

- 9 To inflict on them the | judgment · de | creed; *
this is glory for all his faithful | people. | Halle | lujah! [R]

Glorious and redeeming God, give us hearts to praise you all our days and wills to reject the world's deceits, that we may bind the evils of our age and proclaim the good news of salvation in Jesus Christ our Lord.

150 *Laudate Dominum*

Antiphon

Praise | the | LORD * for his excellent | greatness, | halle | lujah.

Advent Zion is our strong city; God will appoint a Savior within her for
| walls and · de | fense; * throw open the gates,
for our God is here a | mong us, | halle | lujah.

Christmas O radiant child! You brought healing to human life as you | came
| forth * from the womb of Mary, your mother, like the
| bridegroom · from his | marriage | chamber.

Epiphany Let everything that | has | breath, * — | praise | the | Lord.

Easter Worship God who is seated up | on the | throne, *
saying, | Amen, | halle | lujah.

Ascension God has gone | up · with a | shout; *
Praise him in the firmament of his | power, | halle | lujah.

- 1 Hallelujah! Praise God in his | holy | temple; *
praise him in the | firma-ment | of his | power.
- 2 Praise him for his | mighty | acts; *
praise him | for his | excel-lent | greatness. [R]
- 3 Praise him with the | blast of · the | ram's-horn; *
— | praise him · with | lyre and | harp.
- 4 Praise him with | timbrel · and | dance; *
— | praise him · with | strings and | pipe. [R]
- 5 Praise him with re | sounding | cymbals; *
praise him with | loud- | clanging | cymbals.
- 6 Let everything | that has | breath *
praise the | LORD. | Halle | lujah! [R]

God of life, whose Son was victorious over sin and death, make us alive with his life, that the whole world may resound with your praise; through Jesus Christ our Lord.

105

Part I *Confitemini Domino*

Antiphon

Sing to the | LORD, · and re | member *
the marvels he has | done, | halle | lujah.

Advent Behold the days are coming, | says the | Lord *
when I will raise up a | righteous | shoot from | David.

Christmas In the past God spoke to our ancestors | through the | prophets, *
but now God has | spoken · to us | through his | Son.

Epiphany Jerusalem, your light has come; the glory of the Lord | dawns
up | on you. * People of every race shall walk in the | splendor | of
your | sunrise.

Lent Do not store up for yourselves | treasures · on | earth, * where
moth and rust consume and where | thieves break | in and | steal.

Easter The LORD has been | mindful · of his | covenant, *
the promise he made for a thousand gener | ations, | halle | lujah.

- 1 Give thanks to the LORD and | call up-on his | Name; *
make known his | deeds a | mong the | peoples.
- 2 Sing to him, sing | praises · to | him, *
and speak of | all his | marve-lous | works.
- 3 Glory in his | holy | Name; *
let the hearts of those who | seek the | LORD re | joice.
- 4 Search for the | LORD · and his | strength; *
con | tinual-ly | seek his | face.
- 5 Remember the | marvels · he has | done, *
his wonders and the | judgments | of his | mouth,
- 6 O offspring of | Abraham · his | servant, *
O | children · of | Jacob · his | chosen. [R]
- 7 He is the | LORD our | God; *
his judgments pre | vail in | all the | world.
- 8 He has always been | mindful · of his | covenant, *
the promise he made for a | thousand | gene | rations:
- 9 The covenant he | made with | Abraham, *
the | oath that · he | swore to | Isaac,
- 10 Which he established as a | statute · for | Jacob, *
an everlasting | cove | nant for | Israel,

- 11 Saying, “To you will I give the |land of |Canaan *
to |be · your al|lotted · in |heritance.” [R̄]
- 12 When they were |few in |number, *
of little account, and |sojour-ners |in the |land,
- 13 Wandering from |nation · to |nation *
and from one |kingdom |to an |other,
- 14 He let |no one · op|press them *
and re|buked |kings · for their |sake,
- 15 Saying, “Do not |touch · my a|nointed *
and |do my |prophets · no |harm.” [R̄]
- 16 Then he called for a |famine · in the |land *
and de|stroyed · the sup|ply of |bread.
- 17 He sent a |man be|fore them, *
— |Joseph, · who was |sold · as a |slave.
- 18 They bruised his |feet in |fetters; *
his neck they |put · in an |iron |collar.
- 19 Until his prediction |came to |pass, *
the |word of · the |LORD |tested him.
- 20 The king |sent and · re|leased him; *
the ruler of the |peoples |set him |free.
- 21 He set him as a master |over · his |household, *
as a |ruler · over |all · his pos|sessions,
- 22 To instruct his princes ac|cording · to his |will *
and to |teach his |elders |wisdom. [R̄]

Psalm 105: Part II *Et intravit Israel*

Antiphon

God remembered his |holy |word, *
and led forth his people with |gladness, |halle|lujah.

Advent I will place sal|vation · in |Zion: *
for Israel my |glory, |halle|lujah.

Christmas He has remembered his steadfast love and faithfulness to the
|house of |Israel. * All the ends of the earth have
seen the |victo-ry |of our |God.

Epiphany All nations will see the |glory · of your |holy One. *
All the kings of the |earth · will ac|knowledge · your |majesty.

Lent Store up for yourselves treasures in heaven, where neither moth
nor rust consumes and where thieves do not |break in · and |steal
* for where your treasure is, there your |heart |will be |also.

- 12 Young |men and |maidens, *
— |old and |young to |gether.
- 13 Let them praise the |Name of · the |LORD, *
for his Name only is exalted, his splendor is |over |earth and |heaven.
- 14 He has raised up strength for his people and praise for all his |loyal |servants, *
the children of Israel, a people who are |near him. | Halle|lujah! [R̄]

O praise the name of the Lord. O glorious God, your whole creation sings your marvelous work; may heaven's praise so echo in our hearts that we may be good stewards of the earth; through Jesus Christ our Lord.

149 *Cantate Domino*

Antiphon

Let the |children · of |Zion * be |joyful |in their |King.

Advent Behold, there comes a |mighty |Prophet; *
and he alone shall renew Jer|usa-lem, |halle|lujah.

Christmas Helpless, he lay in a manger; glorious, he |shone in · the
|heavens. * Humbled, he lived among humans;
eternal, he |dwelt |with the |Father.

Epiphany Jerusalem, your light has come; the glory of the Lord |dawns
up |on you. * People of every race shall walk
in the |splendor |of your |sunrise.

Easter Let the |faithful · re|joice * in |triumph, |halle|lujah.

- 1 Hallelujah! Sing to the LORD a |new |song; *
sing his praise in the congre|gation |of the |faithful.
- 2 Let Israel re|joice in · his |Maker; *
let the children of Zion be |joyful |in their |King.
- 3 Let them praise his |Name · in the |dance; *
let them sing |praise to · him with |timbrel · and |harp.
- 4 For the LORD takes |pleasure · in his |people *
and a |dorns the |poor with |victory. [R̄]
- 5 Let the faithful re|joice in |triumph; *
let them be |joyful |on their |beds.
- 6 Let the praises of |God be · in their |throat *
and a |two-edged |sword in · their |hand;
- 7 To wreak |vengeance · on the |nations *
and |punish-ment |on the |peoples;
- 8 To bind their |kings in |chains *
and their |nobles · with |links of |iron;

Compassionate God, as you know each star you have created, so you know the secrets of every heart; in your mercy bring to your table all who are fearful and broken, all who are wounded and needy, that our hungers may be satisfied in the city of your peace; through Christ who is our peace.

148 *Laudate Dominum*

Antiphon

Praise the |LORD · from the |heavens; *
praise the LORD from the |earth, |halle |lujah.

Advent Behold, I |send my |messenger, *
and he shall prepare your way before your |face, |halle |lujah.

Christmas Unto us this day a Child is born, a |Son is |given; *
and his Name shall be The Mighty God,
halle |lujah, |halle |lujah.

Epiphany Kings of the earth and |all |peoples; *
Princes and all rulers of the |world, |praise the |Lord.

Easter The |Name · of the |LORD *
is exalted above heaven and |earth, |halle |lujah.

- 1 Hallelujah! Praise the |LORD · from the |heavens; *
— |praise him |in the |heights.
- 2 Praise him, |all you |angels of his; *
— |praise him, |all his |host.
- 3 Praise him, |sun and |moon; *
praise him, |all you |shining |stars.
- 4 Praise him, |heaven · of |heavens, *
and you |waters · a|bove the |heavens.
- 5 Let them praise the |Name of · the |LORD; *
for he com|manded, · and |they were · cre|ated.
- 6 He made them stand fast for |ever · and |ever; *
he gave them a law which |shall not |pass a |way. [R]
- 7 Praise the |LORD · from the |earth, *
you |sea-monsters · and |all |deeps;
- 8 Fire and hail, |snow and |fog, *
tempestuous |wind, |doing · his |will;
- 9 Mountains and |all |hills, *
— |fruit trees · and |all |cedars;
- 10 Wild beasts and |all |cattle, *
creeping |things and |wingèd |birds;
- 11 Kings of the earth and |all |peoples, *
princes and all |rulers |of the |world;

Easter God led forth his |people · with |gladness, *
his chosen with shouts of |joy, |halle |lujah.

- 23 Israel |came · into |Egypt, *
and Jacob became a |sojourner · in the |land of |Ham.
- 24 The LORD made his people ex|ceeding-ly |fruitful; *
he made them |stronger |than their |enemies;
- 25 Whose heart he turned, so that they |hated · his |people, *
and dealt un|justly |with his |servants. [R]
- 26 He sent |Moses · his |servant, *
and |Aaron · whom |he had |chosen.
- 27 They worked his |signs a |mong them, *
and |portents · in the |land of |Ham.
- 28 He sent darkness, and it |grew |dark; *
but the Egyptians re|belled a |gainst his |words.
- 29 He turned their |waters · into |blood *
and |caused their |fish to |die.
- 30 Their land was over|run by |frogs, *
in the very |chambers |of their |kings.
- 31 He spoke, and there came |swarms of |insects *
and |gnats with-in |all their |borders.
- 32 He gave them hailstones in|stead of |rain, *
and flames of |fire through|out their |land.
- 33 He blasted their |vines and · their |fig trees *
and |shattered · every |tree · in their |country.
- 34 He spoke, and the |locust |came, *
and young |locusts · with|out |number,
- 35 Which ate up all the green |plants · in their |land *
and de|voured the |fruit of · their |soil.
- 36 He struck down the |firstborn · of their |land, *
the |firstfruits · of |all their |strength. [R]
- 37 He led out his people with |silver · and |gold; *
in all their tribes there was |not |one that |stumbled.
- 38 Egypt was |glad of · their |going, *
be|cause they |were a |fraid of them.
- 39 He spread out a |cloud · for a |covering *
and a fire to give |light · in the |night |season.
- 40 They asked, and |quails ap|peared, *
and he satisfied |them with |bread from |heaven. [R]

- 41 He opened the rock, and |water |flowed,*
so the river |ran · in the |dry |places.
- 42 For God remembered his |holy |word*
and |Abra|ham his |servant.
- 43 So he led forth his |people · with |gladness,*
his |chosen · with |shouts of |joy.
- 44 He gave his people the |lands of · the |nations,*
and they took the |fruit of |others' |toil,
- 45 That they might |keep his |statutes*
and observe his |laws. |Halle|lujah! [R]

God of our earthly pilgrimage, feed your Easter people with the bread of heaven, that we may hunger and thirst for righteousness until we reach our promised land; through Jesus Christ our Lord.

Twenty-first Day: Evening Prayer

106

Part I *Confitemini Domino*

Antiphon

Remember us, O LORD, with the favor you |have for · your |people,* and
visit us with your saving |help, |halle|lujah.

Advent The Lord will surely come, |He will · not |tarry:*
and will bring to light the hidden things of darkness,
and re|veal Him-self to |all |people.

Christmas Lift up your heads, O gates, lift them high, O ever|lasting
|doors,* and the King of |glory |shall come |in.

Epiphany I have raised you up as a light for |all the |nations;* through you
my salvation will be pro|claimed · to the |ends of · the earth.

Lent If you, O LORD, were to note what is |done a|miss,*
O |Lord, |who could |stand?

Easter Blessed be the LORD, the |God of |Israel,*
from everlasting and to ever|lasting, |halle|lujah.

- 1 Hallelujah! Give thanks to the LORD, for |he is |good,*
for his |mercy · en|dures for |ever.
- 2 Who can declare the mighty |acts · of the |LORD*
or |show forth |all his |praise?
- 3 Happy are those who |act with |justice*
and |always |do · what is |right!

4 *Psalms*

- 2 The LORD re|builds Jer|usalem;*
he |gathers · the |exiles · of |Israel.
- 3 He heals the |broken|hearted*
and |binds |up their |wounds. [R]
- 4 He counts the |number · of the |stars*
and |calls them |all · by their |names.
- 5 Great is our LORD and |mighty · in |power;*
there is no |limit |to his |wisdom.
- 6 The LORD lifts |up the |lowly,*
but casts the |wicked |to the |ground. [R]
- 7 Sing to the |LORD · with thanks|giving;*
make music to our |God up|on the |harp.
- 8 He covers the |heavens · with |clouds*
and pre|pares |rain for · the |earth;
- 9 He makes grass to |grow up-on the |mountains*
and green |plants to |serve · human|kind. [R]
- 10 He provides food for |flocks and |herds*
and for the young |ravens |when they |cry.
- 11 He is not impressed by the |might of · a |horse;*
he has no |pleasure · in the |strength of · a |human;
- 12 But the LORD has pleasure in |those who |fear him,*
in those who a|wait his |gracious |favor. [R]
- 13 Worship the LORD, |O Jer|usalem;*
— |praise your |God, O |Zion;
- 14 For he has strengthened the |bars of · your |gates;*
he has |blessed your |children · with |in you.
- 15 He has established |peace on · your |borders;*
he satisfies you |with the |finest |wheat. [R]
- 16 He sends out his com|mand · to the |earth,*
and his |word runs |very |swiftly.
- 17 He gives |snow like |wool;*
he |scatters |hoarfrost · like |ashes.
- 18 He scatters his |hail like |bread crumbs;*
who can |stand a|gainst his |cold? [R]
- 19 He sends forth his |word and |melts them;*
he blows with his |wind, · and the |waters |flow.
- 20 He declares his |word to |Jacob,*
his |statutes · and his |judgments · to |Israel.
- 21 He has not done so to |any · other |nation;*
to them he has not revealed his |judgments. |Halle|lujah! [R]

- 2 Put not your trust in rulers, nor in any | child of | earth, *
— | for there | is no | help in them.
- 3 When they breathe their last, they re| turn to | earth, *
and in that | day their | thoughts | perish. [R]
- 4 Happy are they who have the God of | Jacob · for their | help! *
whose | hope is · in the | LORD their | God;
- 5 Who made heaven and earth, the seas, and | all that · is | in them; *
who | keeps his | promise · for | ever;
- 6 Who gives justice to | those who · are op| pressed, *
and | food to | those who | hunger. [R]
- 7 The LORD sets the prisoners free; the LORD opens the | eyes of · the | blind; *
the LORD lifts up | those · who are | bowed | down;
- 8 The LORD loves the righteous; the LORD | cares for · the | stranger; *
he sustains the orphan and widow, but | frustrates · the | way of · the | wicked.
- 9 The LORD shall | reign for | ever, *
your God, O Zion, throughout all gene| rations. | Halle| lujah! [R]

Lord of all, our breath and being come from you, yet our earthly end is dust; as you loose the bound and feed the hungry, so bring us in your mercy through the grave and gate of death to the feast of eternal life, where you reign for evermore.

Thirtieth Day: Evening Prayer

147 *Laudate Dominum*

Antiphon

How | pleasant · it | is * to honor God with | praise, | halle| lujah.

Advent On that day, the mountains shall | drop down · new | wine, *
and the hills shall flow with milk and | honey, | halle| lujah.

Christmas Behold, Mary has brought forth the Savior of whom when John
saw him, he | did pro| claim: * Behold the Lamb of God that
takes away the sins of the | world, | halle| lujah.

Epiphany The heavens opened and the waters of the sea became | sweet
and | fragrant; * the earth rejoiced, the mountains and hills exulted
because the Messiah was baptized by | John | in the | Jordan.

Holy Week He was offered because he him| self has | willed it, *
and he him| self has | borne our | sins.

Easter Praise your | God, O | Zion; *
for he has established peace on your | borders, | halle| lujah.

- 1 Hallelujah! How good it is to sing | praises · to our | God! *
how pleasant it is to | honor | him with | praise!

- 4 Remember me, O LORD, with the favor you | have · for your | people, *
and visit me | with your | saving | help;
- 5 That I may see the prosperity of your elect
and be glad with the | gladness · of your | people, *
that I may | glory · with | your in | heritage. [R]
- 6 We have sinned as our | forebears | did; *
we have done | wrong and | dealt | wickedly.
- 7 In Egypt they did not consider your marvelous works,
nor remember the a | bundance · of your | love; *
they defied the Most | High · at the | Red | Sea.
- 8 But he saved them for his | Name's | sake, *
to | make his | power | known.
- 9 He rebuked the Red Sea, and it | dried | up, *
and he led them through the | deep as | through a | desert.
- 10 He saved them from the hand of | those who | hated them *
and re| deemed them · from the | hand of · the | enemy.
- 11 The waters | covered · their op| pressors; *
not | one of | them was | left.
- 12 Then they be| lieved his | words *
and | sang him | songs of | praise. [R]
- 13 But they soon for | got his | deeds *
and | did not | wait for · his | counsel.
- 14 A craving | seized them · in the | wilderness, *
and they put | God · to the | test · in the | desert.
- 15 He | gave them · what they | asked, *
but sent | leanness | into · their | soul.
- 16 They envied | Moses · in the | camp, *
and Aaron, the | holy | one · of the | LORD.
- 17 The earth opened and | swallowed | Dathan *
and | covered · the | company · of Ab | iram.
- 18 Fire blazed up a | gainst their | company, *
and | flames de| voured the | wicked. [R]

Psalm 106: Part II *Et fecerunt vitulum*

Antiphon

Save us, O | LORD our | God, *
and | gather us · from a | mong the | nations.

Advent Let us live sober, righteous and | godly | lives; *
looking for that blessed hope, the | coming | of the | Lord.

Christmas Out of the great love with | which God | loved us, *
God's own Son has been sent in the | likeness · of | sinful | flesh.

Epiphany A wondrous mystery is declared to | us to | day: * the Creator of the
universe has washed away our sins in the | waters | of the | Jordan.

Lent There is for | givenness · with | you; *
— | therefore · you | shall be | feared.

Easter Blessed be the LORD, the | God of | Israel, *
from everlasting and to ever | lasting, | halle | lujah.

- 19 Israel made a | bull calf · at | Horeb *
and | worshiped · a | molten | image;
20 And so they ex | changed their | Glory *
for the image of an | ox that | feeds on | grass.
21 They forgot | God their | Savior, *
who had done | great | things in | Egypt,
22 Wonderful deeds in the | land of | Ham, *
and fearful | things · at the | Red | Sea.
23 So he would have destroyed them,
had not Moses his chosen stood be | fore him · in the | breach, *
to turn a | way his | wrath · from con | suming them. [R̄]
24 They refused the | pleasant | land *
and | would not · be | lieve his | promise.
25 They | grumbled · in their | tents *
and would not | listen · to the | voice of · the | LORD.
26 So he lifted his | hand a | gainst them, *
to over | throw them | in the | wilderness,
27 To cast out their | seed a-mong the | nations, *
and to | scatter them · through | out the | lands. [R̄]
28 They joined themselves to Ba | al-Pe | or *
and ate sacrifices | offered | to the | dead.
29 They provoked him to | anger · with their | actions, *
and a | plague broke | out a | mong them.
30 Then Phinehas stood up and | inter | ceded, *
and the | plague | came · to an | end.
31 This was reckoned to | him as | righteousness *
throughout | all · gene | rations · for | ever.
32 Again they provoked his anger at the | waters · of | Meribah, *
so that he | punished | Moses · be | cause of them;

- 12 That the peoples may | know of · your | power *
and the glorious | splendor | of your | kingdom.
13 Your kingdom is an ever | lasting | kingdom; *
your dominion en | dures through | out all | ages. [R̄]
14 The LORD is faithful in | all his | words *
and | merciful · in | all his | deeds.
15 The LORD upholds all | those who | fall; *
he lifts up | those · who are | bowed | down.
16 The eyes of all wait upon | you, O | LORD, *
and you give them their | food in | due | season.
17 You open | wide your | hand *
and satisfy the needs of | every | living | creature. [R̄]
18 The LORD is righteous in | all his | ways *
and | loving · in | all his | works.
19 The LORD is near to those who | call up | on him, *
to all who | call up | on him | faithfully.
20 He fulfills the desire of | those who | fear him; *
he | hears their | cry and | helps them.
21 The LORD preserves all | those who | love him, *
but he | destroys | all the | wicked.
22 My mouth shall speak the | praise of · the | LORD; *
let all flesh bless his holy | Name for | ever · and | ever. [R̄]

King of the universe, you show the bright glory of your reign in acts of mercy and enduring love; raise the spirits of the downcast and restore those who have fallen away, that we may sing for ever of your love; through Jesus Christ our Lord.

146 *Lauda, anima mea*

Antiphon

I will | praise the | LORD * as long as I | live, | halle | lujah.

Advent Tell it out among the | nations, · and | say: *
Behold he comes, our God and | Savior, | halle | lujah.

Christmas This pledge of new redemption and promise of e | ternal | joy, *
prepared through ages past, has | dawned for | us to | day.

Epiphany As soon as | Jesus · was | baptized, * he came out of the water,
and the | heavens | opened · be | fore him.

Easter The LORD shall | reign for | ever; *
your God, O Zion, throughout all gener | ations, | halle | lujah.

- 1 Hallelujah! Praise the LORD, | O my | soul! *
I will praise the LORD as long as I live;
I will sing praises to my | God · while I | have my | being.

Antiphon

Your |kingdom, · O |LORD, * is an |ever|lasting |kingdom.

Advent Behold, the Lord our God shall come, and all his |Saints |with him, * and in that |day · there shall |be a · great |light.

Christmas Christ our God, in whom the fullness of the |Godhead |dwells * took upon himself our wounded nature and became the first new |human, |halle|lujah.

Epiphany The peoples will |know of · your |power;* and the glorious |splendor |of your |kingdom.

Lent The LORD fulfills the desire of |those who |fear him; * he |hears their |cry and |helps them.

Easter Let all flesh bless God's |holy |Name * for ever and |ever, |halle|lujah.

Ascension & Establish, O LORD, what |you have |wrought for us, *
Pentecost for your temple's sake at Je|rusa-lem, |halle|lujah.

- 1 I will exalt you, O |God my |King, *
and bless your |Name for |ever · and |ever.
- 2 Every |day · will I |bless you *
and praise your |Name for |ever · and |ever.
- 3 Great is the LORD and |greatly · to be |praised; *
there |is no |end to · his |greatness. [R̄]
- 4 One generation shall praise your |works · to an|other *
and |shall de|clare your |power.
- 5 I will ponder the glorious |splendor · of your |majesty *
and |all your |marve-lous |works.
- 6 They shall speak of the might of your |wondrous |acts, *
and |I will |tell of · your |greatness.
- 7 They shall publish the remembrance of your |great |goodness; *
they shall |sing of · your |righteous |deeds.
- 8 The LORD is gracious and |full of · com|passion, *
slow to |anger · and of |great |kindness. [R̄]
- 9 The LORD is |loving · to |everyone *
and his compassion is |over |all his |works.
- 10 All your works |praise you, · O |LORD, *
and your |faithful |servants |bless you.
- 11 They make known the |glory · of your |kingdom *
and |speak |of your |power;

- 33 For they so em|bittered · his |spirit *
that he spoke |rash |words · with his |lips. [R̄]
- 34 They did not de|stroy the |peoples *
— |as the |LORD · had com|manded them.
- 35 They inter|mingled · with the |heathen *
and |learned their |pagan |ways,
- 36 So that they |worshiped · their |idols, *
— |which be|came a |snare to them.
- 37 They |sacrificed · their |sons *
and their |daughters · to |evil |spirits.
- 38 They shed innocent blood, the blood of their |sons and |daughters, *
which they offered to the idols of Canaan,
and the |land · was de|filed · with |blood.
- 39 Thus they were pol|luted · by their |actions *
and went |whoring · in their |evil |deeds. [R̄]
- 40 Therefore the wrath of the LORD was kindled a|gainst his |people *
and |he ab|horred · his in|heritance.
- 41 He gave them over to the |hand of · the |heathen, *
and those who |hated |them ruled |over them.
- 42 Their |enemies · op|pressed them, *
and they were |humbled |under · their |hand.
- 43 Many a time did he deliver them,
but they rebelled through their |own de|vices, *
and were brought |down in |their in|iquity.
- 44 Nevertheless, he |saw · their dis|tress, *
when he |heard their |lamen|tation.
- 45 He remembered his |covenant · with |them *
and relented in ac|cordance · with |his great |mercy.
- 46 He |caused them · to be |pitied *
by |those who |held them |captive. [R̄]
- 47 Save us, O LORD our God, and gather us from a|mong the |nations, *
that we may give thanks to your holy Name and |glory |in your |praise.
- 48 Blessed be the LORD, the God of Israel,
from everlasting and to |ever|lasting; *
and let all the people say, “A |men!” |Halle|lujah! [R̄]

Holy God, when our memories blot out your kindness and we ignore your patient love, remember us, re-make us, and give to us poor sinners the rich inheritance of Jesus Christ our Lord.

Book Five

Twenty-second Day: Morning Prayer

Weekly: Sixth Day

107

Part I *Confitemini Domino*

Antiphon

Give thanks to the |LORD · for his |mercy, *
and the |wonders · he |does for · his |children. (*ES* |Halle|lujah)

Advent Every mountain and hill shall be made low, and the crooked shall
be made straight, and the rough |places |plain. *
Come, O |Lord, and · do |not de|lay.

Christmas The people who walked in darkness have |seen a · great |light; *
those who dwelt in the land of deep darkness,
on |them has |light |shined.

Epiphany This mystery, which has been hidden through all ages and from
all |gener|ations, * is re|vealed |now to |us.

Lent The Lord is full of com|passion · and |mercy; *
The Lord re|members · that |we are · but |dust.

- 1 Give thanks to the LORD, for |he is |good, *
and his |mercy · en|dures for |ever.
- 2 Let all those whom the LORD has re|deemed pro|claim *
that he re|deemed them · from the |hand of · the |foe.
- 3 He gathered them |out of · the |lands; *
from the east and from the west,
from the |north and |from the |south.
- 4 Some wandered in |desert |wastes; *
they found no way to a |city · where |they might |dwell.
- 5 They were |hungry · and |thirsty; *
their |spirits |languished · with |in them.
- 6 Then they cried to the |LORD in · their |trouble, *
and he de|livered them · from |their dis|tress.
- 7 He put their feet on a |straight |path *
to go to a |city · where |they might |dwell.
- 8 Let them give thanks to the |LORD · for his |mercy *
and the |wonders · he |does for · his |children.
- 9 For he |satisfies · the |thirsty *
and |fills the |hungry · with |good things. [R]

- 1 Blessed be the |LORD my |rock! *
who trains my hands to |fight · and my |fingers · to |battle;
- 2 My help and my fortress, my stronghold and |my de|liverer, *
my shield in whom I trust, who sub|dues the |peoples |under me.
- 3 O LORD, what are we that |you should |care for us? *
mere |mortals · that |you should |think of us?
- 4 We are like a |puff of |wind; *
our days are |like a |passing |shadow. [R]
- 5 Bow your heavens, O |LORD, and · come |down; *
touch the |mountains, · and |they shall |smoke.
- 6 Hurl the |lightning · and |scatter them; *
shoot |out your |arrows · and |rout them.
- 7 Stretch out your |hand from · on |high; *
rescue me and deliver me from the great waters,
from the |hand of |foreign |peoples,
- 8 Whose mouths |speak de|ceitfully *
and whose right |hand is |raised in |falsehood. [R]
- 9 O God, I will sing to you a |new |song; *
I will play to |you · on a |ten-stringed |lyre.
- 10 You give |victory · to |kings *
and have |rescued |David · your |servant.
- 11 Rescue me from the |hurtful |sword *
and deliver me from the |hand of |foreign |peoples,
- 12 Whose mouths |speak de|ceitfully *
and whose right |hand is |raised in |falsehood. [R]
- 13 May our sons be like plants well |nurtured · from their |youth, *
and our daughters like sculptured |corners |of a |palace.
- 14 May our barns be filled to overflowing with all |manner · of |crops; *
may the flocks in our pastures increase by thousands and tens of
thousands; may our |cattle · be |fat and |sleek.
- 15 May there be no breaching of the walls, no |going · into |exile, *
no |wailing · in the |public |squares.
- 16 Happy are the people of whom |this is |so! *
happy are the |people · whose |God is · the |LORD! [R]

*God our deliverer, stir our weak wills, revive our weary spirits, and give us the courage to
strive for the freedom of all your children, to the praise of your glorious name.*

- 4 My spirit | faints with | in me; *
my | heart with | in me · is | desolate. [R]
- 5 I remember the time past; I muse upon | all your | deeds; *
I con|sider · the | works of · your | hands.
- 6 I spread | out my | hands to you; *
my soul gasps to | you · like a | thirsty | land.
- 7 O LORD, make haste to answer me; my | spirit | fails me; *
do not hide your face from me
or I shall be like | those who · go | down to · the | Pit.
- 8 Let me hear of your loving-kindness in the morning,
for I | put my | trust in you; *
show me the road that I must walk, for | I lift | up my | soul to you. [R]
- 9 Deliver me from my | enemies, · O | LORD, *
for I | flee to | you for | refuge.
- 10 Teach me to do what pleases you, for | you are · my | God; *
let your good Spirit | lead me · on | level | ground.
- 11 Revive me, O | LORD, · for your | Name's sake; *
for your righteousness' sake, | bring me | out of | trouble.
- 12 Of your goodness, destroy my enemies and bring all my | foes to | naught, *
for | truly | I am · your | servant. [R]

Jesus, our companion, when we are driven to despair, help us, through the friends and strangers we encounter on our path, to know you as our refuge, our way, our truth and our life.

Thirtieth Day: Morning Prayer

144 *Benedictus Dominus*

Antiphon

God is my | help and | fortress, *
my | shield in | whom I | trust. (ES, | halle | lujah)

Advent Rejoice greatly, O | daughter · of | Zion, *
shout, O | daughter | of Je|rusalem.

Christmas Let us dance with delight in the Lord
and let our hearts be | filled with · re|joicing, *
for eternal salvation has appeared on the | earth, | halle | lujah.

Epiphany I raised you up as a light for | all the | nations; * through you my
salvation will be pro|claimed · to the | ends of · the | earth.

Lent Beloved, I urge you as | aliens · and | exiles * to abstain from the
desires of the flesh that wage | war a|gainst your | life.

Holy Week Stretch out your | hand · from on | high; * rescue me and deliver
me from the great waters, from the | hand of | foreign | peoples.

- 10 Some sat in darkness and | deep | gloom, *
bound | fast in | misery · and | iron;
- 11 Because they rebelled against the | words of | God *
and despised the | counsel · of the | Most | High.
- 12 So he humbled their spirits with | hard | labor; *
they stumbled, and | there was | none to | help.
- 13 Then they cried to the | LORD in · their | trouble, *
and he de|livered them · from | their dis|tress.
- 14 He led them out of darkness and | deep | gloom *
and | broke their | bonds a|sunder.
- 15 Let them give thanks to the | LORD · for his | mercy *
and the | wonders · he | does for · his | children.
- 16 For he shatters the | doors of | bronze *
and breaks in | two the | iron | bars. [R]
- 17 Some were fools and took to re|bellious | ways; *
they were af|flicted · be|cause of · their | sins.
- 18 They abhorred all | manner · of | food *
and drew | near to | death's | door.
- 19 Then they cried to the | LORD in · their | trouble, *
and he de|livered them · from | their dis|tress.
- 20 He sent forth his | word and | healed them *
and | saved them | from the | grave.
- 21 Let them give thanks to the | LORD · for his | mercy *
and the | wonders · he | does for · his | children.
- 22 Let them offer a | sacrifice · of thanks | giving *
and tell of his | acts with | shouts of | joy. [R]
- 23 Some went down to the | sea in | ships *
and plied their | trade in | deep | waters;
- 24 They beheld the | works of · the | LORD *
and his | wonders | in the | deep.
- 25 Then he spoke, and a stormy | wind a|rose, *
which tossed | high the | waves of · the | sea.
- 26 They mounted up to the heavens and fell | back to · the | depths; *
their hearts | melted · be|cause of · their | peril.
- 27 They reeled and | staggered · like | drunkards *
and were | at their | wits' | end.
- 28 Then they cried to the | LORD in · their | trouble, *
and he de|livered them · from | their dis|tress.

- 29 He stilled the | storm · to a | whisper *
and | quieted · the | waves of · the | sea.
- 30 Then were they glad be | cause of · the | calm, *
and he brought them to the | harbor | they were | bound for.
- 31 Let them give thanks to the | LORD · for his | mercy *
and the | wonders · he | does for · his | children.
- 32 Let them exalt him in the congre | gation · of the | people *
and | praise him · in the | council · of the | elders. [R]

Psalm 107: Part II *Posuit flumina*

Antiphon

The upright will | see and · re | jice, *
and consider well the | mercies | of the | LORD. (ES | Halle | lujah)

same seasonal antiphons as Part I

- 33 The LORD changed | rivers · into | deserts, *
and water-springs | into | thirsty | ground,
- 34 A fruitful | land · into | salt flats, *
because of the | wickedness · of | those who | dwell there.
- 35 He changed deserts into | pools of | water *
and | dry land | into | water-springs.
- 36 He settled the | hungry | there, *
and they | founded · a | city · to | dwell in.
- 37 They sowed fields, and | planted | vineyards, *
and brought | in a | fruitful | harvest.
- 38 He blessed them, so that they | increased | greatly; *
he did not | let their | herds de | crease. [R]
- 39 Yet when they were diminished and | brought | low, *
through | stress of · ad | versity · and | sorrow,
- 40 (He pours con | tempt on | princes *
and makes them | wander · in | trackless | wastes)
- 41 He lifted up the | poor · out of | misery *
and multiplied their | families · like | flocks of | sheep.
- 42 The upright will | see this · and re | jice, *
but all | wickedness · will | shut its | mouth.
- 43 Whoever is wise will | ponder · these | things, *
and consider well the | mercies | of the | LORD. [R]

O living Christ, rescue us from foolish passion and still the storms of our self-will; and, as you are our anchor in this life, so bring us to the haven you have prepared for us; for your mercy's sake.

- 1 I cry to the | LORD with · my | voice; *
to the LORD I make | loud | suppli | cation.
- 2 I pour out my com | plaint be | fore him *
and | tell him | all my | trouble.
- 3 When my spirit languishes within me, you | know my | path; *
in the way wherein I walk they have | hidden · a | trap for | me.
- 4 I look to my right hand and find | no one · who | knows me; *
I have no place to | flee to, · and | no one | cares for me. [R]
- 5 I cry out to | you, O | LORD; *
I say, “You are my refuge, my | portion · in the | land of · the | living.”
- 6 Listen to my cry for help, for I have been | brought · very | low; *
save me from those who pursue me, for | they are · too | strong for | me.
- 7 Bring me out of prison, that I may give | thanks to · your | Name; *
when you have dealt bountifully with me,
the | righteous · will | gather a | round me. [R]

God of compassion, you regard the forsaken and give hope to the crushed in spirit; bear those who cry to you in distress and bring your ransomed people to sing your praise, now and for ever.

143 *Domine, exaudi*

Antiphon

I spread out my hands to | you, O | LORD; *
do not | hide your | face | from me.

Advent Let me hear of your loving-kindness | in the | morning; *
for I | put my | trust in | you.

Christmas He shall stand firm and shepherd his
flock by the | strength of · the | Lord; *
in the majestic | name · of the | Lord, his | God.

Epiphany I will gather you, O Jacob, each and | every | one *
I will assemble | all the | remnant · of | Israel.

Lent Enter not into judgment with your | servant, · O | LORD, * for
in your sight shall | no one | living · be | justified.

Holy Week My spirit | faints with | in me; *
my | heart with | in me · is | desolate.

- 1 LORD, hear my prayer, and in your faithfulness heed my | suppli | cations; *
answer | me | in your | righteousness.
- 2 Enter not into | judgment · with your | servant, *
for in your sight shall | no one | living · be | justified.
- 3 For my enemy has sought my life; he has | crushed me · to the | ground; *
he has made me live in dark places like | those · who are | long | dead.

- 1 O LORD, I call to you; | come to · me | quickly; *
hear my | voice | when I | cry to you.
- 2 Let my prayer be set forth in your | sight as | incense, *
the lifting up of my | hands · as the | evening | sacrifice.
- 3 Set a watch before my mouth, O LORD, and guard the | door of · my | lips; *
let not my heart incline to | any | evil | thing.
- 4 Let me not be occupied in wickedness with | evil | doers, *
nor | eat of · their | choice | foods. [R]
- 5 Let the righteous smite me in friendly rebuke;
let not the oil of the unrighteous a | noint my | head; *
for my prayer is continually a | gainst their | wicked | deeds.
- 6 Let their rulers be overthrown in | stony | places, *
that they may | know my | words are | true.
- 7 As when a plowman turns over the | earth in | furrows, *
let their bones be | scattered · at the | mouth of · the | grave. [R]
- 8 But my eyes are turned to | you, LORD | GOD; *
in you I take refuge; do not | strip me | of my | life.
- 9 Protect me from the snare which | they have | laid for me *
and from the | traps · of the | evil | doers.
- 10 Let the wicked fall into their | own | nets, *
while | I my | self es | cape. [R]

Lord God, our protector and guide, who made us knowing both good and evil, help us to desire all that is good, that the offering of our lives may be acceptable to you; through Jesus Christ our Lord.

142 *Voce mea ad Dominum*

Antiphon

You are my | refuge, · O | LORD; *
my | portion · in the | land of · the | living. (ES, | halle | lujah)

Advent Know that the Lord is coming and with him | all his | saints; *
that day will dawn with a wonderful | light, | halle | lujah.

Christmas Marvelous is the mystery proclaimed today: humanity's nature
is made new as | God be · comes | human * He remains what
he was and be | comes what | he was | not.

Epiphany I myself will be the | shepherd · of my | sheep. * I will seek the
lost, and I will bring back the strayed, and I will bind up the
injured, and | I will | strengthen · the | weak.

Holy Week The betrayer had given them a | sign, | saying, *
The one I shall | kiss is · the | man; | seize him.

108 *Paratum cor meum*

Antiphon

I will confess you among the | peoples, · O | LORD; *
I will sing praises to | you a | mong the | nations.

Advent The Lord, the mighty God, will come | forth from | Zion *
to | set his | people | free.

Christmas The Lord has made known, | halle | lujah *
His saving | power, | halle | lujah.

Epiphany All peoples will be | blessed in | him, *
men and | women · of | every | race.

Lent A broken and contrite | heart, O | God, *
— | you will | not de | spise.

Easter Exalt yourself above the | heavens, · O | God; * — | hal | le | lujah.

- 1 My heart is firmly fixed, O God, my | heart is | fixed; *
I will | sing and | make | melody.
- 2 Wake up, my spirit; awake, | lute and | harp; *
I my | self will | waken · the | dawn.
- 3 I will confess you among the | peoples, · O | LORD; *
I will sing praises to | you a | mong the | nations. [R]
- 4 For your loving-kindness is | greater · than the | heavens, *
and your faithfulness | reaches | to the | clouds.
- 5 Exalt yourself above the | heavens, · O | God, *
and your | glory · over | all the | earth.
- 6 So that those who are dear to you may | be de | livered, *
save with your | right | hand and | answer me. [R]
- 7 God spoke from his holy | place and | said, *
“I will exult and parcel out Shechem;
I will di | vide the | valley · of Suc | coth.
- 8 Gilead is mine and Ma | nasseh · is | mine; *
Ephraim is my | helmet · and | Judah · my | scepter.
- 9 Moab is my washbasin, on Edom I throw down my | sandal · to | claim it, *
and over Philistia | will I | shout in | triumph.” [R]
- 10 Who will lead me into the | strong | city? *
who will | bring me | into | Edom?

- 11 Have you not cast us |off, O |God? *
you no longer go |out, O |God, with · our |armies.
- 12 Grant us your help a|gainst the |enemy, *
for |vain · is the |help of |people.
- 13 With God we will do |valiant |deeds, *
and he shall tread our |ene-mies |under |foot. [R]

In times of terror, O God, give us boldness to act with courage, yet with mercy, for you rule the nations with the sword of truth; in Jesus Christ our Lord.

109 *Deus, laudem*

Antiphon

For your tender |mercy's |sake, * de|liver · me, |O |LORD.

Advent He stands at the right |hand of · the |needy, *
to save his life from |those who |would con|demn him.

Lent Save me, |O |God, * for the waters have |risen |up to · my |neck.

Easter The accuser of our brothers and sisters, who accuses them before our God |day and |night, * has been hurled |down, |halle |lujah.

- 1 Hold not your tongue, O |God of · my |praise; *
for the mouth of the wicked,
the mouth of the de|ceitful, · is |opened · a |gainst me.
- 2 They speak to me with a |lying |tongue; *
they encompass me with hateful words
and fight a|gainst me · with |out a |cause.
- 3 Despite my |love, · they ac|cuse me; *
but |as for |me, I |pray for them.
- 4 They repay |evil · for |good, *
and |hatred |for my |love.
- 5 Set a wicked |person · a |gainst him, *
and let an accuser |stand at |his right |hand.
- 6 When he is judged, let him be |found |guilty, *
and |let his · ap|peal · be in |vain. [R]
- 7 Let his |days be |few, *
and let an|other |take his |office.
- 8 Let his |children · be |fatherless, *
and his |wife be |come a |widow.
- 9 Let his children be |waifs and |beggars; *
let them be driven from the |ruins |of their |homes.

- 6 I have said to the LORD, |“You are · my |God; *
listen, O |LORD, · to my |suppli|cation.
- 7 O LORD GOD, the strength of |my sal|vation, *
you have covered my |head · in the |day of |battle.
- 8 Do not grant the desires of the |wicked, · O |LORD, *
nor let their |evil |plans |prosper. [R]
- 9 Let not those who surround me lift |up their |heads; *
let the |evil · of their |lips · over|whelm them.
- 10 Let hot burning |coals · fall up|on them; *
let them be cast into the mire, never to |rise |up a |gain.”
- 11 A slanderer shall not be es|tablished · on the |earth, *
and |evil · shall |hunt down · the |lawless. [R]
- 12 I know that the LORD will maintain the |cause of · the |poor *
and render |justice |to the |needy.
- 13 Surely, the righteous will give |thanks to · your |Name, *
and the upright shall con|tinue |in your |sight. [R]

Glorious Savior, rescue us from the subtle evils that are too strong for us, from poisonous words and the spirit of war; by your judgment overthrow the forces of violence, that all the world may join to worship you in thanksgiving and peace, now and for ever.

Twenty-ninth Day: Evening Prayer

141 *Domine, clamavi*

Antiphon

Let my prayer be set forth in your |sight as |incense, *
the lifting up of my |hands · as the |evening |sacrifice.

Advent Proclaim the good news a|mong the |nations: *
Our |God will |come to |save us.

Christmas The Virgin has given |birth · to the |Savior: * a flower has sprung from Jesse's stock and a |star has |risen · from |Jacob.

Epiphany I will bring them out from the peoples
and gather them |from the |countries, *
and will bring them |into · their |own |land.

Lent Set a watch before my mouth, O Lord,
and guard the |door of · my |lips; *
let not my heart incline to |any |evil |thing.

Holy Week My eyes are turned to |you, Lord |God; *
In you I take refuge, do not |strip me |of my |life.

- 19 They speak de|spitefully · a|gainst you; *
your enemies |take your |Name in |vain.
- 20 Do I not hate those, O |LORD, who |hate you? *
and do I not loathe |those who · rise |up a|gainst you?
- 21 I hate them with a |perfect |hatred; *
they have be|come my |own |enemies.
- 22 Search me out, O God, and |know my |heart; *
try me and |know my |restless |thoughts.
- 23 Look well whether there be any |wicked-ness |in me *
and lead me in the |way · that is |ever|lasting. [R]

Creator God, may every breath we take be for your glory, may every footstep show you as our way, that, trusting in your presence in this world, we may, beyond this life, still be with you where you are alive and reign for ever and ever.

140 *Eripe me, Domine*

Antiphon

Keep me, O LORD, from the |hands of · the |wicked; *
for you are the |strength of |my sal|vation.

Advent Bless those, O Lord, who have |waited · for your |coming; *
let your |prophets · be |proved |true.

Christmas I know that the Lord will maintain the |cause of · the |poor; * and
render |justice |to the |needy.

Epiphany All who once reviled you will come and |bow |down*
in worship be|fore your |very foot|prints.

Holy Week The proud have hidden a snare for me and stretched out a |net of
|cords; * they have set |traps for · me a|long the |path.

Easter Surely, the righteous will give |thanks to · your |name; *
and the upright shall con|tinue |in your |sight.

- 1 Deliver me, O LORD, from |evil|doers; *
pro|tect me |from the |violent,
- 2 Who devise |evil · in their |hearts *
and stir up |strife |all day |long.
- 3 They have sharpened their |tongues · like a |serpent; *
adder's |poison · is |under · their |lips.
- 4 Keep me, O LORD, from the |hands of · the |wicked; *
protect me from the violent, who are de|termined · to |trip me |up.
- 5 The proud have hidden a snare for me and stretched out a |net of |cords; *
they have set |traps for · me a|long the |path. [R]

- 10 Let the creditor seize |everything · he |has; *
let |strangers |plunder · his |gains.
- 11 Let there be no one to |show him |kindness, *
and none to |pity · his |father-less |children.
- 12 Let his de|scendants · be de|stroyed, *
and his name be blotted |out · in the |next · gene|ration. [R]
- 13 Let the wickedness of his fathers be remembered be|fore the |LORD, *
and his mother's sin |not be |blotted |out;
- 14 Let their sin be always be|fore the |LORD; *
but let him root |out their |names · from the |earth;
- 15 Because he did not remember to |show |mercy, *
but persecuted the poor and needy
and sought to |kill the |broken|hearted.
- 16 He loved cursing, let it |come up |on him; *
he took no delight in |blessing, |let it · de|part from him.
- 17 He put on |cursing · like a |garment, *
let it soak into his body like water and |into · his |bones like |oil;
- 18 Let it be to him like the cloak which he wraps a|round him |self, *
and like the |belt · that he |wears con|tinually.
- 19 Let this be the recompense from the LORD to |my ac|cusers, *
and to |those who · speak |evil · a|gainst me. [R]
- 20 But you, O LORD my God, oh, deal with me ac|cording · to your |Name; *
for your tender |mercy's |sake, de|liver me.
- 21 For I am |poor and |needy, *
and my |heart is |wounded · with |in me.
- 22 I have faded away like a |shadow · when it |lengthens; *
I am |shaken · off |like a |locust.
- 23 My knees are |weak through |fasting, *
and my |flesh is |wasted · and |gaunt.
- 24 I have be|come a · re|proach to them; *
they |see and |shake their |heads. [R]
- 25 Help me, O |LORD my |God; *
— |save me · for your |mercy's |sake.
- 26 Let them know that |this is · your |hand, *
that |you, O |LORD, have |done it.
- 27 They may curse, but |you will |bless; *
let those who rise up against me be put to shame,
and your |servant |will re|joice.

- 28 Let my accusers be | clothed with · dis | grace *
and wrap themselves in their | shame as | in a | cloak.
- 29 I will give great thanks to the | LORD with · my | mouth; *
in the midst of the | multi-tude | will I | praise him;
- 30 Because he stands at the right | hand of · the | needy, *
to save his life from | those who | would con | demn him. [R]

Lord, when we are repaid with evil for good, help us not to return evil for evil, but to bear witness to your steadfast love, shown in the face of your dear Son, our Savior Jesus the Messiah.

Twenty-third Day: Morning Prayer

Bi-monthly: Twelfth or Twenty-seventh Day

110 *Dixit Dominus*

Antiphon

Christ the Lord is a | priest for | ever * after the | order · of Mel | chize | dek.

Advent Behold, the LORD shall appear in the | clouds of | heaven *
with | power | and great | glory.

Christmas Princely state has been yours from the | day of · your | birth; *
in the beauty of holiness have I begotten you, like dew from the
| womb | of the | morning.

Epiphany He comes in splendor, the | King who · is our | peace; *
He is supreme over | all the | kings of · the | earth.

Lent Be alert at all times, praying that you may have the strength to
escape all these things that | will take | place, *
and to | stand be-fore the | Son of | Man.

Easter The LORD has | risen · from the | dead, *
and is seated at the right hand of | God, | halle | lujah.

Ascension Christ has gone | up on | high *
and has led captivity | captive, | halle | lujah.

- 1 The LORD said to my LORD, “Sit at | my right | hand, *
until I | make your | enemies · your | footstool.”
- 2 The LORD will send the scepter of your | power · out of | Zion, *
saying, “Rule over your | ene-mies | round a | bout you.
- 3 Princely state has been yours from the | day of · your | birth; *
in the beauty of holiness have I begotten you,
like | dew · from the | womb of · the | morning.” [R]
- 4 The LORD has sworn and he will | not re | cant: *
“You are a priest for ever after the | order | of Mel | chizedek.”
- 5 The LORD who is at your right hand will smite kings in the | day of · his | wrath; *
he will | rule | over · the | nations. [R]

- 1 LORD, you have searched me | out and | known me; *
you know my sitting down and my rising up;
you dis | cern my | thoughts · from a | far.
- 2 You trace my | journeys · and my | resting-places *
and are ac | quainted · with | all my | ways.
- 3 Indeed, there is not a | word on · my | lips, *
but you, O LORD, | know it | alto | gether.
- 4 You press upon me be | hind · and be | fore *
and | lay your | hand up | on me.
- 5 Such knowledge is too | wonderful · for | me; *
it is so | high · that I | cannot · at | tain to it. [R]
- 6 Where can I go then | from your | Spirit? *
where can I | flee | from your | presence?
- 7 If I climb up to heaven, | you are | there; *
if I make the grave my | bed, · you are | there | also.
- 8 If I take the | wings of · the | morning *
and dwell in the | utter-most | parts of · the | sea,
- 9 Even there your | hand will | lead me *
and your | right hand | hold me | fast.
- 10 If I say, “Surely the | darkness · will | cover me, *
and the light a | round me | turn to | night,”
- 11 Darkness is not dark to you; the night is as | bright · as the | day; *
darkness and light to | you are | both a | like. [R]
- 12 For you yourself created my | inmost | parts; *
you knit me to | gether · in my | mother’s | womb.
- 13 I will thank you because I am | marvelous-ly | made; *
your works are wonderful, | and I | know it | well.
- 14 My body was not | hidden · from | you, *
while I was being made in secret and | woven · in the | depths of · the | earth.
- 15 Your eyes beheld my limbs, yet unfinished in the womb;
all of them were | written · in your | book; *
they were fashioned day by day, when as | yet | there was | none of them.
- 16 How deep I find your | thoughts, O | God! *
how | great | is the | sum of them!
- 17 If I were to count them, they would be more in | number · than the | sand; *
to count them all, my life span would | need to | be like | yours. [R]
- 18 Oh, that you would slay the | wicked, · O | God! *
You that | thirst for | blood, de | part from me.

- 3 For you have | glorified · your | Name *
— | and your | word a·bove | all things.
- 4 When I | called, you | answered me; *
you in | creased my | strength with | in me. [R]
- 5 All the kings of the earth will | praise you, · O | LORD, *
when they have | heard the | words of · your | mouth.
- 6 They will sing of the | ways of · the | LORD, *
that great is the | glory | of the | LORD.
- 7 Though the LORD be high, he | cares for · the | lowly; *
he perceives the | haughty | from a | far. [R]
- 8 Though I walk in the midst of trouble, you | keep me | safe; *
you stretch forth your hand against the fury of my enemies;
| your right | hand shall | save me.
- 9 The LORD will make good his | purpose · for | me; *
O LORD, your love endures for ever;
do not a | bandon · the | works of · your | hands. [R]

Lord our God, supreme over all things, look upon the humble and lowly and put new strength into our souls to complete your purpose for us in Jesus Christ our Lord.

Twenty-ninth Day: Morning Prayer

Bi-monthly: Fifteenth or Thirtieth Day

139 *Domine, probasti*

Antiphon

Search me out, O God, and | know my | heart *
and lead me in the | way that · is | ever | lasting.

Advent The LORD will surely come and will not tarry,
and will bring to light the hidden | things of | darkness, *
and will manifest himself to all | nations, | halle | lujah.

Christmas O marvelous exchange! Humanity's Creator has become human,
| born of · a | virgin. * We have been made sharers of the divinity
of the Messiah who humbled himself to | share in | our
hu | manity.

Epiphany I myself will | search for · my | sheep. *
I will rescue them from all the places to which they have been
scattered on a day of | clouds and | thick | darkness.

Lent I, the LORD, search the mind and | test the | heart, *
to give to each | one · as their | deeds de | serve.

Easter The | night shall | be * as clear as the | day, | halle | lujah.

- 6 He will heap | high the | corpses; *
he will smash heads | over · the | wide | earth.
- 7 He will drink from the brook be | side the | road; *
therefore | he will · lift | high his | head. [R]

Lord Jesus, divine Son and eternal priest, inspire us with the confidence of your final conquest of evil, and grant that daily on our way we may drink of the brook of your eternal life and so find courage against all adversities; for your mercy's sake.

111 *Confitebor tibi*

Antiphon

The | gracious | LORD *
makes his marvelous | works to | be re | membered.

Advent Let the mountains break out with joy and the hills
with | answer·ing | gladness, * for the world's true light,
the Lord, | comes with | power · and | might.

Christmas The King of peace is | highly · ex | alted, *
and all the | earth shall | seek his | countenance.

Epiphany Your light has come, O Jerusalem, and the glory of the | Lord is
| risen · up | on you, * and the | Gentiles · shall | walk in · your | light.

Easter The LORD has | sent re | demption * to his | people, | halle | lujah.

- 1 Hallelujah! I will give thanks to the LORD with my | whole | heart, *
in the assembly of the upright, | in the | congre | gation.
- 2 Great are the | deeds of · the | LORD! *
they are | studied · by | all · who de | light in them.
- 3 His work is full of | majesty · and | splendor, *
and his | righteousness · en | dures for | ever.
- 4 He makes his marvelous works to | be re | membered; *
the LORD is | gracious · and | full of · com | passion. [R]
- 5 He gives food to | those who | fear him; *
he is ever | mindful | of his | covenant.
- 6 He has shown his people the | power · of his | works *
in | giving them · the | lands of · the | nations.
- 7 The works of his hands are | faithfulness · and | justice; *
— | all · his com | mandments · are | sure. [R]
- 8 They stand fast for | ever · and | ever, *
because they are | done in | truth and | equity.
- 9 He sent redemption to his people; he commanded his | covenant · for | ever; *
holy and | awesome | is his | Name.

- 10 The fear of the LORD is the be|ginning · of |wisdom; *
those who act accordingly have a good understanding;
his |praise en|dures for |ever. [R]

Gracious God, you are full of compassion; may we who long for your kingdom to come rejoice to do your will and acknowledge your power alone to save; through Jesus Christ our Lord.

112 *Beatus vir*

Antiphon

Blessed are they who hunger and |thirst for |righteousness, *
for |they shall · be |satis|fied.

Advent May the Holy One from heaven come down like |gentle |rain; * may
the earth burst into blossom and |bear the |tender |Savior.

Christmas Light shines in the |darkness · for the |upright; *
The Lord is |merci-ful, |loving · and |righteous.

Epiphany He has given freely |to the |poor; *
his |righteousness · will |stand for|ever.

Lent The righteous will be held in ever|lasting · rem|embrance; *
— |they will |never · be |shaken.

Easter Light |shines · in the |darkness * for the |upright, |halle|lujah.

- 1 Hallelujah! Happy are they who |fear the |LORD *
and have great de|light in |his com|mandments!
- 2 Their descendants will be |mighty · in the |land; *
the generation of the |upright |will be |blessed.
- 3 Wealth and riches will |be in · their |house, *
and their |righteousness · will |last for |ever.
- 4 Light shines in the |darkness · for the |upright; *
the righteous are |merciful · and |full of · com|passion. [R]
- 5 It is good for them to be |generous · in |lending *
and to |manage · their af|fairs with |justice.
- 6 For they will |never · be |shaken; *
the righteous will be kept in |ever|lasting · re|embrance.
- 7 They will not be afraid of any |evil |rumors; *
their heart is right; they |put their |trust in · the |LORD. [R]
- 8 Their heart is established and |will not |shrink, *
until they see their de|sire · up|on their |enemies.
- 9 They have given |freely · to the |poor, *
and their righteousness stands fast for ever;
they will |hold up · their |head with |honor.

- 2 As for our harps, we |hung them |up *
on the |trees · in the |midst of · that |land.
- 3 For those who led us away captive asked us for a song,
and our oppressors |called for |mirth: *
“Sing us |one of · the |songs of |Zion.” [R]
- 4 How shall we |sing the |LORD’S song *
up|on an |ali-en |soil?
- 5 If I forget you, |O Je|rusalem, *
let my |right hand · for|get its |skill.
- 6 Let my tongue cleave to the roof of my mouth if I do |not re|member you, *
if I do not set Jerusalem a|bove my |highest |joy. [R]
- 7 Remember the day of Jerusalem, O LORD, against the |people · of |Edom, *
who said, “Down with it! down with it! |even |to the |ground!”
- 8 O Daughter of Babylon, |doomed to · de|struction, *
happy the one who pays you back for |what · you have |done to |us!
- 9 Happy shall he be who |takes your |little ones, *
and |dashes them · a|gainst the |rock! [R]

God of our pilgrimage, you sent your Son to our strange land to bring us home to you; give us your songs to sing, that even in our exile we may be filled with the breath of the Spirit of Jesus Christ our Lord.

138 *Confitebor tibi*

Antiphon

I will bow down toward your |holy |temple, *
and |praise your |Name, O |LORD.

Advent The crooked shall be made straight, and the rough |places |plain.
* Come, O LORD, and do not |tarry, |halle|lujah.

Christmas Though the |Lord be |high; * he |cares |for the |lowly.

Epiphany All the kings of the earth will |praise you, · O |Lord; *
They will |sing of · the |ways of · the |Lord.

Lent O LORD, your love en|dures for |ever; *
do not a|bandon · the |works of · your |hands.

Easter Though I walk in the |midst of |trouble, *
you keep me |safe, |halle|lujah.

- 1 I will give thanks to you, O LORD, with my |whole |heart; *
before the |gods · I will |sing your |praise.
- 2 I will bow down toward your holy temple and |praise your |Name, *
be|cause of · your |love and |faithfulness;

- 13 Who divided the Red |Sea in |two,*
for his |mercy · en|dures for |ever;
- 14 And made Israel to |pass · through the |midst of it,*
for his |mercy · en|dures for |ever;
- 15 But swept Pharaoh and his army into the |Red |Sea,*
for his |mercy · en|dures for |ever;
- 16 Who led his |people · through the |wilderness,*
for his |mercy · en|dures for |ever.
- 17 Who struck down |great |kings,*
for his |mercy · en|dures for |ever;
- 18 And slew |mighty |kings,*
for his |mercy · en|dures for |ever;
- 19 Sihon, |king of · the |Amorites,*
for his |mercy · en|dures for |ever;
- 20 And Og, the |king of · Ba|shan,*
for his |mercy · en|dures for |ever;
- 21 And gave away their |lands for · an in|heritance,*
for his |mercy · en|dures for |ever;
- 22 An inheritance for |Israel · his |servant,*
for his |mercy · en|dures for |ever.
- 23 Who remembered us in our |low es|tate,*
for his |mercy · en|dures for |ever;
- 24 And de|livered us · from our |enemies,*
for his |mercy · en|dures for |ever;
- 25 Who gives |food to · all |creatures,*
for his |mercy · en|dures for |ever.
- 26 Give thanks to the |God of |heaven,*
for his |mercy · en|dures for |ever.

Remember us, O God, and shape our history, form our inward eyes to see the shadow of the life-giving cross in the turbulence of our time; for his sake who died for all, Christ our Lord.

137 *Super flumina*

Antiphon

If I forget you, |O Je|rusalem,* let my |right hand · for|get its |skill.

Advent The |Lord will |come* from his |holy · place to |save his |people.

Lent A broken and |contrite |heart,* O |God, · you will |not de|spise.

- 1 By the waters of Babylon we sat |down and |wept,*
when we re|membered |you, O |Zion.

- 10 The wicked will see it and be angry;
they will gnash their teeth and |pine a|way;*
the de|sires · of the |wicked · will |perish. [R]

Generous God, save us from the meanness that calculates its interest and boards its earthly gain; as we have freely received, so may we freely give; in the grace of Jesus Christ our Lord.

113 *Laudate, pueri*

Antiphon

From the rising of the sun to its |going |down,*
let the |Name · of the |LORD be |praised.

Advent Behold, the LORD shall come, the Prince of the |kings of · the
|earth.* Blessed are |they who · are pre|pared to |meet him.

Christmas He makes the woman of a |childless |house;*
to be a joyful mother of |children, |halle|lujah.

Epiphany Who is like the LORD our God, who sits en|throned on |high;* but
stoops to be|hold the |heavens · and the |earth?

Easter The LORD, who is high a|bove all |nations,*
has raised us up with the Messiah |Jesus, |halle|lujah.

- 1 Hallelujah! Give praise, you |servants · of the |LORD;*
— |praise the |Name of · the |LORD.
- 2 Let the Name of the |LORD be |blessed,*
from this time |forth for |ever|more.
- 3 From the rising of the sun to its |going |down*
let the |Name of · the |LORD be |praised.
- 4 The LORD is high above |all |nations,*
and his |glory · a|bove the |heavens. [R]
- 5 Who is like the LORD our God, who sits en|throned on |high,*
but stoops to be|hold the |heavens · and the |earth?
- 6 He takes up the weak |out of · the |dust*
and lifts up the |poor |from the |ashes.
- 7 He |sets them · with the |princes,*
with the |princes |of his |people.
- 8 He makes the woman of a |childless |house*
to be a |joyful |mother · of |children. [R]

From the rising of the sun to its setting we praise your name, O Lord; may your promise to raise the poor from the dust and turn the fortunes of the needy upside down be fulfilled in our time also, as it was in your Son, Jesus Christ our Lord.

114 *In exitu Israel*

Antiphon

Tremble, |O |earth, * at the presence of the |LORD, |halle|lujah.

Advent The mountains and the hills shall break forth before him into singing, and all the trees of the forest shall |clap their |hands; * for behold, our Lord and Ruler is coming to reign for |ever, |halle|lujah.

Christmas Know that the kingdom of God is |near at |hand; * truly I say to you, |it will |not de|lay.

Epiphany Moses and Elijah appeared with Jesus and |spoke of · his |exodus, * which he was to accomplish at Je|rusa-lem, |halle|lujah.

Lent This is the |favors-ble |time * now is the |day |of sal|vation.

Easter He has delivered us from the do|minion · of |darkness, * and brought us into the kingdom of his |Son, |halle|lujah.

- 1 Hallelujah! When Israel came |out of |Egypt, *
the house of Jacob from a |people · of |strange |speech,
- 2 Judah be|came God's |sanctuary *
and |Is-rael |his do|minion.
- 3 The sea be|held it · and |fled; *
Jordan |turned and |went |back.
- 4 The mountains |skipped like |rams, *
and the little |hills like |young |sheep. [R̄]
- 5 What ailed you, O |sea, that · you |fled? *
O |Jordan, · that |you turned |back?
- 6 You mountains, that you |skipped like |rams? *
you little |hills like |young |sheep?
- 7 Tremble, O earth, at the |presence · of the |LORD, *
at the |presence · of the |God of |Jacob,
- 8 Who turned the hard rock into a |pool of |water *
and flint-stone |into · a |flowing |spring. [R̄]

Strike the rock of our hard hearts, O God, and let our tears of joy and sorrow mould us to bear the imprint of your love, given in Christ our risen Lord.

136 *Confitemini*

Antiphon

Great and wonderful |are your |deeds, * O |LORD |God Al|mighty.

Advent Every mountain and hill shall be made low, and the crooked shall be made straight, and the rough |places |plain: *
Come, O Lord, and do not de|lay, |halle|lujah.

Christmas By your miraculous birth of the Virgin you have ful|filled the |Scriptures: * like a gentle rain falling upon the earth you have come down to save your |people, |halle|lujah.

Lent Give thanks to the LORD who |does great |wonders, *
for his |mercy · en|dures for |ever.

Easter With a mighty hand and a |stretched-out |arm, *
he brought Israel out of |Egypt, |halle|lujah.

- 1 Give thanks to the |LORD, for · he is |good, *
for his |mercy · en|dures for |ever.
- 2 Give thanks to the |God of |gods, *
for his |mercy · en|dures for |ever.
- 3 Give thanks to the |LORD of |LORDS, *
for his |mercy · en|dures for |ever.
- 4 Who only |does great |wonders, *
for his |mercy · en|dures for |ever.
- 5 Who by |wisdom · made the |heavens, *
for his |mercy · en|dures for |ever.
- 6 Who spread out the |earth up-on the |waters, *
for his |mercy · en|dures for |ever.
- 7 Who created |great |lights, *
for his |mercy · en|dures for |ever.
- 8 The sun to |rule the |day, *
for his |mercy · en|dures for |ever.
- 9 The moon and the stars to |govern the |night, *
for his |mercy · en|dures for |ever.
- 10 Who struck down the |firstborn · of |Egypt, *
for his |mercy · en|dures for |ever;
- 11 And brought out |Israel · from a |mong them, *
for his |mercy · en|dures for |ever;
- 12 With a mighty hand and a |stretched-out |arm, *
for his |mercy · en|dures for |ever;

- 5 For I know that the |LORD is |great, *
and that our |LORD · is a|bove all |gods.
- 6 The LORD does whatever pleases him, in |heaven · and on |earth, *
in the |seas and |all the |deeps.
- 7 He brings up rain clouds from the |ends of · the |earth; *
he sends out lightning with the rain,
and brings the |winds |out of · his |storehouse. [R̥]
- 8 It was he who struck down the |firstborn · of |Egypt, *
the firstborn |both of |human · and |beast.
- 9 He sent signs and wonders into the midst of |you, O |Egypt, *
against |Pharaoh · and |all his |servants.
- 10 He over|threw · many |nations *
and put |mighty |kings to |death:
- 11 Sihon, king of the Amorites, and Og, the |king of · Ba|shan, *
and |all the |kingdoms · of |Canaan.
- 12 He gave their land to |be an · in|heritance, *
an inheritance for |Isra|el his |people. [R̥]
- 13 O LORD, your Name is |ever|lasting; *
your renown, O LORD, en|dures from |age to |age.
- 14 For the LORD gives his |people |justice *
and shows com|passion |to his |servants. [R̥]
- 15 The idols of the heathen are |silver · and |gold, *
the |work of |human |hands.
- 16 They have mouths, but they |cannot |speak; *
eyes have they, |but they |cannot |see.
- 17 They have ears, but they |cannot |hear; *
neither is there |any |breath in · their |mouth.
- 18 Those who |make them · are |like them, *
and so are |all who |put their |trust in them. [R̥]
- 19 Bless the LORD, O |house of |Israel; *
O house of |Aaron, |bless the |LORD.
- 20 Bless the LORD, O |house of |Levi; *
you who fear the |LORD, |bless the |LORD.
- 21 Blessed be the |LORD · out of |Zion, *
who dwells in Je|rusa-lem. |Halle|lujah! [R̥]

Wise and gracious God, save us from the idols of our hearts and keep us in your living presence, that we may become a people for your praise in Jesus Christ our Lord.

115 *Non nobis, Domine*

Antiphon

Our |God is · in |heaven; * whatever he wills to do he |does, |halle|lujah.

Advent The LORD is our lawgiver, the |LORD is · our |King; *
he himself will come and |save us, |halle|lujah.

Christmas Lift |up your |heads, *
for behold, your redemption draws |near, |halle|lujah.

Epiphany I, when I am lifted |up from · the |earth; *
will draw the whole world to my|self, |halle|lujah.

Lent Return to me, says the |Lord of |Hosts, *
and |I will · re|turn to |you.

Easter We have been turned from the |worship · of |idols *
to serve the living |God, |halle|lujah.

- 1 Not to us, O LORD, not to us, but to your |Name give |glory; *
because of your |love · and be|cause of · your |faithfulness.
- 2 Why should the |heathen |say, *
— |“Where then |is their |God?”
- 3 Our |God · is in |heaven; *
whatever he |wills to |do he |does.
- 4 Their idols are |silver · and |gold, *
the |work of |human |hands. [R̥]
- 5 They have mouths, but they |cannot |speak; *
eyes have they, |but they |cannot |see;
- 6 They have ears, but they |cannot |hear; *
noses, |but they |cannot |smell;
- 7 They have hands, but they cannot feel; feet, but they |cannot |walk; *
they make no |sound |with their |throat.
- 8 Those who |make them · are |like them, *
and so are |all who |put their |trust in them. [R̥]
- 9 O Israel, |trust in · the |LORD; *
he is their |help |and their |shield.
- 10 O house of Aaron, |trust in · the |LORD; *
he is their |help |and their |shield.
- 11 You who fear the LORD, |trust in · the |LORD; *
he is their |help |and their |shield.
- 12 The LORD has been mindful of us, and |he will |bless us; *
he will bless the house of Israel; he will |bless the |house of |Aaron;

- 13 He will bless those who |fear the |LORD,*
both |small and |great to|gether. [R]
- 14 May the LORD increase you |more and |more,*
— |you and · your |children |after you.
- 15 May you be |blessed · by the |LORD,*
the |maker · of |heaven · and |earth.
- 16 The heaven of |heavens · is the |LORD’S,*
but he en|trusted · the |earth · to its |peoples.
- 17 The dead do not |praise the |LORD,*
nor all |those who · go |down · into |silence;
- 18 But we will |bless the |LORD,*
from this time forth for ever|more. |Halle|lujah! [R]

Living God, defend us from the idols which our hearts enthrone, that we may not go down into silence but be raised to our heaven of heavens in Jesus Christ our Lord.

Twenty-fourth Day: Morning Prayer

116 *Dilexi, quoniam*

Antiphon

I will lift up the |cup of · sal|vation,*
and call upon the Name of the |LORD, |halle|lujah.

Advent Behold, our God shall |come with |power*
to en|lighten · the |eyes of · his |servants.

Christmas The Lord watches |over · the |innocent;*
I was brought very |low, |and he |helped me.

Epiphany Jesus, Light from Light, whom John baptized in the |Jordan · has
ap|peared to us * the heavens opened above him, and the |voice
of · the |Father · was |heard.

Lent I believed, |even · when I |said,*
“I have been |brought |very |low.”

Holy Week The cords of death entangled me; the grip of the |grave took
|hold of me;* I |came to |grief and |sorrow.

Easter You have freed me from my |bonds, O |LORD;*
I will offer you the sacrifice of thanks |giving, |halle|lujah.

- 1 I love the LORD, because he has heard the voice of my |suppli|cation,*
because he has inclined his ear to me when |ever · I |called up |on him.
- 2 The cords of death entangled me; the grip of the |grave took |hold of me;*
I |came to |grief and |sorrow.

Epiphany From the rising of the |sun · to its |setting*
my name is great among the |nations, |says the |Lord.

Lent A broken and |contrite |heart,* O |God, · you will |not de|spise.

Easter The LORD who made |heaven · and |earth*
bless you out of |Zion, |halle|lujah.

Ascension/ Pentecost Come Father of the poor, come |giver · of |gifts;*
come light of our |hearts, |halle|lujah.

- 1 Behold now, bless the LORD, all you |servants · of the |LORD,*
you that stand by |night · in the |house · of the |LORD.
- 2 Lift up your hands in the holy place and |bless the |LORD;*
the LORD who made heaven and earth |bless you |out of |Zion. [R]

Guard all your household, Lord, through the dark night of faith, and purify the hearts of those who wait on you, until your kingdom dawns with the rising of your Son, Christ, the morning star.

135 *Laudate nomen*

Antiphon

Praise the LORD, for the |LORD is |good;*
sing praises to his |Name for |it is |lovely.

Advent Out of Zion shall come forth the |Lord Al|mighty,*
to bring sal|vation |to his |people.

Christmas The Lord shall ransom Jacob, he shall redeem him from the |hand
of · his |conqueror* Shouting, they shall mount the heights of
Zion, they shall come |streaming · to the |Lord’s |blessings.

Epiphany Begotten of the Father before the daystar shone or |time be|gan,
* the Lord our |Savior · has ap|peared on |earth.

Lent Therefore, get rid of all moral filth and the
evil |that is · so |prevalent* and humbly accept the word
planted |in you, |which can |save you.

Easter Your re|nown, O |LORD,* endures from age to |age, |halle|lujah.

- 1 Hallelujah! Praise the |Name of · the |LORD;*
give praise, you |servants |of the |LORD,
- 2 You who stand in the |house of · the |LORD,*
in the |courts of · the |house of · our |God.
- 3 Praise the LORD, for the |LORD is |good;*
sing praises to his |Name, for |it is |lovely.
- 4 For the LORD has chosen |Jacob · for him|self*
and |Israel · for his |own pos|session. [R]

Jesus, Son of David, make us a priestly people; clothe us in righteousness, make us fruitful, and give us hearts to shout for joy in your salvation; we pray in the power of the Spirit.

133 *Ecce, quam bonum!* *A Song of Ascents.*

Antiphon

Oh, how good and |pleasant · it |is, *
when brethren |dwell to |gether · in |uni-ty! † (*ES*, |Halle |lujah)

Advent I will place sal|vation · in |Zion, *
 and my glory in Je|rusa-lem, |halle |lujah.

Christmas The King of peace is |highly · ex |alted; *
 and all the |earth shall |seek his |countenance.

Epiphany All of you who were baptized |into · the Mes |siah. *
 Have clothed your |selves with |the Mes |siah.

Ascension/ Pentecost Come, |Holy |Spirit, *
 send out from heaven a ray of your |light, |halle |lujah.

- 1 Oh, how good and |pleasant · it |is, *
 when brethren |live to |gether · in |unity!
- 2 † It is like fine |oil up-on the |head *
 that runs |down up |on the |beard,
- 3 Upon the |beard of |Aaron, *
 and runs down upon the |collar |of his |robe.
- 4 It is like the |dew of |Hermon *
 that |falls up-on the |hills of |Zion.
- 5 For there the LORD has or |dained the |blessing; *
 — |life for |ever |more. [R]

Grant to your people, good Lord, the spirit of unity, that they may dwell together in your love, and so bear to the world the ointment of your healing and the dew of your blessing; through Jesus Christ our Lord.

134 *Ecce nunc*

Antiphon

Lift up your hands in the |holy |place * and |bless |the |LORD.

Advent I will not cease to plead with |God for |Zion *
 until he sends his Holy One in |all his |radi-ant |beauty.

Christmas Today the Christ is born; today the Savior has appeared; today on
earth angels are singing, arch |angels · re |joicing; * today the
righteous exult and say: Glory to God in the |highest, |halle |lujah.

- 3 Then I called upon the |Name of · the |LORD: *
 “O LORD, I |pray you, |save my |life.”
- 4 Gracious is the |LORD and |righteous; *
 our |God is |full of · com |passion. [R]
- 5 The LORD watches |over · the |innocent; *
 I was brought very |low, |and he |helped me.
- 6 Turn again to your rest, |O my |soul, *
 for the |LORD has |treated · you |well.
- 7 For you have rescued my |life from |death, *
 my eyes from |tears, · and my |feet from |stumbling.
- 8 I will walk in the |presence · of the |LORD *
 — |in the |land of · the |living. [R]
- 9 I believed, even when I said, “I have been |brought · very |low.” *
 In my distress I said, |“No one |can be |trusted.”
- 10 How shall I re |pay the |LORD *
 for all the |good things |he has |done for me?
- 11 I will lift up the |cup of · sal |vation *
 and |call up-on the |Name of · the |LORD.
- 12 I will fulfill my |vows · to the |LORD *
 in the |presence · of |all his |people. [R]
- 13 Precious in the |sight of · the |LORD *
 is the |death |of his |servants.
- 14 O LORD, |I am · your |servant; *
 I am your servant and the child of your handmaid;
 you have |freed me |from my |bonds.
- 15 I will offer you the sacrifice of |thanks |giving *
 and |call up-on the |Name of · the |LORD.
- 16 I will fulfill my |vows · to the |LORD *
 in the |presence · of |all his |people,
- 17 In the |courts of · the |LORD’S house, *
 in the midst of you, O Je|rusa-lem. |Halle |lujah! [R]

As we walk through the valley of the shadow of death, may we call upon your name, raise the cup of salvation, and so proclaim your death, O Lord, until you come in glory.

Antiphon

The faithfulness | of the | LORD * endures for | ever, | halle | lujah.

Advent On the throne of David, and | over · his | kingdom, *
he shall reign for | ever, | halle | lujah.

Christmas Lift up your | heads, · for be | hold, *
your redemption draws | near, | halle | lujah.

Easter The kingdom of the world has become the | kingdom · of our
| LORD * and of his Mes | siah, | halle | lujah.

- 1 Praise the LORD, | all you | nations; *
— | laud him, | all you | peoples.
- 2 For his loving-kindness | toward us · is | great, *
and the faithfulness of the LORD endures for | ever. | Halle | lujah! [R]
*Gracious God, we praise you for your faithfulness and pray that every nation may find
your blessing in the face of Jesus Christ our Lord.*

- 1 LORD, re | member | David, *
and all the | hardships | he en | dured;
- 2 How he swore an | oath · to the | LORD *
and vowed a vow to the | Mighty | One of | Jacob:
- 3 “I will not come under the | roof of · my | house, *
nor | climb up | into · my | bed;
- 4 I will not allow my | eyes to | sleep, *
nor | let my | eyelids | slumber;
- 5 Until I find a | place · for the | LORD, *
a dwelling for the | Mighty | One of | Jacob.” [R]
- 6 “The ark! We | heard it · was in | Ephratah; *
we | found it · in the | fields of · Jea | rim.
- 7 Let us go to | God’s | dwelling place; *
let us fall upon our | knees be | fore his | footstool.”
- 8 Arise, O | LORD, in-to your | resting-place, *
you and the | ark | of your | strength.
- 9 Let your priests be | clothed with | righteousness; *
let your faithful | people | sing with | joy.
- 10 For your servant | David’s | sake, *
do not turn away the | face of | your A | noointed. [R]
- 11 The LORD has sworn an | oath to | David; *
in | truth, he | will not | break it:
- 12 “A son, the | fruit of · your | body *
will I | set up | on your | throne.
- 13 If your children keep my covenant and my testimonies that | I shall | teach them,*
their children will sit upon your | throne for | ever | more.”
- 14 For the LORD has | chosen | Zion; *
he has de | sired her · for his | habi | tation: [R]
- 15 “This shall be my | resting-place · for | ever; *
here will I | dwell, for | I de | light in her.
- 16 I will surely | bless her · pro | visions, *
and | satisfy · her | poor with | bread.
- 17 I will clothe her | priests with · sal | vation, *
and her faithful | people · will re | joice and | sing.
- 18 There will I make the horn of | David | flourish; *
I have prepared a | lamp for | my A | noointed.
- 19 As for his enemies, I will | clothe them · with | shame; *
but as for | him, his | crown will | shine.” [R]

Antiphon

Those who humble themselves as a | little | child *
shall be | great · in the | kingdom · of | heaven. (*ES*, | halle | lujah)

Advent May the Holy One from heaven come down like | gentle | rain; *
may the earth burst into blossom and | bear the | tender | Savior.

Christmas What a great mystery, what a | wonder | ful sign; * that animals
should see the Lord, new-born, | lying | in a | manger.

Epiphany The grace of God has | dawned up-on the | world; *
with | healing · for the | human | race.

Ascension/ Pentecost Through you may we know the Father, may we likewise | know
the | Son * And you, who are of both, the Spirit, may we trust at
all | times, | halle | lujah.

- 1 O LORD, I | am not | proud; *
I | have no | haughty | looks.
- 2 I do not occupy myself with | great | matters, *
or with | things that | are too | hard for me.
- 3 But I still my soul and make it quiet, like a child upon its | mother's | breast; *
my | soul is | quieted · with | in me.
- 4 O Israel, | wait up-on the | LORD, *
from this time | forth for | ever | more. [R]

Eternal God, calm and quiet our souls; keep us humble and full of wonder and trusting as we live in your love; through Jesus Christ our Lord.

Twenty-eighth Day: Morning Prayer

Antiphon

The LORD has | chosen | Zion; *
he has desired her | for his | habi | tation (*ES*, | halle | lujah).

Advent Arise, O LORD, | into · your | resting-place; *
you and the | ark | of your | strength.

Christmas A son, the | fruit of · your | body, * will I | set up | on your | throne.

Epiphany The | LORD will | give to him * the | throne of · his | father | David.

Lent A broken and | contrite | heart, * O | God, · you will | not de | spise.

Ascension/ Pentecost Send forth your Spirit and we will all be | newly · cre | ated, *
And you will renew the face of the | earth, | halle | lujah.

Antiphon

Give thanks to the LORD, for | he is | good; * his | mercy · en | dures for | ever.

Advent Sound the trumpet in Zion; the day of the | Lord is | near; * he
comes to | save us, | halle | lujah.

Christmas Blessed is the One who comes in the | Name of · the | LORD. * God
is the | LORD · who has | shined up | on us.

Epiphany The Messiah Jesus has come, bringing the | joyful | news: * peace
to those who were far off; | peace to | those who · are | near.

Lent The stone which the builders rejected
has be | come the · chief | cornerstone. *
This is the LORD's doing, and it is | marvel-ous | in our | eyes.

Easter On this day the | LORD has | acted; *
we will rejoice and be | glad in · it, | halle | lujah.

- 1 Give thanks to the LORD, for | he is | good; *
his | mercy · en | dures for | ever.
- 2 † Let Israel | now pro | claim, *
“His | mercy · en | dures for | ever.”
- 3 Let the house of Aaron | now pro | claim, *
“His | mercy · en | dures for | ever.”
- 4 Let those who fear the LORD | now pro | claim, *
“His | mercy · en | dures for | ever.” [R]
- 5 I called to the LORD in | my dis | tress; *
the LORD | answered · by | setting · me | free.
- 6 The LORD is at my side, therefore I | will not | fear; *
— | what can | any-one | do to me?
- 7 The LORD is at my | side to | help me; *
I will | triumph · over | those who | hate me.
- 8 It is better to re | ly · on the | LORD *
than to | put · any | trust in | flesh.
- 9 It is better to re | ly · on the | LORD *
than to | put · any | trust in | rulers. [R]
- 10 All the un | godly · en | compass me; *
in the name of the | LORD I | will re | pel them.
- 11 They hem me in, they hem me in on | every | side; *
in the name of the | LORD I | will re | pel them.
- 12 They swarm about me like bees; they blaze like a | fire of | thorns; *
in the name of the | LORD I | will re | pel them.

- 13 I was pressed so hard that I | almost | fell, *
but the |LORD | came to · my | help. [R]
- 14 The LORD is my | strength and · my | song, *
and he has be| come | my sal| vation.
- 15 There is a sound of exul| tation · and | victory *
— | in the | tents of · the | righteous:
- 16 “The right hand of the |LORD has | triumphed! *
the right hand of the LORD is exalted!
the right | hand of · the |LORD has | triumphed!”
- 17 I shall not | die, but | live, *
and de| clare the | works of · the |LORD.
- 18 The LORD has | punished · me | sorely, *
but he did not | hand me | over · to | death. [R]
- 19 Open for me the | gates of | righteousness; *
I will enter them; I will | offer | thanks · to the |LORD.
- 20 “This is the | gate of · the |LORD; *
— | he · who is | righteous · may | enter.”
- 21 I will give thanks to you, | for you | answered me *
and have be| come | my sal| vation.
- 22 The same stone which the | builders · re| jected *
has be| come the | chief | cornerstone.
- 23 This is the |LORD’s | doing, *
and it is | marve- lous | in our | eyes.
- 24 On this day the |LORD has | acted; *
we will re| joice | and be | glad in it.
- 25 Hosannah, |LORD, ho| sannah! *
LORD, | send us | now suc| cess.
- 26 Blessed is he who comes in the | name of · the |LORD; *
we | bless you · from the | house of · the |LORD.
- 27 God is the LORD; he has | shined up| on us; *
form a procession with branches | up to · the | horns of · the | altar. [R]
- 28 “You are my God, and | I will | thank you; *
you are my | God, and | I will · ex| alt you.”
- 29 Give thanks to the LORD, for | he is | good; *
his | mercy · en| dures for | ever. [R]

Saving God, open the gates of righteousness, that your pilgrim people may enter and be built into a living temple on the cornerstone of our salvation, Jesus Christ our Lord.

130 *De profundis*

A Song of Ascents.

Antiphon

With the |LORD there · is | mercy, *
and with | him · there is | plenteous · re| demption. (ES, | Halle| lujah)

Advent

I | wait for · the |LORD; * in God's | word | is my | hope.

Christmas

With the Lord is un| failing | love; *
— | great is · his | power · to | save.

Epiphany

With joy you will | draw | water *
from the | wells | of sal| vation.

Lent

There is forgiveness with | you, O |LORD; *
— | therefore · you | shall be | feared.

Ascension/

The enemy repel afar, and peace | give us · at | once, *

Pentecost

With you as our leader before us
We shall avoid everything | harmful, | halle| lujah.

- 1 Out of the depths have I called to you, O LORD;
LORD, | hear my | voice; *
let your ears consider well the | voice of · my | suppli| cation.
- 2 If you, LORD, were to note what is | done a| miss, *
O |LORD, | who could | stand?
- 3 For there is for| giveness · with | you; *
— | therefore · you | shall be | feared. [R]
- 4 I wait for the LORD; my | soul | waits for him; *
in his | word | is my | hope.
- 5 My soul waits for the LORD,
more than | watchmen · for the | morning, *
more than | watchmen | for the | morning. [R]
- 6 O Israel, | wait for · the |LORD, *
for with the |LORD | there is | mercy;
- 7 With him there is | plenteous · re| demption, *
and he shall redeem | Israel · from | all their | sins. [R]

Father, we commend to your faithful love those who are crying from the depths; help them to watch and pray through their time of darkness, in sure hope of the dawn of your forgiveness and redemption; through Jesus Christ our Lord.

Antiphon

My |op|pressors * shall |not pre|vail a|gainst me. (*ES*, |Halle|lujah)

Advent Behold our Lord shall |come with |power, *
to en|lighten · the |eyes of · his |servants.

Christmas Who did you see O shepherds? Speak! tell us! give us the tidings;
who is this that has ap|peared on |earth? *
We beheld a new-born Child, and choirs of Angels shouting
allegiance to him as Lord, halle|lujah, |halle|lujah.

Lent Strive first for the kingdom of |God · and its |righteousness,* and
all these things will be |given · to |you as |well

Ascension/ Kindle light in our senses, infuse |love · in our |hearts, *

Pentecost The weakness of our bodies
with power perpetually |forti-fy, |halle|lujah.

- 1 “Greatly have they op|pressed me · since my |youth,” *
let |Is-rael |now |say;
- 2 “Greatly have they op|pressed me · since my |youth, *
but they |have not · pre|vailed a|gainst me.”
- 3 The plowmen |plowed up-on my |back *
and |made their |furrows |long.
- 4 The |LORD, the |Righteous One, *
has |cut the |cords of · the |wicked. [R]
- 5 Let them be put to shame and |thrown |back, *
all |those · who are |enemies · of |Zion.
- 6 Let them be like |grass up-on the |housetops, *
which withers be|fore it |can be |plucked;
- 7 Which does not fill the |hand of · the |reaper, *
nor the bosom of |him who |binds the |sheaves;
- 8 So that those who go by say not so much as,
“The |LORD |prosper you. *
We wish you |well · in the |Name of · the |LORD.” [R]

Jesus our redeemer, you bore the cut of the lash for us and our salvation; help us to bear our sufferings and to share in the affliction of all who suffer for your holy name.

Aleph *Beati immaculati**Antiphon*

Happy are |they who |walk *
in the |law |of the |LORD. (*ES*, Halle|lujah)

Advent Behold the Lord shall come, the Prince of the |earthly |rulers: *
blessed are they that be |ready · to go |out to |meet him.

Christmas A holy day has dawned upon us.
Come, you nations, and a|dore the |Lord. *
Today a great light has |come up|on the |earth.

Epiphany The mystery, which has been |hidden through · all |ages *
and from all generations, is re|vealed |now to |us.

Lent Out of the depths have I called to |you, O |LORD; *
— |LORD, |hear my |voice

Ascension/ Come, |Holy |Spirit, *

Pentecost send out from heaven a ray of your |light, |halle|lujah.

- 1 Happy are they whose |way is |blameless, *
who |walk in · the |law of · the |LORD!
- 2 Happy are they who ob|serve · his de|crees *
and |seek him · with |all their |hearts!
- 3 Who never do |any |wrong, *
but |always |walk in · his |ways.
- 4 You laid |down · your com|mandments, *
that |we should |fully |keep them. [R]
- 5 Oh, that my ways were |made · so di|rect *
that |I might |keep your |statutes!
- 6 Then I should not be |put to |shame, *
when I re|gard all |your com|mandments.
- 7 I will thank you with an |unfeigned |heart, *
when I have |learned your |righteous |judgments.
- 8 I will |keep your |statutes; *
— |do not |utterly · for|sake me. [R]

Antiphon

Blessed are |you, O |LORD; *
in|struct me |in your |statutes. (*ES*, Halle|lujah)

Advent When the |Son of · Man |comes, *
will he find |faith |on the |earth?

Christmas He comes in splendor, the |King who · is our |peace; *
the |whole world |longs to |see him.

Epiphany The kingdom of God is at |hand, · says the |Lord; *
re|pent and · be|lieve the |Gospel.

Lent If you, O LORD, were to note what is |done a|miss, *
O |LORD, |who could |stand?

Ascension/ Come Father of the poor, come |giver · of |gifts; *
Pentecost come light of our |hearts, |halle|lujah.

9 How shall young people |cleanse their |way? *
By |keeping |to your |words.

10 With my whole |heart I |seek you; *
let me not |stray from |your com|mandments.

11 I treasure your |promise · in my |heart, *
that I |may not |sin a|gainst you.

12 Blessed are |you, O |LORD; *
in|struct me |in your |statutes. [R]

13 With my |lips will · I re|cite *
all the |judgments |of your |mouth.

14 I have taken greater delight in the |way of · your de|crees *
than in |all |manner · of |riches.

15 I will meditate on |your com|mandments *
and give at|tention |to your |ways.

16 My delight is |in your |statutes; *
I will |not for|get your |word. [R]

A Song of Ascents.

Antiphon

The LORD |bless you · from |Zion *
all the |days |of your |life. (*ES*, |Halle|lujah)

Advent The mountains and the hills shall break forth before him into
singing, and all the trees of the forest shall |clap their |hands: *
for behold he comes, our Lord and Ruler, to reign for ever,
halle|lujah, |halle|lujah.

Christmas There was with the Angel a multitude of the heavenly host,
praising |God and |saying: * Glory to God in the highest, and on
earth peace to people of good |will, |halle|lujah.

Epiphany In his time shall the |righteous |flourish; *
there shall be abundance of peace
till the |moon shall |be no |more.

Lent Where your |treasure |is, *
there your |heart will |be |also.

Ascension/ You are sevenfold in gifts, finger of the |father's · right |hand*
Pentecost You duly promised by the Father,
with speech enriching our |lips, |halle|lujah.

1 Happy are they all who |fear the |LORD, *
and who |follow |in his |ways!

2 You shall eat the |fruit of · your |labor; *
happiness and pros|peri-ty |shall be |yours. [R]

3 Your wife shall be like a fruitful vine with |in your |house, *
your children like olive shoots |round a|bout your |table.

4 The one who |fears the |LORD *
shall |thus in|deed be |blessed. [R]

5 The LORD |bless you · from |Zion, *
and may you see the prosperity of Jerusalem |all the |days of · your |life.

6 May you live to see your |children's |children; *
may |peace · be up|on |Israel. [R]

*O Christ, our true vine, may we your branches be ever fruitful in your service and share
your love and peace with all your children, in the power of the Spirit and to the glory of the
Father.*

Antiphon

Unless the LORD | builds the | house, *
their | labor · is in | vain who | build it (*ES*, | Halle | lujah). †

Advent Zion is our strong city; God will appoint a Savior within her for
its | walls and · de | fense; * throw open the gates, for our God is
here a | mong us, | halle | lujah.

Christmas The Root of Jesse has budded,
the Star has come | forth from | Jacob; *
the Virgin has borne the Savior: we | praise | you, our | God.

Epiphany From the rising of the | sun · to its | setting *
my name will be great among the | nations, | says the | Lord.

Lent Store up for yourselves | treasures · in | heaven, *
where neither moth nor rust consumes
and where thieves do not | break | in and | steal.

Ascension/ Pentecost You are called the Advocate, gift divine of the | Most | High *
Fountain of life, fire, charity,
and spiritual a | nointing, | halle | lujah.

- 1 Unless the LORD | builds the | house, *
their | labor · is in | vain who | build it.
- 2 †Unless the LORD watches | over · the | city, *
in vain the | watchers | keeps their | vigil.
- 3 It is in vain that you rise so early and go to | bed so | late; *
vain, too, to eat the bread of toil,
for he gives to | his be | loved | sleep. [R]
- 4 Children are a | heritage · from the | LORD, *
and the | fruit of · the | womb is · a | gift.
- 5 Like arrows in the | hand of · a | warrior *
are the | children · of | one's | youth.
- 6 Happy is the man who has his | quiver | full of them! *
he shall not be put to shame
when he contends with his | ene-mies | in the | gate. [R]

Lord, you are ever watchful and bless us with your gifts; as you provide for all our needs, so help us to build only what pleases you; through Jesus Christ our Lord.

Antiphon

Open my | eyes, O | LORD, *
that I may see the | wonders | of your | law. (*ES*, | Halle | lujah)

Advent The Lord shall come forth out of his | holy | place: *
he shall | come to | save his | people.

Christmas To us a child is born, to us a | son is | given; *
and he shall be called the Prince of | Peace, | halle | lujah.

Epiphany With you, O Lord, is the | well of | life; *
and in your | light | we see | light.

Lent There is for | giveness · with | you; *
therefore | you | shall be | feared.

Ascension/ Pentecost Comforter the best, Sweet | guest of · the | soul; *
Sweet re | freshment, | halle | lujah.

- 17 Deal bountifully | with your | servant, *
that I may | live and | keep your | word.
- 18 Open my eyes, that | I may | see *
the | wonders | of your | law.
- 19 I am a stranger | here on | earth; *
do not | hide · your com | mandments | from me.
- 20 My soul is consumed at | all | times *
with | longing | for your | judgments. [R]
- 21 You have re | buked the | insolent; *
cursed are they who | stray from | your com | mandments!
- 22 Turn from me | shame · and re | buke, *
for | I have | kept · your de | crees.
- 23 Even though rulers sit and | plot a | gainst me, *
I will | medi-tate | on your | statutes.
- 24 For your decrees are | my de | light, *
— | and they | are my | counselors. [R]

Antiphon

I will run in the | way of · your com | mandments,*
for you have | set my | heart at | liber-ty. (ES, | Halle | lujah)

Advent Drop down, you heavens, from above,
and let the skies | pour down | righteousness: *
let the earth | open · and bring | forth a | Savior.

Christmas The Lord says: I will make a covenant of peace with them, and
will set my sanctuary among them for | ever | more; *
I will be their God, and | they shall | be my | people.

Epiphany In his time shall the | righteous | flourish; *
there shall be abundance of peace
till the | moon shall | be no | more.

Lent With the Lord there is steadfast love,
with him there is | full re | demption; *
he shall redeem | Israel · from | all their | sins.

25 My soul | cleaves · to the | dust; *
give me life ac | cording | to your | word.

26 I have confessed my | ways, and · you | answered me; *
in | struct me | in your | statutes.

27 Make me understand the | way of · your com | mandments, *
that I may meditate | on your | marve-lous | works.

28 My soul melts a | way for | sorrow; *
strengthen me ac | cording | to your | word. [R]

29 Take from me the | way of | lying; *
let me find | grace | through your | law.

30 I have chosen the | way of | faithfulness; *
I have | set your | judgments · be | fore me.

31 I hold | fast to · your de | crees; *
O LORD, let me | not be | put to | shame.

32 I will run the | way of · your com | mandments, *
for you have | set my | heart at | liberty. [R]

*Faithful God, let your word be the treasure of our hearts, that we may delight in your truth
and walk in the glorious liberty of your Son Jesus Christ.*

126 *In convertendo*

A Song of Ascents.

Antiphon

Those who | sowed with | tears *
will | reap with | songs of | joy. (ES, | Halle | lujah)

Advent Behold, at the appointed time the Lord will manifest himself in
the sight of all people, and then shall he | speak and · not | lie: *
though he tarry, wait for him, because he will surely come; - | he
will · not | tarry | long.

Christmas When you were born all ineffably of a Virgin, then were the
| Scriptures · ful | filled: * you came down to bring salvation to all
the human race; we | praise you | our | God.

Lent Do not store up for yourselves | treasures · on | earth, *
where moth and rust consume
and where | thieves break | in and | steal.

Ascension/ Come Creator Spirit, visit the | hearts of · your | faithful *
Pentecost Fill with heavenly grace,
our hearts which you did cre | ate, | halle | lujah.

1 When the LORD restored the captive | people · of | Zion, *
then | were we · like | those who | dream.

2 Then was our mouth | filled with | laughter, *
and our | tongue with | shouts of | joy.

3 Then they said a | mong the | nations, *
“The | LORD has · done | great things | for them.”

4 The LORD has done | great things · for | us, *
and | we are | glad in | deed. [R]

5 Restore our captive | people, · O | LORD, *
like the | water-courses | of the | Negev.

6 Those who | sowed with | tears *
will | reap with | songs of | joy.

7 Those who go out weeping, | carrying · the | seed, *
will come again with | joy, | shouldering · their | sheaves. [R]

*Lord, as you send rain and flowers even to the wilderness, renew us by your Holy Spirit,
help us to sow good seed in time of adversity and to live to rejoice in your good harvest of all
creation; through Jesus Christ our Lord.*

125 *Qui confidunt*

A Song of Ascents.

Antiphon

The |LORD |stands * round a|bout |his |people. (*ES*, |Halle|lujah)

Advent The Lord will come from his |holy |place *
to |save |his |people.

Christmas Light will shine on us today, for to us the |Lord is |born; *
and he will be called Wonderful, God,
Prince of Peace, Everlasting Father;
of his government |there will |be no |end.

Epiphany You love righteousness and |hate in|iquity; *
therefore God, your God, has anointed you
with the oil of |gladness · a|bove your |fellows.

Lent When you fast, let not your fasting be seen not by others but by
your Father |who is · in |secret; *
and your Father who sees in |secret |will re|ward you.

Ascension/ Give |virtue's · re|ward *

Pentecost Give, in the end, salvation,
and joy that has no |end, |halle|lujah.

- 1 Those who trust in the LORD are like |Mount |Zion, *
which cannot be |moved, · but stands |fast for |ever.
- 2 The hills stand a|bout Je|rusalem; *
so does the LORD stand round about his people,
from this time |forth for |ever|more.
- 3 The scepter of the wicked shall not hold sway over the
land al|lotted · to the |just, *
so that the just shall not |put their |hands to |evil.
- 4 Show your goodness, O LORD, to |those who · are |good *
and to |those · who are |true of |heart.
- 5 As for those who turn aside to crooked ways,
the LORD will lead them away with the |evil|doers; *
but |peace · be up|on |Israel. [R]

God of power, you are strong to save and you never fail those who trust in you; keep us under your protection and spread abroad your reign of peace through Jesus Christ our Lord.

Twenty-fifth Day: Morning Prayer

Bi-monthly: Thirteenth or Twenty-eighth Day

He *Legem pone*

Antiphon

Give me under|standing, · O |LORD, *
and |I shall |keep your |law. (*ES*, |Halle|lujah)

Advent Send the Lamb, O Lord, to the |ruler · of the |land, *
from the rock of the wilderness,
unto the |Mount · of the |daughter · of |Zion.

Christmas The Word became flesh and |dwelt a|mong us; *
to all who received him he gave
power to be|come |children · of |God.

Epiphany Blessed be the Lord, the |God of |Israel; *
for he has come to his |people · and |set them |free.

Lent Yet even now, says the LORD,
return to me with |all your |heart; *
with fasting, with |weeping, |and with |mourning;

Ascension/ In toil you are our rest, in |heat, |coolness *

Pentecost In weeping, conso|lation, |halle|lujah.

- 33 Teach me, O LORD, the |way of · your |statutes, *
and I shall |keep it |to the |end.
- 34 Give me understanding, and I shall |keep your |law; *
I shall |keep it · with |all my |heart.
- 35 Make me go in the |path of · your com|mandments, *
for |that is |my de|sire.
- 36 Incline my |heart to · your de|crees *
and |not to |unjust |gain. [R]
- 37 Turn my eyes from |watching · what is |worthless; *
give me |life |in your |ways.
- 38 Fulfill your |promise · to your |servant, *
which you |make to |those who |fear you.
- 39 Turn away the re|proach which · I |dread, *
be|cause your |judgments · are |good.
- 40 Behold, I |long for · your com|mandments; *
in your |righteousness · pre|serve my |life. [R]

Antiphon

My |hope, O |LORD, * is |in |your |judgments. (*ES*, |Halle|lujah)

Advent Be merciful unto us, O Lord,
that your way may be |known up-on |earth, *
your saving |health a|mong all |nations.

Christmas What a great mystery, what a |wonder-ful |sign, *
that animals should see the Lord,
new-born, |lying |in a |manger.

Epiphany Arise, shine, Jerusalem, for your |light has |come, *
and the glory of the |Lord has |risen · up|on you.

Lent Return to the LORD, your God,
for he is |gracious · and |merciful; *
slow to anger, and abounding in steadfast love,
and re|lents |from ca|lamity.

Ascension/ O |light most |blessed *

Pentecost Fill the hearts of your |faithful, |halle|lujah.

- 41 Let your loving-kindness |come to · me, O |LORD, *
and your salvation, ac|cording |to your |promise.
- 42 Then shall I have a word for |those who |taunt me, *
be|cause I |trust in · your |words.
- 43 Do not take the word of truth |out of · my |mouth, *
for my |hope is |in your |judgments.
- 44 I shall continue to |keep your |law; *
I shall |keep it · for |ever · and |ever. [R]
- 45 I will |walk at |liberty, *
because I |study |your com|mandments.
- 46 I will tell of your de|crees be-fore |kings *
and |will not |be a|shamed.
- 47 I de|light in · your com|mandments, *
which |I have |always |loved.
- 48 I will lift up my |hands to · your com|mandments, *
and I will |medi-tate |on your |statutes. [R]

A Song of Ascents. Of David.

Antiphon

Our |help is |in * the |name |of the |LORD. (*ES*, |Halle|lujah)

Advent Behold, the Lord our God shall come,
and all his |Saints |with him, *
and in that |day · there shall |be a · great |light.

Christmas O Judah and Jerusalem, fear not nor |be dis|mayed: *
go out against them, for the
Lord himself will be |with you, |halle|lujah.

Epiphany A voice came from heaven: "You are my be|loved |Son; *
with |you · I am |well |pleased."

Lent Whenever you pray, go into your room and |shut the |door * and
pray to your |Father |who is · in |secret.

Ascension/ Give to your faithful who are |trusting · in |you *
Pentecost the sacred sevenfold |gift, |halle|lujah.

- 1 If the LORD had not |been on · our |side, *
let |Is-rael |now |say;
- 2 If the LORD had not |been on · our |side, *
when |enemies · rose |up a|gainst us;
- 3 Then would they have swallowed us |up a |live *
in |their fierce |anger |toward us;
- 4 Then would the waters have |over|whelmed us *
— |and the |torrent · gone |over us;
- 5 Then would the |raging |waters *
have |gone |right |over us. [R]
- 6 Blessed |be the |LORD! *
he has not given us over to be a |prey |for their |teeth.
- 7 We have escaped like a bird from the |snare of · the |fowler; *
the snare is |broken, · and |we have · es|caped.
- 8 Our help is in the |Name of · the |LORD, *
the |maker · of |heaven · and |earth. [R]

O God, maker of heaven and earth, you save us in the water of baptism and by the suffering of your Son you set us free; help us to put our trust in his victory and to know the salvation won for us by Jesus Christ our Lord.

*A Song of Ascents.**Antiphon*

Our eyes look to the |LORD our |God, *
un|til he |show us · his |mercy.

Advent Everyone that thirsts, |come to · the |waters: *
seek the |Lord · while he |may be |found.

Lent Our eyes |look to · the |LORD, * — |plead|ing for |mercy.

Ascension/ Bend what is stiff, |warm · what is |frozen; *

Pentecost Straighten what is |crooked, |halle |lujah.

- 1 To you I |lift up · my |eyes, *
to you en|throned |in the |heavens.
- 2 As the eyes of servants look to the |hand of · their |masters, *
and the eyes of a |maid · to the |hand of · her |mistress,
- 3 So our eyes look to the |LORD our |God, *
un|til he |show us · his |mercy. [R]
- 4 Have mercy upon us, O |LORD, have |mercy, *
for we have had |more than · e|nough of · con|tempt,
- 5 Too much of the scorn of the |indo-lent |rich, *
and of the de|rision |of the |proud. [R]

Sovereign God, enthroned in the heavens, look upon us with your eyes of mercy, as we look on you with humility and love, and fill our souls with your peace through Jesus Christ our Lord.

Antiphon

Your statutes have |been like |songs to me, *
wherever |I have |lived as · a |stranger. (ES, |Halle |lujah)

Advent Remember them, O |Lord, that |wait for you; *
and let your |prophets |be found |faithful.

Christmas He has remembered his steadfast love and
faithfulness to the |house of |Israel. *
All the ends of the earth have
seen the |victo-ry |of our |God.

Epiphany He shall defend the needy a |mong the |people; *
he shall rescue the |poor and |crush the · op|pressor.

Lent Rend your hearts and |not your |garments; *
Who knows whether he will not turn and relent,
and |leave a |blessing · be |hind him.

Ascension/ Without your divine power, |nothing · is |in us, *
Pentecost Nothing is |harmless, |halle |lujah.

- 49 Remember your |word to · your |servant, *
because |you have |given · me |hope.
- 50 This is my |comfort · in my |trouble, *
that your |promise |gives me |life.
- 51 The proud have de|rided · me |cruelly, *
but |I have · not |turned from · your |law.
- 52 When I remember your |judgments · of |old, *
O |LORD, I |take great |comfort. [R]
- 53 I am filled with a |burning |rage, *
because of the |wicked · who for |sake your law.
- 54 Your statutes have |been like |songs to me *
wherever |I have |lived · as a |stranger.
- 55 I remember your Name in the |night, O |LORD, *
and |dwell up|on your |law.
- 56 This is |how it · has |been with me, *
because |I have |kept · your com|mandments. [R]

God of loving mercy, in this place of our pilgrimage turn your laws into songs, that we may find your promises fulfilled in Jesus Christ our Lord.

Antiphon

I have con|sidered · my |ways, *
and turned my |feet to-ward |your de|crees. (*ES*, |Halle|lujah)

Advent For Zion's sake I will not |hold my |peace; *
until her |righteousness · goes |forth as |brightness.

Christmas Out of the great love with which |God |loved us; *
God's own Son has been sent
in the |likeness · of |sinful |flesh.

Epiphany My faithfulness and |love shall · be |with him; *
and he shall be vic|tori-ous |through my |Name

Lent Have mercy on me, O God,
according to your |loving |kindness; *
in your great compassion |blot out |my of|fenses.

Ascension/ Pentecost Wash what is unclean, |water · what is |dry, *
Heal what is |hurt, |halle|lujah.

57 You only are my |portion, · O |LORD; *
I have |promised · to |keep your |words.

58 I entreat you with |all my |heart, *
be merciful to me ac|cording |to your |promise.

59 I have con|sidered · my |ways *
and turned my |feet to-ward |your de|crees.

60 I hasten and |do not |tarry *
to |keep |your com|mandments. [R]

61 Though the cords of the |wicked · en|tangle me, *
I do |not for|get your |law.

62 At midnight I will rise to |give you |thanks, *
be|cause of · your |righteous |judgments.

63 I am a companion of |all who |fear you *
and of |those who |keep · your com|mandments.

64 The earth, O LORD, is |full of · your |love; *
in|struct me |in your |statutes. [R]

A Song of Ascents. Of David.

Antiphon

I pray for |your pros|perity *
and |peace, |O Je|rusalem. (*ES*, |Halle|lujah)

Advent He comes, the desire of all |human |hearts; *
his dwelling place shall |be re|splendent · with |glory.

Lent Whenever you |give |alms, *
do not let your left hand
|know what · your |right hand · is |doing

Ascension/ Pentecost Wash what is unclean, |water · what is |dry, *
Heal what is |hurt, |halle|lujah.

- 1 I was glad when they |said to |me, *
“Let us |go to · the |house of · the |LORD.”
- 2 Now our |feet are |standing *
within your |gates, |O Je|rusalem.
- 3 Jerusalem is |built · as a |city *
that is at |uni-ty |with it|self;
- 4 To which the tribes go up,
the |tribes of · the |LORD, *
the assembly of Israel,
to |praise the |Name of · the |LORD.
- 5 For there are the |thrones of |judgment, *
the |thrones of · the |house of |David. [R]
- 6 Pray for the |peace of · Je|rusalem: *
— |“May they |prosper · who |love you.
- 7 Peace be with|in your |walls *
and |quietness · with|in your |towers.
- 8 For my brethren and com|panions' |sake, *
I |pray for |your pros|perity.
- 9 Because of the house of the |LORD our |God, *
I will |seek to |do you |good.” [R]

God of our pilgrimage, bring us with joy to the eternal city founded on the rock, and give to our earthly cities the peace that comes from above; through Jesus Christ our Lord.

Antiphon

My help comes |from the |LORD, *
the |maker · of |heaven · and |earth. (*ES*, |Halle |lujah)

Advent Rejoice greatly, O |daughter · of |Zion; *
shout, O daughter of Je| rusa-lem, |halle |lujah.

Christmas He has remembered his steadfast love and
faithfulness to the |house of |Israel. *
All the ends of the earth have seen the |victo-ry |of our |God.

Epiphany In his time shall the |righteous |flourish; *
there shall be abundance of peace
till the |moon shall |be no |more.

Lent Beware of practicing your piety before others in
|order · to be |seen by them; * for then you have no re|ward ·
from your |Father · in |heaven.

Ascension/ Without your divine power, |nothing · is |in us, *

Pentecost Nothing is |harmless, |halle |lujah.

- 1 I lift up my |eyes · to the |hills; *
from |where · is my |help to |come?
- 2 My help |comes · from the |LORD, *
the |maker · of |heaven · and |earth.
- 3 He will not let your |foot be |moved *
and he who watches over you |will not |fall a|sleep.
- 4 Behold, he who keeps |watch · over |Israel *
shall |neither |slumber · nor |sleep; [R]
- 5 The LORD himself |watches |over you; *
the LORD is your |shade at |your right |hand,
- 6 So that the sun shall not |strike you · by |day, *
— |nor the |moon by |night.
- 7 The LORD shall preserve you from |all |evil; *
it is |he · who shall |keep you |safe.
- 8 The LORD shall watch over your going out and your |coming |in, *
from this time |forth for |ever|more. [R]

Lord, ever watchful and faithful, we look to you to be our defense and we lift our hearts to know your help; through Jesus Christ our Lord.

Antiphon

The law of your mouth is |dearer · to |me *
than |thousands · in |gold and |silver. (*ES*, |Halle |lujah)

Advent Behold the Lord comes, that he may |sit a-mong |princes,*
and in |herit · the |throne of · his |glory.

Christmas Lift up your heads, O gates,
lift them high, O ever|lasting |doors, *
and the King of |glory |shall come |in.

Epiphany Springs of water were made holy as the Messiah revealed his |glory ·
to the |world. * Draw water from the fountain of the Savior, for
Christ our God has |hallowed |all cre|ation.

Lent Wash me through and |through · from my |wickedness *
and |cleanse me |from my |sin.

Ascension/ Bend what is stiff, |warm · what is |frozen; *

Pentecost Straighten what is |crooked, |halle |lujah.

- 65 O LORD, you have dealt graciously |with your |servant, *
ac|cording |to your |word.
- 66 Teach me dis|cernment · and |knowledge, *
for I have be|lieved in |your com|mandments.
- 67 Before I was afflicted I |went a|stray, *
but |now I |keep your |word.
- 68 You are good and you |bring forth |good; *
in|struct me |in your |statutes. [R]
- 69 The proud have |smeared me · with |lies, *
but I will keep your com|mandments · with my |whole |heart.
- 70 Their heart is |gross and |fat, *
but my de|light is |in your |law.
- 71 It is good for me that |I have · been af|flicted, *
that |I might |learn your |statutes.
- 72 The law of your mouth is |dearer · to |me *
than |thousands · in |gold and |silver. [R]

Yodh *Manus tuæ fecerunt me*

Antiphon

Let your loving-kindness · be my | comfort, *
as you have | promised | to your | servant. (ES, | Halle | lujah)

Advent Tell it out among the nations that the | Lord is | King, *
for he | comes, · even | God our | Savior.

Christmas Know that the reign of God is | near at | hand; *
truly I | say to · you, it | will not | tarry.

Epiphany He shall rule from | sea to | sea, *
and from the | River · to the | ends of · the | earth.

Lent Purge me from my sin, and | I shall · be | pure; *
wash me, and | I shall · be | clean in | deed.

Ascension/ Pentecost Give to your faithful who are | trusting · in | you *
the sacred sevenfold | gift, | halle | lujah.

- 73 Your hands have | made me · and | fashioned me; *
give me understanding, that I may | learn | your com | mandments.
- 74 Those who fear you will be | glad · when they | see me, *
be | cause I | trust in · your | word.
- 75 I know, O LORD, that your | judgments · are | right *
and that in | faithful-ness | you have · af | flicted me.
- 76 Let your loving-kindness · be my | comfort, *
as you have | promised | to your | servant. [R]
- 77 Let your compassion come to me, that | I may | live, *
for your | law is | my de | light.
- 78 Let the arrogant be put to shame, for they | wrong me · with | lies; *
but I will | meditate · on | your com | mandments.
- 79 Let those who | fear you | turn to me, *
and also | those who | know · your de | crees.
- 80 Let my heart be | sound in · your | statutes, *
that I may | not be | put to | shame. [R]

God our comforter, send your Holy Spirit to reveal your hidden mercy even in our failures and troubles; for the sake of Jesus Christ our Lord.

120 *Ad Dominum*

A Song of Ascents.

Antiphon

I | called to · the | LORD, * and he | an | swered | me. (ES, Hallelujah)

Advent In that day the mountains shall drop down | new | wine, * and the
hills shall flow with milk and | honey, | halle | lujah.

Christmas Today you shall know that the
Lord is | coming, · and shall | save us; *
and in the | morning · you shall | see God's | glory.

Epiphany The Lord will be your ever | lasting | light; *
and your | God will | be your | glory.

Ascension/ Pentecost O | light most | blessed *

Fill the hearts of your | faithful, | halle | lujah.

- 1 When I was in trouble, I | called · to the | LORD; *
I called to the | LORD, | and he | answered me.
- 2 Deliver me, O LORD, from | lying | lips *
and | from the · de | ceitful | tongue.
- 3 What shall be done to you, and what | more be | sides, *
O | you de | ceitful | tongue?
- 4 The sharpened | arrows · of a | warrior, *
a | long with | hot · glowing | coals. [R]
- 5 How hateful it is that I must | lodge in | Meshech *
and | dwell a-mong the | tents of | Kedar!
- 6 Too long have I | had to | live *
a | mong the | enemies · of | peace.
- 7 I am on the | side of | peace, *
but when I | speak of · it, | they are · for | war. [R]

God of consolation, look on us, pilgrims in a strange land; preserve us from slander and deceit, show us the truth and give to our souls the peace of Christ.

Taw *Appropinquet deprecatio*

Antiphon

Let your hand be | ready · to | help me, *
for I have | chosen | your com|mandments. (ES, | Halle|lujah)

Advent I the Lord bring | near my | righteousness; *
it shall not be far off, and my sal|vation · shall | not de|lay.

Epiphany A great prophet has | risen · a | mong us; *
and | God has | visited · his | people.

Lent I have gone astray like a | sheep that · is | lost; *
search for your servant,
for I do | not for|get · your com|mandments.

Ascension/ In toil you are our rest, in | heat, | coolness *
Pentecost In weeping, conso|lation, | halle|lujah.

169 Let my cry come be | fore you, · O | LORD; *
give me understanding, ac|cording | to your | word.

170 Let my suppli|cation · come be | fore you; *
deliver me, ac|cording | to your | promise.

171 My lips shall pour | forth your | praise, *
— | when you | teach me · your | statutes.

172 My tongue shall | sing of · your | promise, *
for | all · your com|mandments · are | righteous. [R]

173 Let your hand be | ready · to | help me, *
for I have | chosen | your com|mandments.

174 I long for your sal|vation, · O | LORD, *
and your | law is | my de|light.

175 Let me live, and | I will | praise you, *
and | let your | judgments | help me.

176 I have gone astray like a | sheep that · is | lost; *
search for your servant,
for I do | not for|get · your com|mandments. [R]

God of mercy, swift to help us, as our lips pour forth your praise, fill our hearts with the peace you give to those who wait for your salvation in Jesus Christ our Lord.

Kaph *Defecit in salutare*

Antiphon

I have | put my | hope *
— | in | your | word. (ES, | Halle|lujah)

Advent Out of Zion shall come forth the | Lord Al|mighty, *
to bring sal|vation | to his | people.

Christmas The Lord is King; he has put on | splendid · ap|parel; *
the Lord has put on his apparel
and | girded · him|self with | strength.

Epiphany The voice of the Lord is up|on the | waters. *
The Lord is up|on the | mighty | waters.

Lent Create in me a clean | heart, O | God, *
and re|new a · right | spirit · with | in me.

Ascension/ Give | virtue's · re|ward *
Pentecost Give, in the end, salvation,
and joy that has no | end, | halle|lujah.

81 My soul has | longed for · your sal|vation; *
I have | put my | hope in · your | word.

82 My eyes have failed from | watching · for your | promise, *
and I | say, | “When will · you | comfort me?”

83 I have become like a leather | flask · in the | smoke, *
but I have | not for|gotten · your | statutes.

84 How much | longer · must I | wait? *
when will you give | judgment a-against | those who | persecute me?[R]

85 The | proud have · dug | pits for me; *
they | do not | keep your | law.

86 All your com|mandments · are | true; *
help me, for they | perse-cute | me with | lies.

87 They had almost made an | end of · me on | earth, *
but I have not for|saken | your com|mandments.

88 In your loving- | kindness, · re|vive me, *
that I may | keep the · de|crees of · your | mouth. [R]

Lamedh *In aeternum, Domine*

Antiphon

I | study · your com|mandments, *
because |by them · you |give me |life. (*ES*, |Halle|lujah)

Advent Turn again, O |Lord, · at the |last; *
and delay not your |coming |to your |servants.

Christmas Let the heavens rejoice, and let the |earth be |glad *
before the |Lord |when he |comes.

Epiphany I myself have |set my |king; *
upon my |holy |hill of |Zion.

Lent Give me the joy of your saving |help a|gain *
and sus|tain me · with your |bounti-ful |Spirit.

Ascension/ Come Creator Spirit, visit the |hearts of · your |faithful *
Pentecost Fill with heavenly grace,
our hearts which you did cre|ate, |halle|lujah.

89 O LORD, your word is |ever|lasting; *
it |stands |firm in · the |heavens.

90 Your faithfulness remains from one gene|ration · to an|other; *
you established the |earth, and |it a|bides.

91 By your decree these con|tinue · to this |day, *
for |all things |are your |servants.

92 If my delight had not |been in · your |law, *
I should have |perished · in |my af|fliction. [R]

93 I will never for|get · your com|mandments, *
because by |them you |give me |life.

94 I am yours; oh, that |you would |save me! *
for I |study |your com|mandments.

95 Though the wicked lie in wait for me |to des|troy me, *
I will apply my |mind to |your de|crees.

96 I see that all things |come to · an |end, *
but your com|mandment |has no |bounds. [R]

Shin *Principes persecuti sunt*

Antiphon

Great |peace have |they * who |love |your |law. (*ES*, |Halle|lujah)

Advent Let the Word of the Lord be ex|pected · as the |rain: *
and let our God descend up|on us |as the |dew.

Christmas I am as glad be|cause of · your |promise; *
as |one who |finds great |spoils.

Epiphany Give the King your |justice, · O |God, *
and your |righteousness · to the |King's |Son.

Lent Be watchful, and strengthen the |things which · re|main, *
for I have not found your works |perfect |before |God.

Ascension/ Comforter the best, Sweet |guest of · the |soul; *
Pentecost Sweet re|freshment, |halle|lujah.

161 Rulers have persecuted me with|out a |cause, *
but my heart |stands in |awe of · your |word.

162 I am as glad be|cause of · your |promise *
as |one who |finds great |spoils.

163 As for lies, I |hate and · ab|hor them, *
but your |law |is my |love.

164 Seven times a |day · do I |praise you, *
be|cause of · your |righteous |judgments. [R]

165 Great peace have they who |love your |law; *
for|them there |is no |stumbling block.

166 I have hoped for your sal|vation, · O |LORD, *
and |I have · ful|filled · your com|mandments.

167 I have |kept your · de|crees *
and |I have |loved them |deeply.

168 I have kept your com|mandments · and de|crees, *
for |all my |ways · are bef|ore you. [R]

Resh *Vide bumilitatem*

Antiphon

Plead my | cause, O | LORD, * — | and re| deem | me.

Advent Therefore I will look | unto · the | Lord. *
I will wait for the | God of | my sal| vation.

Christmas The Lord comes; go out to meet him, and say: Great is his
dominion, and of his kingdom there shall | be no | end: *
the mighty God, the Ruler, the Prince of | peace, | halle | lujah.

Epiphany Let your countenance | shine up-on your | servant; *
and | teach | me your | statutes.

Lent See how I | love · your com| mandments! *
O | Lord, · in your | mercy, · pre| serve me.

Ascension/ Come Father of the poor, come | giver · of | gifts; *
Pentecost come light of our | hearts, | halle | lujah.

- 153 Behold my af| fliction · and de| liver me, *
for I do | not for| get your | law.
- 154 Plead my | cause and · re| deem me; *
according to your | promise, | give me | life.
- 155 Deliverance is | far · from the | wicked, *
for they | do not | study · your | statutes.
- 156 Great is your com| passion, · O | LORD; *
preserve my life, ac| cording | to your | judgments. [R]
- 157 There are many who | persecute · and op| press me, *
yet I have not | swerved from | your de| crees.
- 158 I look with | loathing · at the | faithless, *
for | they have · not | kept your | word.
- 159 See how I | love · your com| mandments! *
O | LORD, · in your | mercy, · pre| serve me.
- 160 The heart of your | word is | truth; *
all your righteous judgments en| dure for | ever| more. [R]

Mem *Quomodo dilexi!*

Antiphon

How | sweet, O | LORD, *
are your | words | to my | taste. (ES, | Halle | lujah)

Advent Out of Zion shall he come forth,
that is to reign as the | Lord of | Hosts: *
Emmanuel | is his | Name of | might.

Christmas Let the heavens rejoice, and let the | earth be | glad *
before the | Lord | when he | comes.

Epiphany He has remembered his steadfast love
and faithfulness to the | house of | Israel. *
All the ends of the earth have
seen the | victo-ry | of our | God.

Lent I restrain my feet from every | evil | way; *
that | I may | keep your | word.

Ascension/ You are called the Advocate, gift divine of the | Most | High *
Pentecost Fountain of life, fire, charity,
and spiritual a | nointing, | halle | lujah.

- 97 Oh, how I | love your | law! *
all the day | long · it is | in my | mind.
- 98 Your commandment has made me | wiser · than my | enemies, *
and | it is | always | with me.
- 99 I have more understanding than | all my | teachers, *
for | your de| crees are · my | study.
- 100 I am | wiser · than the | elders, *
because | I ob| serve · your com| mandments. [R]
- 101 I restrain my feet from every | evil | way, *
that | I may | keep your | word.
- 102 I do not | shrink from · your | judgments, *
because | you your| self have | taught me.
- 103 How sweet are your | words to · my | taste! *
they are sweeter than | honey | to my | mouth.
- 104 Through your commandments I | gain · under| standing; *
therefore I hate | every | lying | way. [R]

Lord Christ, as we sit at your feet, teach us your living way; for you are our Word and Wisdom, one God with the Father and the Holy Spirit, now and for ever.

Nun *Lucerna pedibus meis*

Antiphon

Your word is a |lantern · to my |feet, *
and a |light up| on my |path. (ES, |Halle|lujah)

Advent Behold, he is my own God,
and in praising him I will prepare him a |habi|tation: *
my father's |God, and |I will · ex|alt him.

Christmas Trusting in the Lord's promise,
the Virgin Mary con|ceived a |child, *
and remaining a virgin she
gave |birth · to the |King of |Kings.

Epiphany I have sent you to open the |eyes that · are |blind, *
to bring out the prisoners from the dungeon,
from the |prison · those who |sit in |darkness.

Lent I desire mercy, and not sacrifice, |says the |Lord; *
for I came not to call the |righteous, |but |sinners.

Ascension/ Pentecost You are sevenfold in gifts, finger of the |father's · right |hand*
You duly promised by the Father,
with speech enriching our |lips, |halle|lujah.

105 Your word is a |lantern · to my |feet *
and a |light up| on my |path.

106 I have |sworn and · am de|termined *
to |keep your |righteous |judgments.

107 I am |deeply |troubled; *
preserve my life, O LORD, ac|cording |to your |word.

108 Accept, O LORD, the willing |tribute · of my |lips, *
and |teach |me your |judgments. [R]

109 My life is |always · in my |hand, *
yet I do |not for|get your |law.

110 The wicked have |set a |trap for me, *
but I have not |strayed from |your com|mandments.

111 Your decrees are my in|heritance · for |ever; *
truly, they |are the |joy of · my |heart.

112 I have applied my heart to ful|fill your |statutes *
for |ever · and |to the |end. [R]

Qoph *Clamavi in toto corde meo*

Antiphon

I |call to · you, O |LORD; *
for in your |word |is my |trust. (ES, |Halle|lujah)

Advent You, O LORD, are |near at |hand, *
and |all your · com|mandments · are |true

Christmas The LORD has made |known his |victory; *
he has revealed
his |righteousness · in the |sight of · the |nations.

Epiphany The Lord declares, I will make you a |light · to the |nations;
that my salvation may |reach · to the |end of · the |earth.

Lent Beloved, I urge you as |aliens · and |exiles *
to abstain from the desires of the flesh
that wage |war a|gainst your |life.

Ascension/ Pentecost Come, |Holy |Spirit, *
send out from heaven a ray of your |light, |halle|lujah.

145 I call with my |whole |heart; *
answer me, O LORD, that |I may |keep your |statutes.

146 I call to you;
oh, that |you would |save me! *
— |I will |keep · your de|crees.

147 Early in the morning |I cry |out to you, *
for in your |word |is my |trust.

148 My eyes are |open · in the |night watches, *
that I may |meditate · up|on your |promise. [R]

149 Hear my voice, O LORD, according to your |loving-|kindness; *
according to your |judgments, |give me |life.

150 They draw near who in |malice |persecute me; *
they are |very |far from · your |law.

151 You, O LORD, are |near at |hand, *
and |all your · com|mandments · are |true.

152 Long have I |known from · your de|crees *
that you have es|tablished |them for |ever. [R]

Lord, you are just and your commandments are eternal; teach us to love you with all our heart and our neighbor as ourselves, for the sake of Jesus Christ our Lord.

Antiphon

The righteousness of |your de|crees, *
O |LORD, is|ever|lasting. (*ES*, |Halle|lujah)

Advent Come, O Lord, and do |not de|lay: *
forgive the mis|deeds · of your |people |Israel.

Christmas Know that the kingdom of God is |near at |hand;
truly I |say to · you, it |will not |tarry.

Epiphany May his Name remain for ever and
be established as long as the |sun en|dures; *
may all the nations be
blessed in |him and |call him |blessed.

Lent Let us lay aside every weight, and the
sin which so |easily · en|snares us, *
and let us run with endurance the race that is set before us,
looking unto Jesus, the author and |finish-er |of our |faith.

Ascension/ Pentecost Send forth your Spirit and we will all be |newly · cre|ated, *
And you will renew the face of the |earth, |halle|lujah.

- 137 You are |righteous, · O |LORD, *
and |upright |are your |judgments.
- 138 You have issued |your de|crees *
with |justice · and in |perfect |faithfulness.
- 139 My indig|nation · has con|sumed me, *
because my |enemies · for|get your |words.
- 140 Your word has been |tested · to the |uttermost, *
and your |servant |holds it |dear. [R̥]
- 141 I am small and of |little · ac|count, *
yet I do |not for|get · your com|mandments.
- 142 Your justice is an ever|lasting |justice *
and your |law |is the |truth.
- 143 Trouble and dis|tress have · come up|on me, *
yet your com|mandments · are |my de|light.
- 144 The righteousness of your decrees is |ever|lasting; *
grant me under|standing, · that |I may |live. [R̥]

Antiphon

Sus|tain me, · O |LORD, *
according to your |promise, · that |I may |live. (*ES*, |Halle|lujah)

Advent The Lord is our Lawgiver, the |Lord is · our |King;
he him|self shall |come and |save us.

Christmas I bring you good news of great joy,
a joy to be shared by the |whole |people: *
today in the town of David a Savior has been born to you; |he is
|Christ the |Lord.

Epiphany Let me announce the de|cree of · the |LORD: *
he said to me, You are my Son,
this |day have |I be|gotten you.

Lent Be alert at all times, praying that you may have the strength to
escape all these things that will |take |place, *
and to |stand be-fore the |Son of |Man.

Ascension/ Pentecost Kindle light in our senses, infuse |love · in our |hearts, *
The weakness of our bodies
with power perpetually |forti-fy, |halle|lujah.

- 113 I hate those who have a di|vided |heart, *
but your |law |do I |love.
- 114 You are my |refuge · and |shield; *
my |hope is |in your |word.
- 115 A|way from · me, you |wicked! *
I will keep the com|mandments |of my |God.
- 116 Sustain me according to your promise, that |I may |live, *
and let me not be disap|pointed |in my |hope. [R̥]
- 117 Hold me up, and |I shall · be |safe, *
and my delight shall be |ever |in your |statutes.
- 118 You spurn all who |stray from · your |statutes; *
their de|ceitful-ness |is in |vain.
- 119 In your sight all the wicked of the |earth are · but |dross; *
— |therefore · I |love · your de|crees.
- 120 My flesh |trembles · with |dread of you; *
I am a|fraid |of your |judgments. [R̥]

Ayin *Feci iudicium*

Antiphon

I am your |servant, · O |LORD; *
— |grant me |under|standing. (*ES*, |Halle|lujah)

Advent Stand still, and |you shall |see *
the salvation of the |Lord which |he will |show you.

Christmas Lift up your heads, O gates,
lift them high, O ever|lasting |doors, *
and the King of |glory |shall come |in.

Epiphany He shall defend the needy a|mong the |people; *
he shall rescue the |poor and |crush the ·op|pressor.

Lent Whoever wants to be my disciple must de|ny them |selves *
and take up their |cross and |follow |me.

Ascension/ The enemy repel afar, and peace |give us · at |once, *
Pentecost With you as our leader before us
We shall avoid everything |harmful, |halle|lujah.

- 121 I have done what is |just and |right; *
do not de|liver me · to |my op|pressors.
- 122 Be surety for your |servant's |good; *
let |not the |proud op|press me.
- 123 My eyes have failed from watching for |your sal|vation *
and |for your |righteous |promise.
- 124 Deal with your servant according to your |loving-|kindness *
and |teach |me your |statutes. [R]
- 125 I am your servant; |grant me · under|standing, *
that |I may |know · your de|crees.
- 126 It is time for you to |act, O |LORD, *
for |they have |broken · your |law.
- 127 Truly, I |love · your com|mandments *
more than |gold and |precious |stones.
- 128 I hold all your com|mandments · to be |right for me; *
all paths of |falsehood |I ab|hor. [R]

O God, save us from double standards and divided hearts, and give us light and life in Jesus Christ our Lord.

Pe *Mirabilia*

Antiphon

Steady |my |footsteps * — |in |your |word. (*ES*, |Halle|lujah)

Advent Unto you, O Lord, will I |lift up · my |soul: *
come and deliver me, for I |run to |you for |refuge.

Christmas The people who |walked in |darkness; *
have |seen a |great |light.

Epiphany In the Jordan river our Savior crushed the |serpent's |head *
and wrested us |free |from his |grasp.

Lent At one time we too were foolish, disobedient, deceived and
enslaved by all kinds of passions and pleasures. We lived in
malice and envy, being hated and |hating · one an|other. *
But when the kindness and love of
God our |Savior · ap|peared, he |saved us.

Ascension/ Through you may we know the Father,
Pentecost may we likewise |know the |Son *
And you, who are of both, the Spirit,
may we trust at all |times, |halle|lujah.

- 129 Your de|crees are |wonderful; *
therefore I o|bey them · with |all my |heart.
- 130 When your word goes |forth it · gives |light; *
it gives under|standing |to the |simple.
- 131 I open my |mouth and |pant; *
I |long for |your com|mandments.
- 132 Turn to |me in |mercy, *
as you always do to |those who |love your |Name. [R]
- 133 Steady my |footsteps · in your |word; *
let no iniquity |have do|minion |over me.
- 134 Rescue me from |those who · op|press me, *
and |I will |keep · your com|mandments.
- 135 Let your countenance |shine up|on your |servant *
and |teach |me your |statutes.
- 136 My eyes shed |streams of |tears, *
because people |do not |keep your |law. [R]