

Liturgy of the Hours
LITURGY OF THE HOURS

NIGHT PRAYER

March 29, 2024

{ Good Friday }



Make sign of cross

God, come to my assistance.

— Lord, make haste to help me.

Glory to the Father, and to the Son,
and to the Holy Spirit:
as it was in the beginning, is now,
and will be for ever. Amen.

PENITENTIAL RITE

Brief moment of silence

I confess to almighty God
and to you, my brothers and sisters,
that I have greatly sinned,
in my thoughts and in my words,
in what I have done and in what I have failed to do,

All strike their breast

through my fault, through my fault,
through my most grievous fault;
therefore I ask blessed Mary ever-Virgin,
all the Angels and Saints,
and you, my brothers and sisters,
to pray for me to the Lord our God.

Presiding minister

May almighty God have mercy on us, forgive us our sins, and bring us to everlasting life.

— Amen.

HYMN

When I survey the wondrous cross
On which the Prince of glory died,
My richest gain I count but loss,
And pour contempt on all my pride.

Forbid it, Lord, that I should boast,
Save in the death of Christ my God;

The vain delights that charm me most:
I sacrifice them to his blood.

See from his head, his hands, his feet
What grief and love flow mingling down;
Did e'er such Love and sorrow meet,
Or thorns compose so rich a crown?

Were all the realm of nature mine,
That were a present far too small;
Love so amazing, so divine,
Demands my soul, my life, my all.

*Melody: Rockingham L.M.; Music: Adapted by Edward Miller, 1731–1807, from
A. Williams' A Second Supplement to Psalmody in Miniature, Oxford, c. 1780; Text:
Isaac Watts 1674–1748, slightly adapted*

PSALMODY

Antiphon

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

Psalm 91

Safe in God's sheltering care

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

He who dwélls in the shélder of the Most High *
and abídes in the sháde of the Almighty
sáys to the Lórd: "My réfuge, *
my stróngthold, my Gód in whom I trúst!"

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

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

A thóusand may fáll at your síde, *
tén thousand fáll at your right,

yóu, it will néver approach; *
his fáithfulness is búckler and shíeld.

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

Upon yóu no évil shall fáll, *
no plágue approach where you dwéll.
For yóu has he commáded his ángels, *
to kéeep you in áll your wáys.

They shall béar you upón their hánds *
lest you strike your fóot against a stóne.
On the líon and the víper you will tréad *
and trámples the young líon and the drágon.

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

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

Glory to the FátHer, and to the Son, *
and to the Holy Spírít:
as it was in the béginning, is now, *
and wíll be for éver. Amen.

Antiphon

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

READING

Revelation 22:4-5

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

Antiphon

For our sake Christ was obedient, accepting even death, death on a cross.

GOSPEL CANTICLE

Antiphon

Protect us, Lord, as we stay awake; watch over us as we sleep, that awake, we may keep watch with Christ, and asleep, rest in his peace.

Luke 2:29-32

Christ is the light of the nations and the glory of Israel

Make sign of cross

Lord, now you let your servant go in peace; *
your word has been fulfilled:

my own eyes have seen the salvation *
which you have prepared in the sight of every people:
a light to reveal you to the nations *
and the glory of your people Israel.

Glory to the Father, and to the Son, *
and to the Holy Spirit:
as it was in the beginning, is now, *
and will be for ever. Amen.

Antiphon

Protect us, Lord, as we stay awake; watch over us as we sleep, that awake, we may keep watch with Christ, and asleep, rest in his peace.

CONCLUDING PRAYER

Let us pray.

Lord,
we beg you to visit this house
and banish from it
all the deadly power of the enemy.
May your holy angels dwell here
to keep us in peace,
and may your blessing be upon us always.

We ask this though Christ our Lord.

— Amen.

Blessing

May the all-powerful Lord grant us a restful night and a peaceful death.

— Amen.

ANTIPHON OF THE BLESSED VIRGIN MARY

Hail, Queen of Heaven, beyond compare,
To whom the angels homage pay;
Hail, Root of Jesse, Gate of Light,
That opened for the world's new Day.

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

Stanbrook Abbey

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

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