

*Liturgy of the Hours*

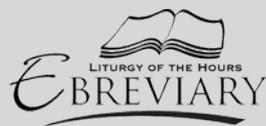
# LITURGY OF THE HOURS

NIGHT PRAYER

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March 15, 2026

{ Fourth Sunday in 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*

Night holds no terrors for me sleeping under God's wings.

*Psalm 91*

*Safe in God's sheltering care*

*I have given you the power to tread upon serpents and scorpions (Luke 10:19).*

He who dwélls in the shélder of the Most Hígh \*  
and abídes in the sháde of the Almíghty  
sáys to the Lórd: "My réfuge, \*  
my strónghold, my Gód in whom I trúst!"

It is hé who will frée you from the snáre \*  
of the fówler who séeks to destróy you;  
hé will concéal you with his píonions \*  
and únder his wíngs you will find réfuge.

You will not fíear the térror of the níght \*  
nor the árrow that flíes by dáy,  
nor the plágue that prówls in the dárkness \*  
nor the scóurge that lays wáste at nóon.

A thóusand may fáll at your síde, \*  
tén thousand fáll at your ríght,  
yóu, it will néver appróach; \*  
his fáithfulness is búckler and shíeld.

Your éyes have ónly to lóok \*  
to sée how the wícked are repáid,  
yóu who have said: “Lórd, my réfuge!” \*  
and have máde the Most Hígh your dwélling.

Upon yóu no évil shall fáll, \*  
no plágue appróach where you dwéll.  
For yóu has he commánded his ángels, \*  
to kíep you in áll your wáys.

They shall báar you upón their hánds \*  
lest you stríke your fóot against a stóne.  
On the líon and the víper you will tréad \*  
and trámple the young líon and the drágón.

Since he clíngs to me in lóve, I will frée him; \*  
protéct him for he knóws my náme.  
When he cálls I shall ánsWER: “I am wíth you.” \*  
I will sáve him in distréss and give him glóry.

With léngth of lífe I will contént him; \*  
I shall lét him see my sáving pówer.

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*

Night holds no terrors for me sleeping under God's wings.

**READING**

*Revelation 22:4-5*

They shall see the Lord face to face and bear his name on their foreheads. The night shall be no more. They will need no light from lamps or the sun, for the Lord God shall give them light, and they shall reign forever.

*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,  
we have celebrated today  
the mystery of the rising of Christ to new life.  
May we now rest in your peace,  
safe from all that could harm us,  
and rise again refreshed and joyful,  
to praise you throughout another day.  
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.

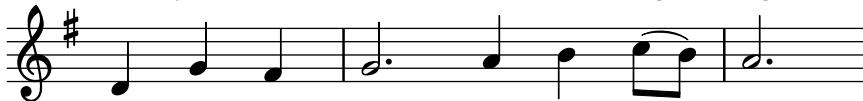
Rejoice, O Virgin unsurpassed,  
In whom our ransom was begun,  
For all your loving children pray  
To Christ, our Saviour, and your Son.

*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.*

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