

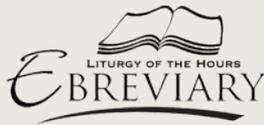
*Liturgy of the Hours*  
LITURGY OF THE HOURS

NIGHT PRAYER

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January 30, 2026

{ Friday 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 8; Thomas Tallis, ca. 1505-1585*

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

*The English translation of Hymns and chants from The Liturgy of the Hours © 2023  
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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 sóul is filled with évils; \*  
my lífe is on the brínk of the gráve.  
I am réckoned as óne in the tómb: \*  
I have réached the énd of my strángth,

like óne alóne among the déad; \*  
like the sláin lýing in their gráves;  
like thóse you remémber no móre, \*  
cut óff, as they áre, from your hánd.

You have láid me in the dépths of the tómb, \*  
in pláces that are dárk, in the dépths.  
Your ánger weighs dówn upón me: \*  
I am drówned benéath your wáves.

You have táken awáy my fríends \*  
and máde me háteful in their síght.  
Imprísoned, I cáannot escápe; \*  
my éyes are súnken with gríef.

I cáll to you, Lórd, all the day lóng; \*  
to yóu I strétch out my hánds.  
Will you wórk your wónders for the déad? \*  
Will the shádes stánd and práise you?

Will your lóve be tóld in the gráve \*  
or your fáithfulness amóng the déad?  
Will your wónders be knówn in the dárk \*  
or your jústice in the lánd of oblívion?

As for mé, Lord, I cáll to you for hélp: \*  
in the mórning my práyer comes befóre you.  
Lórd, why do you rejéct me? \*  
Why do you híde your fáce?

Wrétched, close to déath from my yóuth, \*  
I have bórne your tríals; I am númb.  
Your fúry has swépt down upón me; \*  
your térrors have útterly destróyed me.

They surróund me all the day like a flóod, \*  
they assáil me áll togéther.  
Friend and néighbor you have táken awáy: \*  
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, 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.

# ACKNOWLEDGEMENTS

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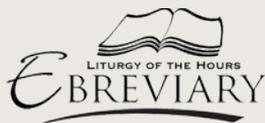
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