

Liturgy of the Hours
LITURGY OF THE HOURS

EVENING PRAYER

September 15, 2026
{ Memorial – Our Lady of Sorrows }



Stand and 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. Alleluia.

HYMN

Glorious Virgin, Queen of virgins,
be not bitter at my pleading,
let me mourn and weep with you.

Let me share Christ's painful suff'ring,
taste and bear his bitter dying,
and recall his grievous wounds.

By his stripes let me be wounded,
bathed and steeped in blood outpouring
from your Son upon the Cross.

Guard and keep me safe, O Virgin,
lest I burn in fire and anguish
when the day of judgment comes.

By the Cross keep me in safety,
by the death of Christ protect me,
and sustain me by his grace.

When in death my body slumbers,
lead my soul to endless glory
in the joy of Paradise. Amen.

Metrical hymn, melody: Stabat mater, 8 8 7; from the Mainz Gesangbuch, 1661

*Plainsong, mode II, melody 47; Liber Hymnarius, Solesmes, 1983, Text: Virgo
virginum præclara, taken from Stabat mater dolorosa, attributed to Iacopone da Todi,
ca. 1230–1306*

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

Reproduced from The Divine Office Hymnal (hymns #507/508). Copyright © 2023

United States Conference of Catholic Bishops, Washington, DC (USCCB). Published and distributed exclusively by GIA Publications, Inc., Chicago, IL. To acquire the Pew Edition or Accompaniment Edition of the hymnal with metrical hymn tunes and plainsong melodies, visit www.giamusic.com.

Sit or stand

PSALMODY

Antiphon 1

Through his cross, Christ our peace has reconciled us to God.

Psalm 122

Holy city Jerusalem

You have come to Mount Zion, to the city of the living God, heavenly Jerusalem (Hebrews 12:22).

I rejoiced when I heard them say: *

“Let us go to God’s house.”

And now our feet are standing *

within your gates, O Jerusalem.

Jerusalem is built as a city *

strongly compact.

It is there that the tribes go up, *

the tribes of the Lord.

For Israel’s law it is, *

there to praise the Lord’s name.

There were set the thrones of judgment *

of the house of David.

For the peace of Jerusalem pray: *

“Peace be to your homes!

May peace reign in your walls, *

in your palaces, peace!”

For love of my brethren and friends *

I say: “Peace upon you!”

For love of the house of the Lord *

I will ask for your good.

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

Through his cross, Christ our peace has reconciled us to God.

Antiphon 2

We have come to the city of the living God, and to Jesus, mediator of the new Covenant.

Psalm 127

Apart from God our labors are worthless

You are God's building (1 Corinthians 3:9).

If the Lórd does not buíld the hóuse, *
in váin do its buílders lábor;
if the Lórd does not wáтч over the cíty, *
in váin does the wáтчman keep vígil.

In váin is your éarlier rísing, *
your góing láter to rést,
you who tóil for the bréad you éat: *
when he pours gífts on his belóved while they slumber.

Truly sóns are a gíft from the Lórd, *
a bléssing, the frúit of the wómb.
Indéed the sóns of yóuth *
are like árrows in the hánd of a wárrior.

Ó the háppiness of the mán *
who has fílléd his quíver with these árrows!
Hé will have no cáuse for sháme *
when he dispútes with his fóes in the gáteways.

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

We have come to the city of the living God, and to Jesus, mediator of the new Covenant.

Antiphon 3

In Christ we have redemption through his blood.

Canticle – Ephesians 1:3-10

God our Savior

Praised be the God and Father *
of our Lord Jesus Christ,
who has bestowed on us in Christ *
every spiritual blessing in the heavens.

God chose us in him *
before the world began
to be holy *
and blameless in his sight.

He predestined us *
to be his adopted sons through Jesus Christ,
such was his will and pleasure, †
that all might praise the glorious favor *
he has bestowed on us in his beloved.

In him and through his blood, we have been redeemed, *
and our sins forgiven,
so immeasurably generous *
is God's favor to us.

God has given us the wisdom *
to understand fully the mystery,
the plan he was pleased *
to decree in Christ.

A plan to be carried out *
in Christ, in the fulness of time,
to bring all things into one in him, *
in the heavens and on earth.

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

In Christ we have redemption through his blood.

Sit

READING

2 Timothy 2:10-12a

I bear with all this for the sake of those whom God has chosen, in order that they may obtain the salvation to be found in Christ Jesus and with it eternal glory. You can depend on this:

If we have died with him
we shall also live with him;

If we hold out to the end
we shall also reign with him.

Responsory

Holy Mary, heaven's Queen and our Lady, you stood by the cross of the Lord.

— Holy Mary, heaven's Queen and our Lady, you stood by the cross of the Lord.

Happy is she, who without dying has won the martyr's crown.

— You stood by the cross of the Lord.

Glory to the Father, and to the Son, and to the Holy Spirit,

— Holy Mary, heaven's Queen and our Lady, you stood by the cross of the Lord.

Stand

GOSPEL CANTICLE

Antiphon

When Jesus saw his mother standing beside the cross with the disciple whom he loved, he said to her: Woman, behold your son. Then he said to the disciple: Behold your mother.

Make sign of cross

My soul proclaims the greatness of the Lord,*
my spirit rejoices in God my Savior
for he has looked with favor on his lowly servant.*

From this day all generations will call me blessed:
the Almighty has done great things for me,*
and holy is his Name.

He has mercy on those who fear him*
in every generation.

He has shown the strength of his arm,*
he has scattered the proud in their conceit.

He has cast down the mighty from their thrones,*
and has lifted up the lowly.

He has filled the hungry with good things,*
and the rich he has sent away empty.

He has come to the help of his servant Israel*
for he has remembered his promise of mercy,
the promise he made to our fathers,*
to Abraham and his children for ever.

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

When Jesus saw his mother standing beside the cross with the
disciple whom he loved, he said to her: Woman, behold your son.
Then he said to the disciple: Behold your mother.

INTERCESSIONS

Let us praise God our almighty Father, who wished that Mary, his
Son's mother, be celebrated by each generation. Now in need we

ask:

— Mary, full of grace, intercede for us.

O God, worker of miracles, you made the immaculate Virgin Mary share, body and soul, in your Son's glory in heaven, direct the hearts of your children to that same glory.

— Mary, full of grace, intercede for us.

You made Mary our mother. Through her intercession grant strength to the weak, comfort to the sorrowing, pardon to sinners, salvation and peace to all.

— Mary, full of grace, intercede for us.

You made Mary full of grace,
grant all men the joyful abundance of your grace.

— Mary, full of grace, intercede for us.

Make your Church of one mind and one heart in love,
and help all those who believe to be one in prayer with Mary, the mother of Jesus.

— Mary, full of grace, intercede for us.

You crowned Mary queen of heaven,
may all the dead rejoice in your kingdom with the saints for ever.

— Mary, full of grace, intercede for us.

The Lord's Prayer

Our Father who art in heaven,
hallowed be thy name.
Thy kingdom come.
Thy will be done on earth, as it is in heaven.
Give us this day our daily bread,
and forgive us our trespasses,
as we forgive those who trespass against us,
and lead us not into temptation,
but deliver us from evil.

CONCLUDING PRAYER

Father,
as your Son was raised on the cross,
his mother Mary stood by him, sharing his sufferings.
May your Church be united with Christ
in his suffering and death
and so come to share in his rising to new life,
where he lives and reigns with you and the Holy Spirit,
God, for ever and ever.

— Amen.

Dismissal

May the Lord bless us, protect us from all evil and bring us to
everlasting life.

— Amen.

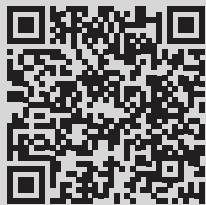
The English translation of Antiphons, Invitatories, Responsories, Intercessions, Psalm 95, the Canticle of the Lamb, Psalm Prayers, Non-Biblical Readings, Hagiographical Introductions from *The Liturgy of the Hours* © 1973, 1974, 1975, International Commission on English in the Liturgy Corporation (ICEL);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

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

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

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

Arrangement Copyright © 2006 by eBreviary, New York.



mobile prayers



UNITED STATES OF AMERICA
www.ebreviary.com