and true Man.

Blessed be the name of Jesus.

Blessed be his most sacred Heart.

Blessed be his most precious Blood.

Blessed be Jesus in the most holy Sacrament of the altar.

Blessed be the Holy Spirit, the Paraclete.

Blessed be the great Mother of God, Mary most holy.

Blessed be her holy and immaculate conception.

Blessed be her glorious assumption.

Blessed be the name of Mary, Virgin and Mother.

Blessed be Saint Joseph, her most chaste spouse.

Blessed be God in his angels and in his saints.

Reposition

Stand

HYMN

Holy God, we praise thy name!

Lord of all, we bow before thee!

All on earth thy scepter claim,

All in heaven above adore thee!

Infinite thy vast domain,

Everlasting is thy reign.

Hark the loud celestial hymn

Angel choirs above are raising;

Cherubim and Seraphim,
In unceasing chorus praising,
Fill the heavens with sweet accord:
Holy, Holy, Holy Lord!

Holy Father, Holy Son,
Holy Spirit, Three we name thee,
While in essence only One,
Undivided God we claim thee;
And adoring bend the knee,
While we own the mystery.

*Melody: Grosser Gott 78.78.77; Music: Katholisches Gesangbuch, Vienna, c. 1774;
Text: Ignaz Franz, 1719-1790; Translator: Clarence Walworth, 1820-1900*

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