

Liturgy of the Hours
LITURGY OF THE HOURS

NIGHT PRAYER

March 31, 2026
{ Tuesday 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.*

*The English translation of Hymns and chants from The Liturgy of the Hours © 2023
International Commission on English in the Liturgy Corporation (ICEL).*

*Reproduced from The Divine Office Hymnal (hymns #81/82). Copyright © 2023
United States Conference of Catholic Bishops, Washington, DC (USCCB). Published
and distributed exclusively by GIA Publications, Inc., Chicago, IL. To acquire the
Pew Edition or Accompaniment Edition of the hymnal with metrical hymn tunes and
plainsong melodies, visit www.giamusic.com.*

PSALMODY

Antiphon

Do not hide your face from me; in you I put my trust.

Psalms 143:1-11

Prayer in distress

*Only by faith in Jesus Christ is a man made holy in God's sight. No observance of the
law can achieve this (Galatians 2:16).*

Lórd, listen to my práyer: †
túrn your éar to my apéal.*
You are fáithful, you are júst; give ánsver.

Do not cáll your sérvant to júdgment*
for nó one is júst in your síght.

The ényemy pursúes my sóul; *
he has crúshed my lífe to the gróund;
he has máde me dwéll in dárkness *
like the déad, lóng forgóttén.
Thérefore my spírit fáils; *
my héart is númb withín me.

I remémber the dáys that are pást: *
I pónder áll your wórks.
I múse on what your hánd has wróught †
and to yóu I strétch out my hánds. *
Like a párched land my sóul thirsts for yóu.

Lórd, make háste and ánsver; *
for my spírit fáils withín me.
Dó not híde your fáce *
lest I becóme like thóse in the gráve.

In the mórning let me knów your lóve *
for I pút my trúst in yóu.
Make me knów the wáy I should wálk: *
to yóu I líft up my sóul.

Réscue me, Lórd, from my ényemies; *
I have fléd to yóu for réfuge.
Téach me to dó your wíll *
for yóu, O Lórd, are my Gód.
Let yóur good spírit guíde me *
in wáys that are lével and smóoth.

For your náme's sake, Lórd, save my lífe; *
in your jústice save my sóul from distréss.

Glory to the Fátter, and to the Son, *
and to the Holy Spírit:
as it was in the béginning, is now, *
and will be for éver. Amen.

Antiphon

Do not hide your face from me; in you I put my trust.

READING

1 Peter 5:8-9a

Stay sober and alert. Your opponent the devil is prowling like a roaring lion looking for someone to devour. Resist him, solid in your faith.

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,
fill this night with your radiance.
May we sleep in peace and rise with joy
to welcome the light of a new day in your name.
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.

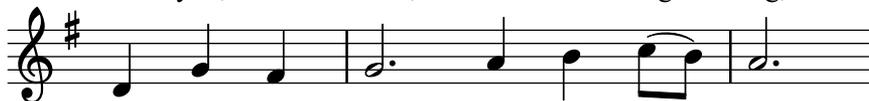
Rejoice, O Virgin unsurpassed,
In whom our ransom was begun,
For all your loving children pray
To Christ, our Saviour, and your Son.

Stanbrook Abbey

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.

The English translation of Antiphons, Invitatories, Responsories, Intercessions, Psalm 95, the Canticle of the Lamb, Psalm Prayers, Non-Biblical Readings, Hagiographical Introductions from *The Liturgy of the Hours* © 1973, 1974, 1975, International Commission on English in the Liturgy Corporation (ICEL); excerpts from the English translation of *The Roman Missal* © 2010, ICEL; the English translation of Hymns from *The Liturgy of the Hours* © 2023. All rights reserved.

English translation of *Gloria Patri, Te Deum Laudamus, Benedictus, Magnificat*, and *Nunc Dimittis* by the International Consultation on English Texts.

Readings and New Testament Canticles (except the Magnificat) from the *New American Bible* Copyright © 1970 by the Confraternity of Christian Doctrine, Washington, D.C. Used with permission. All Rights Reserved. No part of the *New American Bible* may be reproduced in any form without permission in writing from the copyright owner.

Psalm texts except Psalm 95 Copyright © 1963, The Grail (England). Used with permission of A.P. Watt Ltd. All rights reserved.

Arrangement Copyright © 2006 by eBreviary, New York.



mobile prayers



UNITED STATES OF AMERICA
www.ebreviary.com