

Liturgy of the Hours
LITURGY OF THE HOURS

NIGHT PRAYER

February 7, 2024

{ Wednesday of the Fifth Week in Ordinary Time }



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.

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

This world, my God, is held within your hand,
Though we forget your love and steadfast might
And in the changing day uncertain stand,
Disturbed by morning, and afraid of night.

From youthful confidence to careful age,
Help us each one to be your loving friend,

Rewarded by the faithful servant's wage,
God in three persons, reigning without end.

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PSALMODY

Antiphon 1

Lord God, be my refuge and my strength.

Psalm 31:1-6

Trustful prayer in adversity

Father, into your hands I commend my spirit (Luke 23:46).

In yóu, O Lórd, I take réfuge.*
Let me néver be pút to sháme.
In your jústice, sét me frée,*
héar me and spéedily réscue me.

Be a róck of réfuge fór me,*
a míghty stróngthold to sáve me,
for yóu are my róck, my stróngthold.*
For your náme's sake, léad me and guíaide me.

Reléase me from the snáres they have hídden*
for yóu are my réfuge, Lórd.
Into your hánds I comménd my spírit.*
It is yóu who will redéem me, Lórd.

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

Antiphon

Lord God, be my refuge and my strength.

Antiphon 2

Out of the depths I cry to you, Lord.

Psalm 130

A cry from the depths

He will save his people from their sins (Matthew 1:21).

Out of the dépths I crý to you, O Lórd, *
Lórd, hear my vóice!
O lét your éars be attentíve *
to the vóice of my pléading.

If you, O Lórd, should márk our guílt, *
Lórd, who would survíve?
But with yóu is fóund forgíveness: *
for thís we revére you.

My sóul is wáiting for the Lórd, *
I cóunt on his wórd.
My sóul is lónging for the Lórd *
more than wátchman for dáybreak.
Let the wátchman cóunt on dáybreak *
and Ísrael on the Lórd.

Bezáuse with the Lórd there is mércy *
and fúllness of redémption,
Ísrael indéed he will redém *
from áll its iníquity.

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 the depths I cry to you, Lord.

READING

Ephesians 4:26-27

If you are angry, let it be without sin. The sun must not go down on your wrath; do not give the devil a chance to work on you.

RESPONSORY

Into your hands, Lord, I commend my spirit.

— Into your hands, Lord, I commend my spirit.

You have redeemed us, Lord God of truth.

— I commend my spirit.

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

— Into your hands, Lord, I commend my spirit.

GOSPEL CANTICLE

Antiphon

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

Luke 2:29-32

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

Make sign of cross

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

my own eyes have seen the salvation *
which you have prepared in the sight of every people:

a light to reveal you to the nations *
and the glory of your people Israel.

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

as it was in the beginning, is now, *
and will be for ever. Amen.

Antiphon

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

CONCLUDING PRAYER

Let us pray.

Lord Jesus Christ,
you have given your followers
an example of gentleness and humility,
a task that is easy, a burden that is light.
Accept the prayers and work of this day,
and give us the rest that will strengthen us
to render more faithful service to you
who live and reign for ever and ever.

— Amen.

Blessing

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

— Amen.

ANTIPHON OF THE BLESSED VIRGIN MARY

Hail, holy Queen, mother of mercy,
our life, our sweetness, and our hope.
To you do we cry,
poor banished children of Eve.
To you do we send up our sighs
mourning and weeping in this vale of tears.
Turn then, most gracious advocate,
your eyes of mercy toward us,
and after this exile
show us the blessed fruit of your womb, Jesus.
O clement, O loving,
O sweet Virgin Mary.

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