

Liturgy of the Hours
LITURGY OF THE HOURS

NIGHT PRAYER

March 20, 2025

{ Thursday of the Second Week of Lent }



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

O Christ, resplendent as the day,
you clear away the dark of night;
by faith we know you, Light from Light,
proclaiming light to all the blest.

O holy Lord, we humbly pray:
Watch over us throughout this night

and grant us calm and silent hours,
that we may find our rest in you.

And when our eyes are closed in sleep,
still let our hearts keep watch for you;
protect and guard by your right hand
the faithful, filled with love for you.

O strong defender, see our plight,
subdue our foes who lie in wait;
direct and guide your servants, Lord,
whom you have purchased with your blood.

To you, O Christ, most loving King,
and to the Father, glory be,
one with the Spirit Paraclete,
from age to age for evermore. Amen.

Metrical hymn, melody: O WALY WALY, 8 8 8 8; English traditional melody

*Plainsong, mode II, melody 50; Liber Hymnarius, Solesmes, 1983, Text: Christe, qui,
splendor et dies, 5–6th c.*

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PSALMODY

Antiphon

In you, my God, my body will rest in hope.

Psalms 16

God is my portion, my inheritance

The Father raised up Jesus from the dead and broke the bonds of death (Acts 2:24).

Presérve me, Gód, I take réfuge in yóu. †
I sáy to the Lórd: “Yóu are my Gód.” *
My háppiness lées in yóu alóne.”

He has put into my heart a marvellous love *
for the faithful ones who dwell in his land.
Those who choose other gods increase their sorrows. †
Never will I offer their offerings of blood. *
Never will I take their name upon my lips.

O Lord, it is you who are my portion and cup; *
it is you yourself who are my prize.
The lot marked out for me is my delight: *
welcome indeed the heritage that falls to me!

I will bless the Lord who gives me counsel, *
who even at night directs my heart.
I keep the Lord ever in my sight: *
since he is at my right hand, I shall stand firm.

And so my heart rejoices, my soul is glad; *
even my body shall rest in safety.
For you will not leave my soul among the dead, *
nor let your beloved know decay.

You will show me the path of life, †
the fullness of joy in your presence, *
at your right hand happiness 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

In you, my God, my body will rest in hope.

READING

1 Thessalonians 5:23

May the God of peace make you perfect in holiness. May he preserve you whole and entire, spirit, soul, and body, irreproachable at the coming of our Lord Jesus Christ.

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 God,
send peaceful sleep
to refresh our tired bodies.

May your help always renew us
and keep us strong in your service.
We ask this through 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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