

# Evening Prayer

Thursday, January 29, 2026

Ordinary Time, Week 3 — Thursday

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## OPENING

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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.

## HYMN

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### **O Gracious Light**

O gracious light, pure brightness of the everliving Father in heaven,  
O Jesus Christ, holy and blessed;  
now as we come to the setting of the sun, and our eyes behold the vesper light,  
we sing your praises, O God: Father, Son, and Holy Spirit.

You are worthy at all times to be praised by happy voices,  
O Son of God, O Giver of Life,  
and to be glorified through all the worlds.

Now let our voices join the song of those who stand before your throne,  
while evening spreads her peaceful wings  
and day's long labor nears its end.

Grant us, O Lord, a quiet night,  
a clean heart, and a will made new;  
and when the morning light returns,  
may we arise and follow you.

**Psalm 30** *Into Your Hands*

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

In you, O Lord, I have hoped; let me not be confounded forever; rescue me in your justice.

Incline your ear to me; hasten to deliver me.

Be a God, a protector, and a house of refuge for me, so as to accomplish my salvation.

For you are my strength and my refuge; and for your name's sake you will lead me and nourish me.

You will lead me out of this snare which they have hidden for me; for you are my protector.

Into your hands I commend my spirit; you have redeemed me, O Lord, the God of truth.

You have hated those who hold to vanity without purpose. But I have hoped in the Lord.

I will exult and rejoice in your mercy; for you have seen my humility.

You have saved my soul from necessity, and you have not enclosed me in the hands of my enemy.

You have placed my feet in a spacious place.

Have mercy on me, O Lord, for I am afflicted; my eye has been troubled by rage, my soul, and my belly.

For my life has diminished in sorrow, and my years in groaning.

My virtue has been weakened in poverty, and my bones have been disturbed.

I have become a reproach among all my enemies, and very much so to my neighbors; and a source of fear to those I know.

Those who saw me withdrew from me; I was forgotten, like someone dead from the heart.

I was made like a useless vessel.

For I have heard the reproach of many who dwell around me.

In assembling together against me, they consented to take away my soul.

But I have trusted in you, O Lord; I said, "You are my God."

My times are in your hands; deliver me from the hands of my enemies and from those who persecute me.

Make your face shine upon your servant; save me in your mercy.

O Lord, let me not be confounded, for I have called upon you.

Let the impious be confounded and be led down into hell.

Let deceitful lips become dumb, which speak iniquity against the just, with pride and with abuse.

How great is the multitude of your sweetness, O Lord, which you have hidden for those who fear you!

You have perfected it for those who hope in you, in the sight of the sons of men.

You will hide them in the secret of your face from the disturbance of men.

You will protect them in your tabernacle from the contradiction of tongues.

Blessed is the Lord, for he has shown his wonderful mercy to me in a fortified city.

But I said in the excess of my mind: "I am cast away from before your eyes."

Therefore, you heard the voice of my prayer, when I cried out to you.

O love the Lord, all you his saints, for the Lord will seek truth, and will repay abundantly those who act with pride.

Be strengthened, and let your heart be robust, all you who hope in the Lord.

*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.*

**Psalm 32** *Praise to the Creator*

*Ant. Sing to the Lord a new song; sing to the Lord, all the earth.*

Rejoice in the Lord, O just ones; praise is proper to the upright.

Confess to the Lord with harp; sing to him with a psaltery of ten strings.

Sing to him a new song; play skillfully with jubilation.

For the word of the Lord is right, and all his works are in good faith.

He loves mercy and judgment; the earth is full of the mercy of the Lord.

The heavens were established by the word of the Lord, and all their power by the spirit of his mouth.

He gathers the waters of the sea together as if in a vessel; he places the depths in storehouses.

Let all the earth fear the Lord, and let all the inhabitants of the world be moved before him.

For he spoke and it was done; he commanded and it was created.

The Lord scatters the counsel of the nations; but he rejects the intentions of peoples and repudiates the counsel of leaders.

But the counsel of the Lord remains forever; the thoughts of his heart endure from generation to generation.

Blessed is the nation whose God is the Lord, the people whom he has chosen as his inheritance.

The Lord has looked down from heaven; he has seen all the sons of men.

From his prepared habitation, he has gazed upon all who dwell upon the earth.

He who fashioned their hearts individually, who understands all their works.

A king is not saved by a great army, and a giant will not be saved by his own great power.

A horse is a vain means of safety, and he will not be saved by the abundance of his strength.

Behold, the eyes of the Lord are upon those who fear him and upon those who hope in his mercy, to rescue their souls from death and to nourish them in famine.

Our soul is patient with the Lord, for he is our helper and our protector.

For in him our heart will be joyful, and in his holy name we have trusted.

Let your mercy, O Lord, be upon us, just as we have hoped in you.

*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. Sing to the Lord a new song; sing to the Lord, all the earth.*

NEW TESTAMENT CANTICLE

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NEW TESTAMENT CANTICLE (REVELATION 11:17–18; 12:10–12)

We give thanks to you, Lord God Almighty, who is and who was; for you have taken up your great power and you have reigned.

And the nations were angry, and your wrath has come, and the time for the dead to be judged, and to give the reward to your servants the prophets.

And to the saints and to those who fear your name, the small and the great, and to destroy those who corrupted the earth.

Now has arrived the salvation and the virtue and the kingdom of our God and the power of his Christ.

For the accuser of our brothers has been cast down, he who accused them before our God day and night.

And they overcame him by the blood of the Lamb and by the word of their testimony.

And they loved not their lives, even in the face of death.

Because of this, rejoice, O heavens, and all who dwell in them.

*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.*

SHORT READING

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**REVELATION 15:3**

Great and wonderful are your works, Lord God almighty. Just and true are your ways, O king of the nations.

RESPONSORY

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*V. Our help is in the name of the Lord.*

*R. Who made heaven and earth.*

*V. Blessed be the name of the Lord,*

*R. now and forever.*

THE CANTICLE OF MARY (MAGNIFICAT) (LUKE 1:46-55)

*Ant. My soul magnifies the Lord, and my spirit rejoices in God my Savior.*

My soul magnifies the Lord.

And my spirit has rejoiced in God my Savior.

Because he has regarded the humility of his handmaid; for behold, from henceforth all generations will call me blessed.

Because he who is powerful has done great things for me, and holy is his name.

And his mercy is from generation to generation for those who fear him.

He has shown might with his arm; he has scattered the proud in the conceit of their heart.

He has deposed the powerful from their seat, and he has exalted the humble.

He has filled the hungry with good things, and the rich he has sent away empty.

He has received Israel, his servant, being mindful of his mercy.

As he spoke to our fathers: to Abraham and to his offspring forever.

*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. My soul magnifies the Lord, and my spirit rejoices in God my Savior.*

EVENING INTERCESSIONS

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*As evening comes, let us lift our hearts to God in prayer, saying:*

For the holy church throughout the world, that it may be a sign of your love and a servant of your kingdom: we pray to you, O Lord. *Lord, hear our prayer.*

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For all who exercised authority today, that their decisions may have served justice and the common good: we pray to you, O Lord. *Lord, hear our prayer.*

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For those who worked in our communities today, especially those whose work is dangerous or poorly rewarded: we pray to you, O Lord. *Lord, hear our prayer.*

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For the sick and the suffering, for the lonely and the grieving, that the evening may bring them comfort: we pray to you, O Lord. *Lord, hear our prayer.*

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For those who will not sleep safely tonight, for the homeless, the hungry, and those in danger, that your providence may reach them: we pray to you, O Lord. *Lord, hear our prayer.*

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For the faithful departed, especially those we remember with love, that they may rest in your peace: we pray to you, O Lord. *Lord, hear our prayer.*

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#### THE LORD'S PRAYER

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*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

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*Abide with us, Lord, for it is toward evening and the day is far spent. Stay with us and with your whole church.  
Where you are, Lord, darkness becomes light; through Jesus Christ our Lord. Amen.*

#### DISMISSAL

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The Lord be with you.

*And with your spirit.*

May almighty God bless us: the Father, and the Son, and the Holy Spirit.

*Amen.*

Go in peace to love and serve the Lord.

*Thanks be to God.*

#### MARIAN ANTIPHON

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##### SALVE REGINA

*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 valley of tears. Turn then, most*

*gracious advocate, your eyes of mercy towards us; and after this our exile, show unto us the blessed fruit of your womb, Jesus. O clement, O loving, O sweet Virgin Mary.*