

Liturgy of Hours
Night Prayer – Wednesday

Leader: + God, come to my assistance.

All: Lord, make haste to help me.

L: Glory to the Father, and to the Son,
and to the Holy Spirit:

All: As it was in the beginning, is now,
and will be for ever. Amen. Alleluia.

Penitential Act

Hymn

Psalmody

Antiphon 1: *Lord God, be my refuge and my strength.*

Psalm 31:1-6: Trustful prayer in adversity

L: In you, O Lord, I take refuge.
Let me never be put to shame.
In your justice, set me free,
hear me and speedily rescue me.

All: Be a rock of refuge for me,
a mighty stronghold to save me,
for you are my rock, my stronghold.
For your name's sake, lead me and guide me.

L: Release me from the snares they have hidden
for you are my refuge, Lord.
Into your hands I commend my spirit.
It is you who will redeem me, Lord.

All: Glory to the Father,
and to the Son, and to the Holy Spirit:
As it was in the beginning, is now,
and will be forever. Amen.

All: *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

L: Out of the depths I cry to you, O Lord,
Lord, hear my voice!
O let your ears be attentive
to the voice of my pleading.

All: If you, O Lord, should mark our guilt,
Lord, who would survive?
But with you is found forgiveness:
for this we revere you.

L: My soul is waiting for the Lord.
I count on his word.
My soul is longing for the Lord
more than watchman for daybreak.
Let the watchman count on daybreak
and Israel on the Lord.

All: Because with the Lord there is mercy
and fullness of redemption,

Israel indeed he will redeem
from all its iniquity.

All: Glory to the Father,
and to the Son, and to the Holy Spirit:
As it was in the beginning, is now,
and will be forever. Amen.

All: *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

L: Into your hands, Lord, I commend my spirit.
All: Into your hands, Lord, I commend my spirit.

L: You have redeemed us, Lord God of truth.
All: I commend my spirit.

L: Glory to the Father, and to the Son, and to the Holy Spirit
All: Into your hands, Lord, I commend my spirit.

Gospel Cantic

Luke 2:29-32

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.

All: 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.

All: Glory be to the Father, and to the Son,
and to the Holy Spirit:
as it was in the beginning, is now,
and will be forever. Amen.

All: 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.

Closing Prayer

L: 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 an ever.

All: Amen.

Blessing

L: + May the all-powerful Lord grant us a restful night and
a peaceful death.

All: Amen.