

Liturgy of the Hours
LITURGY OF THE HOURS

NIGHT PRAYER

January 29, 2026

{ Thursday of the Third 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

To you before the close of light,
Creator of all things, we pray:
Be our protector, keep us safe
in your unfailing clemency.

Incline our hearts to dream of you,
to sense your presence as we sleep;

as light returns, so let us sing
your praise and glory evermore.

Grant us the grace of health and strength,
renew our warmth and joy of life;
and let your radiant light dispel
the dreaded darkness of the night.

Almighty Father, grant our prayer
through Jesus Christ your Son our Lord,
who reigns with you from age to age,
one with the Spirit, ever blest. Amen.

Metrical hymn, melody: Tallis' Canon, 8 8 8; Thomas Tallis, ca. 1505–1585

*Plainsong, mode VIII, melody 92; Liber Hymnarius, Solesmes, 1983, Text: Te lucis
ante terminum, 5–6th c.*

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PSALMODY

Antiphon

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

Psalm 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 líes in yóu álone.”

He has pút into my héart a márvellous lóve *
for the fáithful ónes who dwéll in his lánd.
Those who chóose other góds incréase their sórrows. †
Néver will I óffer their ófferings of blóod. *
Néver will I táke their náme upon my líps.

O Lórd, it is yóu who are my pórtion and cúp; *
it is yóu yoursélf who áre my príze.

The lót marked óut for me is my delíght: *
welcome indéed the héritage that fálls to mé!

I will bléss the Lórd who gíves me cóunsel, *
who éven at níght dirécts my héart.

I kíep the Lórd ever ín my síght: *
since hé is at my ríght hand, I shall stand fírm.

And so my héart rejóices, my sóul is glád; *
éven my bódy shall rést in sáfety.

For yóu will not léave my sóul among the déad, *
nor lét your belóved knów decáy.

You will shów me the páth of lífe, †
the fúllness of jóy in your présence, *
at your ríght hand háppiness for éver.

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, 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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