

*Liturgy of the Hours*  
LITURGY OF THE HOURS

NIGHT PRAYER

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March 29, 2025

{ Fourth Sunday 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 1*

Have mercy, Lord, and hear my prayer.

*Psalm 4*

*Thanksgiving*

*The resurrection of Christ was God's supreme and wholly marvelous work (Saint  
Augustine).*

When I cáll, ánsWER me, O Gód of jústice; \*  
from ánguish you released me; have mércy and héar me!

O mén, how lóng will your héarts be clósed, \*

will you love what is futile and seek what is false?

It is the Lord who grants favors to those whom he loves; \*  
the Lord hears me whenever I call him.

Fear him; do not sin: ponder on your bed and be still. \*  
Make justice your sacrifice and trust in the Lord.

“What can bring us happiness?” many say. \*  
Let the light of your face shine on us, O Lord.

You have put into my heart a greater joy \*  
than they have from abundance of corn and new wine.

I will lie down in peace and sleep comes at once \*  
for you alone, Lord, make me dwell in safety.

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*

Have mercy, Lord, and hear my prayer.

*Antiphon 2*

In the silent hours of night, bless the Lord.

*Psalm 134*

*Evening prayer in the temple*

*Praise our God, all you his servants, you who fear him, small and great (Revelation 19:5).*

O come, bless the Lord, \*  
all you who serve the Lord,  
who stand in the house of the Lord, \*  
in the courts of the house of our God.

Lift up your hands to the holy place \*  
and bless the Lord through the night.

May the Lord bless you from Zion, \*  
he who made both heaven and earth.

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*

In the silent hours of night, bless the Lord.

READING

*Deuteronomy 6:4-7*

Hear, O Israel! The Lord is our God, the Lord alone! Therefore, you shall love the Lord, your God, with all your heart, and with all your soul, and with all your strength. Take to heart these words which I enjoin on you today. Drill them into your children. Speak of them at home and abroad, whether you are busy or at rest.

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,  
be with us throughout this night.  
When day comes may we rise from sleep  
to rejoice in the resurrection of your Christ,  
who lives and reigns for ever and ever.

— 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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