

*Liturgy of the Hours*  
LITURGY OF THE HOURS

NIGHT PRAYER

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March 12, 2025

{ Wednesday of the First 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

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: O WALY WALY, 8 8 8 8; English traditional melody*

*Plainsong, mode II, melody 50; Liber Hymnarius, Solesmes, 1983, Text: Te lucis ante  
terminum, 5–6th c.*

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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 guíde 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.

Becáuse 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, 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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