

*Liturgy of the Hours*  
LITURGY OF THE HOURS

NIGHT PRAYER

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April 1, 2026  
{ Wednesday of Holy Week }



*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*

Lord God, be my refuge and my strength.

*Psalm 31:1-6*

*Trustful prayer in adversity*

*Father, into your hands I commend my spirit (Luke 23:46).*

In yóu, O Lórd, I take réfuge. \*  
Let me néver be pút to sháme.  
In your jústice, sét me fréé, \*  
héar me and spéedily réscue me.

Be a r6ck of r6fuge f6r me, \*  
a m6ghty str6nghold to s6ve me,  
for y6u are my r6ck, my str6nghold. \*  
For your n6me's sake, l6ad me and g6uide me.

Rel6ase me from the sn6ares they have h6idden \*  
for y6u are my r6fuge, L6ord.  
Into your h6ands I comm6end my sp6irit. \*  
It is y6u who will red6em me, L6ord.

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 God, be my refuge and my strength.

*Antiphon 2*

Out of the depths I cry to you, Lord.

*Psalm 130*

*A cry from the depths*

*He will save his people from their sins (Matthew 1:21).*

Out of the d6epths I cry to you, O L6ord, \*  
L6ord, hear my v6oice!  
O l6et your 6ears be att6entive \*  
to the v6oice of my pl6eading.

If you, O L6ord, should m6ark our gu6ilt, \*  
L6ord, who would surv6ive?  
But with y6u is f6ound forg6iveness: \*  
for th6is we rev6ere you.

My s6oul is w6aiting for the L6ord, \*  
I c6ount on his w6ord.  
My s6oul is l6onging for the L6ord \*  
more than w6atchman for d6aybreak.  
Let the w6atchman c6ount on d6aybreak \*  
and 6Israel on the L6ord.

Because with the Lórd there is mércy \*  
and fúllness of redémption,  
Ísrael indéed he will redéem \*  
from áll its iníquity.

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*

Out of the depths I cry to you, Lord.

READING

*Ephesians 4:26-27*

If you are angry, let it be without sin. The sun must not go down on your wrath; do not give the devil a chance to work on you.

*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 Jesus Christ,  
you have given your followers  
an example of gentleness and humility,  
a task that is easy, a burden that is light.  
Accept the prayers and work of this day,  
and give us the rest that will strengthen us  
to render more faithful service to you  
who live and reign 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.

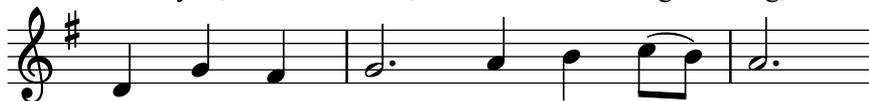
Rejoice, O Virgin unsurpassed,  
In whom our ransom was begun,  
For all your loving children pray  
To Christ, our Saviour, and your Son.

*Stanbrook Abbey*

## O Christ, Resplendent as the Day



1. O Christ, re - splend - ent as the day,
2. O ho - ly Lord, we hum - bly pray:
3. And when our eyes are closed in sleep,
4. O strong de - fend - er, see our plight,
5. To you, O Christ, most lov - ing King,



1. you clear a - way the dark of\_\_ night;
2. Watch o - ver us through-out this\_\_ night
3. still let our hearts keep watch for\_\_ you;
4. sub - due our foes who lie in\_\_ wait;
5. and to the Fa - ther, glo - ry\_\_ be,



1. by faith we\_\_ know you, Light from\_\_ Light,
2. and grant us\_\_ calm and si - lent\_\_ hours,
3. pro - tect and\_\_ guard by your right\_\_ hand
4. di - rect and\_\_ guide your ser - vants,\_\_ Lord,
5. one with the\_\_ Spir - it Par - a - clete,



1. pro - claim - ing light to all the\_\_ blest.
2. that we may find our rest in\_\_ you.
3. the faith - ful, filled with love for\_\_ you.
4. whom you have pur - chased with your\_\_ blood.
5. from age to age for ev - er - more.



5. A - men.

*Metrical hymn, melody: O WALLY WALLY, 8 8 8 8; English traditional melody. Text: Christe, qui, splendor et dies, 5-6th c. Hymn copyrights and acknowledgments are listed on page three.*

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