

Liturgy of the Hours
LITURGY OF THE HOURS

NIGHT PRAYER

March 21, 2025

{ Friday 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

Day and night I cry to you, my God.

Psalms 88

Prayer of a sick person

This is your hour when darkness reigns (Luke 22:53).

Lord my Gód, I call for hélp by dáy; *
I crý at níght befóre you.
Let my práyer cóme into your présence. *
O túrn your éar to my crý.

For my s  ul is filled with   vils; *
my life is on the br  nk of the gr  ve.
I am r  ckoned as   ne in the t  mb: *
I have r  ached the   nd of my str  ngth,
like   ne al  ne among the d  ad; *
like the sl  in l  ying in their gr  ves;
like th  se you rem  mber no m  re, *
cut   ff, as they   re, from your h  nd.

You have l  aid me in the d  pths of the t  mb, *
in pl  ces that are d  rk, in the d  pths.
Your   nger weighs down up  n me: *
I am dr  wned ben  ath your w  ves.

You have t  ken aw  y my fr  ends *
and m  de me h  ateful in their s  ght.
Imprisoned, I c  nnot esc  pe; *
my   yes are s  nken with gr  ief.

I c  ll to you, L  rd, all the day l  ng; *
to y  u I str  tch out my h  nds.
Will you w  rk your w  nders for the d  ad? *
Will the sh  des st  nd and pr  aise you?

Will your l  ve be t  ld in the gr  ve *
or your f  ithfulness am  ng the d  ad?
Will your w  nders be kn  wn in the d  rk *
or your j  stice in the l  nd of oblivion?

As for m  e, Lord, I c  ll to you for h  lp: *
in the m  rning my pr  yer comes bef  re you.
L  rd, wh  y do you rej  ct me? *
Wh  y do you h  ide your f  ce?

Wr  tched, close to d  ath from my y  uth, *
I have b  rne your t  rials; I am n  mb.
Your f  ury has sw  pt down up  n me; *
your t  rrors have   tterly destr  yed me.

They surr  ound me all the d  ay like a fl  od, *
they ass  il me   ll tog  ether.

Friend and néighbor you have táken away: *
my óne compánion is dárkness.

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

Day and night I cry to you, my God.

READING

Jeremiah 14:9a

You are in our midst, O Lord,
your name we bear:
do not forsake us, O Lord, our God!

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.

All-powerful God
keep us united with your Son
in his death and burial
so that we may rise to new life with him,
who lives and reigns 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, 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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