

Liturgy of the Hours
LITURGY OF THE HOURS

EVENING PRAYER

December 4, 2026

{ Friday of the First Week of Advent }

during Exposition
of the Blessed Sacrament

concluding with
Benediction and Reposition



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

Sing, my tongue, the hidden myst'ry
of Christ's Body glorified,
and his Precious Blood most holy,
shed in ransom for the world,
offered by the King of nations,
born the fruit of noble womb.

Born for us and given to us
Son of Mary, Virgin pure,
in the world he lived among us,
sowed as seeds the word of truth;
then the season of his sojourn
with a wondrous rite he closed.

On the night of that Last Supper
feasting with his chosen friends,
he obeyed the law completely
in the food and drink prescribed;
then he gave his twelve Apostles
with his hands himself as food.

Word made flesh, true bread from heaven,
by a word, made bread his Flesh,
purest wine Christ's Blood becoming,
though our sense cannot perceive;
faith alone brings full assurance
to the pure and faithful heart.

Let us, therefore, bow and worship
such a wondrous Sacrament;

let the ancient law and custom
to a newer rite now yield;
let our faith supply conviction
where the senses tire and fail.

To the Father, unbegotten,
and the Sole-begotten Son,
be salvation, blessing, honor,
jubilation, pow'r, and praise;
to the One from both proceeding
equal glory and renown. Amen.

Metrical hymn, melody: WESTMINSTER ABBEY, 8 7 8 7 8 7; adapted from an anthem by Henry Purcell (1659–1695)

Plainsong, mode III, melody 55; Liber Hymnarius, Solesmes, 1983, Text: Pange, lingua, gloriosi corporis mysterium, attributed to St. Thomas Aquinas, O.P., 1225–1274

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Sit or stand

PSALMODY

Antiphon 1

Lord, lay your healing hand upon me, for I have sinned.

Psalms 41

Prayer of a sick person

One of you will betray me, yes, one who eats with me (Mark 14:18).

Happy the mán who considers the póor and the wéak.*
The Lórd will sáve him in the dáy of évil,
will guárd him, give him life, make him háppy in the lánd*
and will nó't give him úp to the wíll of his fóes.
The Lórd will hélp him on his béd of páin,*
he will bríng him báck from síckness to héalth.

As for mé, I said: “Lórd, have mércy on mé,^{*}
heal my sóul for Í have sínned agáinst you.”
My fôes are spéaking évil agáinst me.^{*}
“How lóng before he díes and his náme be forgóttén?”
They cóme to vísit me and spéak empty wórds,^{*}
their héarts full of málice, they spréad it abróad.

My énemies whísper togéther agáinst me.^{*}
They áll weigh úp the évil which is ón me:
“Some déadly thíng has fástened upón him,^{*}
he will nótt rise agáin from whére he líes.”
Thus éven my fréind, in whóm I trústed,^{*}
who áte my bréad, has túrned agáinst me.

But yóu, O Lórd, have mércy on mé.^{*}
Let me ríse once móre and Í will repáy them.
By thís I shall knów that yóu are my fréind,^{*}
if my fôes do not shóut in tríumph óver me.
If yóu uphóld me Í shall be unhármed^{*}
and sèt in your présence for évermóre.

Bléssed be the Lórd, the Gód of Ísrael^{*}
from áge to áge. Amén. Amén.

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

Lord, lay your healing hand upon me, for I have sinned.

Antiphon 2

The mighty Lord is with us; the God of Jacob is our stronghold.

Psalms 46

God our refuge and strength

He shall be called Emmanuel, which means: God-with-us (Matthew 1:23).

Gód is for ús a réfuge and stréngth,^{*}
a hélper close at hánd, in tíme of distréss:

so wé shall not féar though the éarth should róck, *
though the móuntains fáll into the dépths of the séa,
even thóugh its wáters ráge and fóam, *
even thóugh the móuntains be sháken by its wáves.

The Lórd of hósts is wíth us: *
the Gód of Jácob is our stróngthold.

The wáters of a ríver give jóy to God's cíty, *
the hólý pláce where the Móst High dwélls.
Gód is wíthín, it cánnót be sháken; *
Gód will hélp it at the dáwning of the dáy.
Nátions are in túmult, kíngdoms are sháken: *
he lífts his vóice, the éarth shrinks awáy.

The Lórd of hósts is wíth us: *
the Gód of Jácob is our stróngthold.

Cóme, consider the wórks of the Lórd, *
the redóutable déeds he has dóné on the éarth.
He puts an énd to wárs over áll the éarth; †
the bów he bréaks, the spéar he snáps. *
He búrns the shiélds with fíre.
“Be stíll and knów that Í am Gód, *
supréme among the nátions, supréme on the éarth!”

The Lórd of hósts is wíth us: *
the Gód of Jácob is our stróngthold.

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

The mighty Lord is with us; the God of Jacob is our stronghold.

Antiphon 3

All nations will come and worship before you, O Lord.

Canticle – Revelation 15:3-4

Hymn of adoration

Mighty and wonderful are your works, *
Lord God Almighty!
Righteous and true are your ways, *
O King of the nations!

Who would dare refuse you honor, *
or the glory due your name, O Lord?

Since you alone are holy, *
all nations shall come
and worship in your presence. *
Your mighty deeds are clearly seen.

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

All nations will come and worship before you, O Lord.

Sit

READING

2 Peter 3:8b-9

In the Lord's eyes, one day is as a thousand years and a thousand years are as a day. The Lord does not delay in keeping his promise—though some consider it “delay.” Rather, he shows you generous patience, since he wants none to perish but all to come to repentance.

Responsory

Come and set us free, Lord God of power and might.

— Come and set us free, Lord God of power and might.

Let your face shine upon us and we shall be saved,

— Lord God of power and might.

Glory to the Father, and to the Son, and to the Holy Spirit,
— Come and set us free, Lord God of power and might.

Stand

GOSPEL CANTICLE

Antiphon

Out of Egypt I have called my Son; he will come to save his people.

Luke 1:46-55

The soul rejoices in the Lord

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

Out of Egypt I have called my Son; he will come to save his people.

INTERCESSIONS

With confidence let us call upon Christ, the shepherd and guardian of our souls:

— Lord, have mercy on us.

Good shepherd of God's flock,
gather all into your Church.

— Lord, have mercy on us.

Lord Jesus, help the shepherds of your pilgrim people,
until you come again may they zealously feed your flock.

— Lord, have mercy on us.

Choose from among us heralds of your word,
to proclaim your Gospel to the ends of the earth.

— Lord, have mercy on us.

Take pity on all who struggle and fall along the way,
may they find a friend to help them.

— Lord, have mercy on us.

Show your glory in heaven,
to those who listen to your voice on earth.

— Lord, have mercy on 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.

Kneel

BENEDICTION

Tantum ergo sacramentum
Veneremur cernui:
Et antiquum documentum
Novo cedat ritui:
Praestet fides supplementum
Sensuum defectui.

Genitori, Genitoque
Laus et iubilatio
Salus, honor, virtus quoque
Sit et benedictio:
Procedenti ab utroque
Compar sit laudatio. Amen.

*Melody: Pange Lingua 87.87.87; Music: Mode III Vatican Plainsong; Text: Pange
Lingua, St. Thomas Aquinas, c. 1225-1274*

Incensation

Let us pray.

Lord Jesus Christ,
you gave us the eucharist
as the memorial of your suffering and death.
May our worship of this sacrament of your body and blood
help us to experience the salvation you won for us
and the peace of the kingdom
where you live with the Father and the Holy Spirit,
God, for ever and ever.

— Amen.

Blessing

Divine Praises

Blessed be God.

Blessed be his holy Name.

Blessed be Jesus Christ, true God and true Man.

Blessed be the name of Jesus.

Blessed be his most sacred Heart.

Blessed be his most precious Blood.

Blessed be Jesus in the most holy Sacrament of the altar.

Blessed be the Holy Spirit, the Paraclete.

Blessed be the great Mother of God, Mary most holy.

Blessed be her holy and immaculate conception.

Blessed be her glorious assumption.

Blessed be the name of Mary, Virgin and Mother.

Blessed be Saint Joseph, her most chaste spouse.

Blessed be God in his angels and in his saints.

Reposition

Stand

HYMN

Holy God, we praise thy name!

Lord of all, we bow before thee!

All on earth thy scepter claim,

All in heaven above adore thee!

Infinite thy vast domain,

Everlasting is thy reign.

Hark the loud celestial hymn

Angel choirs above are raising;

Cherubim and Seraphim,

In unceasing chorus praising,

Fill the heavens with sweet accord:

Holy, Holy, Holy Lord!
Holy Father, Holy Son,
Holy Spirit, Three we name thee,
While in essence only One,
Undivided God we claim thee;
And adoring bend the knee,
While we own the mystery.

*Melody: Grosser Gott 78.78.77; Music: Katholisches Gesangbuch, Vienna, c. 1774;
Text: Ignaz Franz, 1719-1790; Translator: Clarence Walworth, 1820-1900*

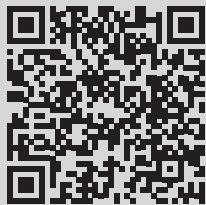
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