

*Liturgy of the Hours*  
LITURGY OF THE HOURS

EVENING PRAYER

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February 7, 2025

{ Friday of the Fourth Week in Ordinary Time }

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*

Day after day I will bless you, Lord; I will tell of your marvelous  
deeds.

*Psalm 145*

*Praise of God's majesty*

*Lord, you are the Just One, who was and who is (Revelation 16:5).*

*I*

I will give you glóry, O Gód my Kíng,\*  
I will bléss your náme for éver.  
I will bléss you dáy after dáy\*

and praise your name for ever.

The Lord is great, highly to be praised, \*  
his greatness cannot be measured.

Age to age shall proclaim your works, \*  
shall declare your mighty deeds,  
shall speak of your splendor and glory, \*  
tell the tale of your wonderful works.

They will speak of your terrible deeds, \*  
recount your greatness and might.  
They will recall your abundant goodness; \*  
age to age shall ring out your justice.

The Lord is kind and full of compassion, \*  
slow to anger, abounding in love.  
How good is the Lord to all, \*  
compassionate to all his creatures.

All your creatures shall thank you, O Lord, \*  
and your friends shall repeat their blessing.  
They shall speak of the glory of your reign \*  
and declare your might, O God,

to make known to men your mighty deeds \*  
and the glorious splendor of your reign.  
Yours is an everlasting kingdom; \*  
your rule lasts from age to age.

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*

Day after day I will bless you, Lord; I will tell of your marvelous deeds.

### *Antiphon 2*

To you alone, Lord, we look with confidence; you are ever close to those who call upon you.

## II

The Lord is faithful in all his words \*  
and loving in all his deeds.

The Lord supports all who fall \*  
and raises all who are bowed down.

The eyes of all creatures look to you \*  
and you give them their food in due time.  
You open wide your hand, \*  
grant the desires of all who live.

The Lord is just in all his ways \*  
and loving in all his deeds.  
He is close to all who call him, \*  
who call on him from their hearts.

He grants the desires of those who fear him, \*  
he hears their cry and he saves them.  
The Lord protects all who love him; \*  
but the wicked he will utterly destroy.

Let me speak the praise of the Lord, †  
let all mankind bless his holy name \*  
for ever, for ages unending.

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*

To you alone, Lord, we look with confidence; you are ever close to those who call upon you.

### *Antiphon 3*

King of all the ages, your ways are perfect and true.

### *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*

King of all the ages, your ways are perfect and true.

*Sit*

#### READING

*Romans 8:1-2*

There is no condemnation now for those who are in Christ Jesus.  
The law of the spirit, the spirit of life in Christ Jesus, has freed you  
from the law of sin and death.

#### RESPONSORY

Christ died for our sins to make of us an offering to God.

— Christ died for our sins to make of us an offering to God.

He died to this world of sin, and rose in the power of the Spirit,

— to make of us an offering to God.

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

— Christ died for our sins to make of us an offering to God.

*Stand*

GOSPEL CANTICLE

*Antiphon*

Remember your mercy, Lord, the promise of mercy you made to our fathers.

*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*

Remember your mercy, Lord, the promise of mercy you made to our

fathers.

## INTERCESSIONS

Let us pray to Christ, the source of hope for all who know his name:

— Lord, have mercy.

Christ, our frail humanity is prone to fall,  
strengthen us through your help.

— Lord, have mercy.

Left to itself, our nature is inclined to sin,  
let your love always restore it to grace.

— Lord, have mercy.

Lord, sin offends you, repentance pleases you,  
do not punish us in your wrath even when we have sinned.

— Lord, have mercy.

You forgave the penitent woman, and placed the wandering sheep  
on your shoulders,  
do not deprive us of your mercy.

— Lord, have mercy.

By your death on the cross you opened the gates of heaven,  
admit into your kingdom all who hoped in you.

— Lord, have mercy.

### *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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