Night Prayer

Sunday, March 14, 2010

4th Sunday of Lent

OPENING

O 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 forever. Amen.

EXAMINATION OF CONSCIENCE

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, 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.

HYMN

Into Your Hands

Into your hands, O Lord, we place our spirits;
into your hands we rest this holy night;
for you have ransomed us by your great mercy,
and you remain our ever-present light.

Though we have sinned and wandered far from your ways,
your arms of mercy reach to draw us near;
grant us this night a clean and contrite spirit;
and when the morning comes, let dawn be clear.

Father of light, in whom no darkness wanders,
keep us this night in your protecting care;
and may we rest, who in the dawn will waken,
to seek your face with gratitude and prayer.

PSALMODY

Psalm 91 *It Is Good to Give Thanks*

> *Ant. In you, O Lord, have I trusted; let me never be confounded.*

It is good to confess to the Lord and to sing psalms to your name, O Most High.

To announce your mercy in the morning and your truth throughout the night,

upon a ten-stringed instrument, upon a psaltery, with a canticle on the harp.

For you have delighted me, O Lord, in your works, and in the works of your hands I will rejoice.

How great are your works, O Lord! Your thoughts are exceedingly deep.

The foolish man will not understand this, and the foolish one will not understand these things.

When the sinners spring up like grass, and when all those who work iniquity appear,

it is so that they may fall in eternity and eternity.

But you, O Lord, are Most High forever.

For behold your enemies, O Lord, for behold your enemies will perish; and all those who work iniquity will be dispersed.

And my horn will be exalted like that of the rhinoceros, and my old age in plentiful mercy.

And my eye has looked down upon my enemies; and my ear will hear of the downfall of the malicious who rise up against me.

The just will flourish like a palm tree; he will be multiplied like a cedar of Lebanon.

Those planted in the house of the Lord will flourish in the courts of the house of our God.

They will still be multiplied in a fruitful old age, and they will be patient so that they may announce

that the Lord our God is just and there is no iniquity in him.

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.

> *Ant. In you, O Lord, have I trusted; let me never be confounded.*

SHORT READING

HOSEA 6:3

Let us know, let us strive to know the Lord; as certain as the dawn is his coming.

RESPONSORY

V. Have mercy on me, O God, according to your steadfast love.

R. Blot out my transgressions.

GOSPEL CANTICLE: NUNC DIMITTIS (LUKE 2:29-32)

THE CANTICLE OF SIMEON (NUNC DIMITTIS) (LUKE 2:29–32)

> *Ant. Into your hands, O Lord, I commend my spirit.*

Now you release your servant, O Lord, according to your word, in peace.

Because my eyes have seen your salvation,

which you have prepared before the face of all peoples:

a light of revelation to the Gentiles, and a glory for 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 forever. Amen.

> *Ant. Into your hands, O Lord, I commend my spirit.*

THE LORD'S PRAYER

Let us pray as the Lord himself has taught us:

Our Father, who art in heaven,

hallowed be thy name;

thy kingdom come,

thy will be done

on earth as it is in heaven.

Give us this day our daily bread,

and forgive us our trespasses

as we forgive those who trespass against us;

and lead us not into temptation,

but deliver us from evil.

For thine is the kingdom, and the power, and the glory,

forever and ever. Amen.

CONCLUDING PRAYER

O God, as Holy Week approaches and we draw near to the mystery of the cross, grant us this night a quiet rest, that we may wake with hearts prepared to walk the way of the Lord; through Jesus Christ our Lord. Amen.

BLESSING AND DISMISSAL

May almighty God grant us a restful night, and may we watch with Christ who prays for us. Amen.

The Lord grant us a restful night and a peaceful death.
Amen.

MARIAN ANTIPHON

AVE REGINA CAELORUM

Hail, O Queen of heaven enthroned! Hail, by angels Mistress owned! Root of Jesse, Gate of morn, whence the world's true Light was born: glorious Virgin, joy to thee, loveliest whom in heaven they see: fairest thou where all are fair, plead with Christ our sins to spare.