

Liturgy of the Hours
LITURGY OF THE HOURS

NIGHT PRAYER

March 31, 2025

{ Monday of the Fourth Week of Lent }



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.

PENITENTIAL RITE

Brief moment of silence

I confess to almighty God
and to you, my brothers and sisters,
that I have greatly sinned,
in my thoughts and in my words,
in what I have done and in what I have failed to do,

All strike their breast

through my fault, through my fault,
through my most grievous fault;
therefore I ask blessed Mary ever-Virgin,
all the Angels and Saints,
and you, my brothers and sisters,
to pray for me to the Lord our God.

Presiding minister

May almighty God have mercy on us, forgive us our sins, and bring us to everlasting life.

— Amen.

HYMN

O Christ, resplendent as the day,
you clear away the dark of night;
by faith we know you, Light from Light,
proclaiming light to all the blest.

O holy Lord, we humbly pray:
Watch over us throughout this night

and grant us calm and silent hours,
that we may find our rest in you.

And when our eyes are closed in sleep,
still let our hearts keep watch for you;
protect and guard by your right hand
the faithful, filled with love for you.

O strong defender, see our plight,
subdue our foes who lie in wait;
direct and guide your servants, Lord,
whom you have purchased with your blood.

To you, O Christ, most loving King,
and to the Father, glory be,
one with the Spirit Paraclete,
from age to age for evermore. Amen.

Metrical hymn, melody: O WALY WALY, 8 8 8 8; English traditional melody

*Plainsong, mode II, melody 50; Liber Hymnarius, Solesmes, 1983, Text: Christe, qui,
splendor et dies, 5-6th c.*

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PSALMODY

Antiphon

O Lord, our God, unwearied is your love for us.

Psalm 86

Poor man's prayer in trouble

Blessed be God who comforts us in all our trials (2 Corinthians 1:3, 4).

Turn your éar, O Lórd, and give ánswe^r *
for Í am póor and néedy.
Preserve my life, for Í am fáithful: *
save the sérvant who trústs in yóu.

You are my Gód, have mércy on me, Lórd, *
for I crý to you áll the day lóng.
Give jóy to your sérvant, O Lórd, *
for to yóu I líft up my sóul.

O Lórd, you are góod and forgíving, *
full of lóve to áll who cáll.
Give héed, O Lórd, to my práyer *
and atténd to the sóund of my vóice.

In the dáy of distréss I will cáll *
and súrely yóu will replý.
Among the góds there is nóne like you, O Lórd; *
nor wórk to compáre with yóurs.

All the nátions shall cóme to adóre you *
and glórfify your náme, O Lórd:
for you are gréat and do márvellous déeds, *
yóu who alóne are Gód.

Shów me, Lórd, your wáy †
so that Í may wálk in your trúth. *
Guide my héart to féar your náme.

I will práise you, Lord my Gód, with all my héart *
and glórfify your náme for éver;
for your lóve to mé has been gréat: *
you have sáved me from the dépths of the gráve.

The próud have rísen agáinst me; †
rúthless men séek my lífe: *
to yóu they páy no héed.

But yóu, God of mércy and compásson, *
slów to ánger, O Lórd,
abóunding in lóve and trúth, *
túrn and take píty on mé.

O gíve your stréngth to your sérvant *
and sáve your hándmaid's són.
Shów me a sígn of your fávor †
that my fóes may sée to their sháme *

that you consóle me and gíve me your hélp.

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

O Lord, our God, unwearied is your love for us.

READING

1 Thessalonians 5:9-10

God has destined us for acquiring salvation through our Lord Jesus Christ. He died for us, that all of us, whether awake or asleep, together might live with him.

RESPONSORY

Into your hands, Lord, I commend my spirit.

— Into your hands, Lord, I commend my spirit.

You have redeemed us, Lord God of truth.

— I commend my spirit.

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

— Into your hands, Lord, I commend my spirit.

GOSPEL CANTICLE

Antiphon

Protect us, Lord, as we stay awake; watch over us as we sleep, that awake, we may keep watch with Christ, and asleep, rest in his peace.

Luke 2:29-32

Christ is the light of the nations and the glory of Israel

Make sign of cross

Lord, now you let your servant go in peace; *
your word has been fulfilled:

my own eyes have seen the salvation *
which you have prepared in the sight of every people:

a light to reveal you to the nations *
and the glory of your people Israel.

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

Protect us, Lord, as we stay awake; watch over us as we sleep, that
awake, we may keep watch with Christ, and asleep, rest in his peace.

CONCLUDING PRAYER

Let us pray.

Lord,
give our bodies restful sleep
and let the work we have done today
bear fruit in eternal life.
We ask this through Christ our Lord.

— Amen.

Blessing

May the all-powerful Lord grant us a restful night and a peaceful
death.

— Amen.

ANTIPHON OF THE BLESSED VIRGIN MARY

Hail, Queen of Heaven, beyond compare,
To whom the angels homage pay;
Hail, Root of Jesse, Gate of Light,
That opened for the world's new Day.

Rejoice, O Virgin unsurpassed,
In whom our ransom was begun,
For all your loving children pray
To Christ, our Saviour, and your Son.

Stanbrook Abbey

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