


PSALMODY
SUNDAY OR SOLEMNITY AFTER FIRST VESPERS

ANTIPHON

VIII Ps 4:2



Have mercy, Lord, * and hear my prayer. *

PSALM 4
THANKSGIVING

*The resurrection of Christ was God's supreme and wholly marvelous work
(Saint Augustine).*


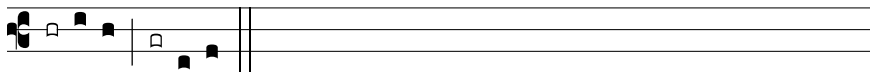
When I call, answer me, O God of justice; *
from anguish you released me, have mercy and hear me!
O men, how long will your hearts be closed, *
will you love what is futile and seek what is false?
It is the Lord who grants favors to those whom he loves; *
the Lord hears me whenever I call him.
Fear him; do not sin: ponder on your bed and be still. *
Make justice your sacrifice, and trust in the Lord.
“What can bring us happiness?” many say. *
Let the light of your face shine on us, O Lord.
You have put into my heart a greater joy *
than they have from abundance of corn and new wine.
I will lie down in peace and sleep comes at once *
for you alone, Lord, make me dwell in safety.
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

Ps 133:2

VI

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 n the si-lent hours of night ★ bless the Lord.


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PSALM 133 (134)

EVENING PRAYER IN THE TEMPLE

Praise our God, all you his servants, you who fear him, small and great
(Revelation 19:5).

O come, bless the Lord, ★
 all you who serve the Lord,
 who stand in the house of the Lord, ★
 in the courts of the house of our God.
 Lift up your hands to the holy place ★
 and bless the Lord through the night.
 May the Lord bless you from Zion, ★
 he who made both heaven and earth.
 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.

READING

Deuteronomy 6:4-7

Hear, O Israel! The Lord is our God, the Lord alone! Therefore, you shall love the Lord, your God, with all your heart, and with all your soul, and with all your strength. Take to heart these words which I enjoin on you today. Drill them into your children. Speak of them at home and abroad, whether you are busy or at rest.

CONCLUDING PRAYER

Lord, be with us throughout this night. When day comes may we rise from sleep to rejoice in the resurrection of your Christ, who lives and reigns for ever and ever.

R. Amen.

CONCLUDING PRAYER

On solemnities that do not occur on Sunday:

Lord, we beg you to visit this house and banish from it all the deadly power of the enemy. May your holy angels dwell here to keep us in peace, and may your blessing be upon us always. We ask this through Christ our Lord.

R. Amen.

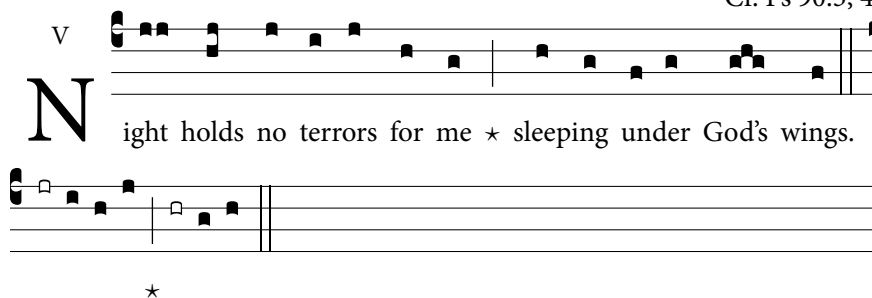
BLESSING

May the all-powerful Lord grant us a restful night and a peaceful death.
R. Amen.

SUNDAY OR SOLEMNITY AFTER SECOND VESPERS

ANTIPHON

Cf. Ps 90:3, 4



PSALM 90 (91)

SAFE IN GOD'S SHELTERING CARE

I have given you the power to tread upon serpents and scorpions (Luke 10:19).

He who dwells in the shelter of the Most High ★
 and abides in the shade of the Almighty
 says to the Lord: "My refuge, ★
 my stronghold, my God in whom I trust!"
 It is he who will free you from the snare ★
 of the fowler who seeks to destroy you;
 he will conceal you with his pinions ★
 and under his wings you will find refuge.
 You will not fear the terror of the night ★
 nor the arrow that flies by day,
 nor the plague that prowls in the darkness ★
 nor the scourge that lays waste at noon.
 A thousand may fall at your side, ★
 ten thousand fall at your right,
 you, it will never approach; ★
 his faithfulness is buckler and shield.
 Your eyes have only to look ★
 to see how the wicked are repaid,
 you who have said: "Lord, my refuge!" ★
 and have made the Most High your dwelling.

Upon you no evil shall fall, ★
 no plague approach where you dwell.
 For you has he commanded his angels, ★
 to keep you in all your ways.
 They shall bear you upon their hands ★
 lest you strike your foot against a stone.
 On the lion and the viper you will tread ★
 and trample the young lion and the dragon.
 Since he clings to me in love, I will free him; ★
 protect him for he knows my name.
 When he calls I shall answer: "I am with you," ★
 I will save him in distress and give him glory.
 With length of life I will content him; ★
 I shall let him see my saving power.
 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.

READING

Rev 22:4-5

They shall see the Lord face to face and bear his name on their foreheads.
 The night shall be no more. They will need no light from lamps or the sun, for the Lord God shall give them light, and they shall reign forever.

CONCLUDING PRAYER

Lord, we have celebrated today the mystery of the rising of Christ to new life. May we now rest in your peace, safe from all that could harm us, and rise again refreshed and joyful, to praise you throughout another day. We ask this through Christ our Lord.
 R. Amen.

CONCLUDING PRAYER

On solemnities that do not occur on Sunday:

Lord, we beg you to visit this house and banish from it all the deadly power of the enemy. May your holy angels dwell here to keep us in peace, and may your blessing be upon us always. We ask this through Christ our Lord.
 R. Amen.

BLESSING

May the all-powerful Lord grant us a restful night and a peaceful death.
R. Amen.

MONDAY

ANTIPHON

VIII

Cf. Ps 85:15

O

Lord, our God, ★ unwearied is your love for us.

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PSALM 85 (86)

POOR MAN'S PRAYER IN TROUBLE

Blessed be God who comforts us in all our trials (2 Corinthians 1:3, 4).

Turn your ear, O Lord, and give answer ★
for I am poor and needy.

Preserve my life, for I am faithful: ★
save the servant who trusts in you.

You are my God; have mercy on me, Lord, ★
for I cry to you all the day long.

Give joy to your servant, O Lord, ★
for to you I lift up my soul.

O Lord, you are good and forgiving, ★
full of love to all who call.

Give heed, O Lord, to my prayer ★
and attend to the sound of my voice.

In the day of distress I will call ★
and surely you will reply.

Among the gods there is none like you, O Lord; ★
nor work to compare with yours.

All the nations shall come to adore you ★
and glorify your name, O Lord:

for you are great and do marvelous deeds, ★
you who alone are God.

Show me, Lord, your way †
so that I may walk in your truth. ★
Guide my heart to fear your name.

I will praise you, Lord my God, with all my heart ★
 and glorify your name for ever;
 for your love to me has been great: ★
 you have saved me from the depths of the grave.
 The proud have risen against me; †
 ruthless men seek my life: ★
 to you they pay no heed.
 But you, God of mercy and compassion, ★
 slow to anger, O Lord,
 abounding in love and truth, ★
 turn and take pity on me.
 O give your strength to your servant ★
 and save your handmaid's son.
 Show me the sign of your favor †
 that my foes may see to their shame ★
 that you console me and give me your help.
 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.

READING

1 Th 5:9-10

God has destined us for acquiring salvation through our Lord Jesus Christ. He died for us, that all of us, whether awake or asleep, together might live with him.

CONCLUDING PRAYER

Lord, give our bodies restful sleep and let the work we have done today bear fruit in eternal life. We ask this through Christ our Lord.
 R. Amen.

BLESSING

May the all-powerful Lord grant us a restful night and a peaceful death.
 R. Amen.

TUESDAY

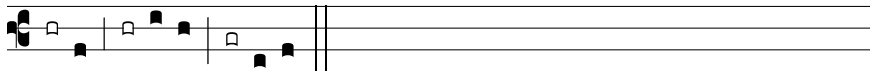
ANTIPHON

Cf. Ps 142:7, 8

II

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o not hide your face from me; ★ in you I put my trust.



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PSALM 142 (143):1-11

PRAYER IN DISTRESS

Only by faith in Jesus Christ is a man made holy in God's sight. No observance of the law can achieve this (Galatians 2:16).

Lord, listen to my prayer: †

turn your ear to my appeal. ★

You are faithful, you are just; give answer.

Do not call your servant to judgment ★

for no one is just in your sight.

The enemy pursues my soul; ★

he has crushed my life to the ground;

he has made me dwell in darkness ★

like the dead, long forgotten.

Therefore my spirit fails; ★

my heart is numb within me.

I remember the days that are past: ★

I ponder all your works.

I muse on what your hand has wrought †

and to you I stretch out my hands. ★

Like a parched land my soul thirsts for you.

Lord, make haste and answer; ★

for my spirit fails within me.

Do not hide your face ★

lest I become like those in the grave.

In the morning let me know your love ★

for I put my trust in you.

Make me know the way I should walk: ★
to you I lift up my soul.
Rescue me, Lord, from my enemies; ★
I have fled to you for refuge.
Teach me to do your will ★
for you, O Lord, are my God.
Let your good spirit guide me ★
in ways that are level and smooth.
For your name's sake, Lord, save my life; ★
in your justice save my soul from distress.
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.

READING

1 Pt 5:8-9a

Stay sober and alert. Your opponent the devil is prowling like a roaring lion looking for someone to devour. Resist him, solid in your faith.

CONCLUDING PRAYER

Lord, fill this night with your radiance. May we sleep in peace and rise with joy to welcome the light of a new day in your name. We ask this through Christ our Lord.
℟. Amen.

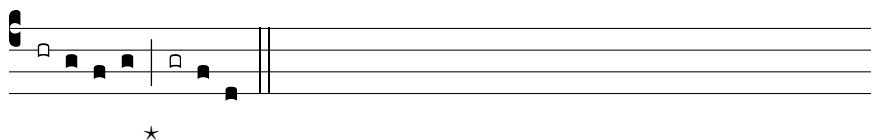
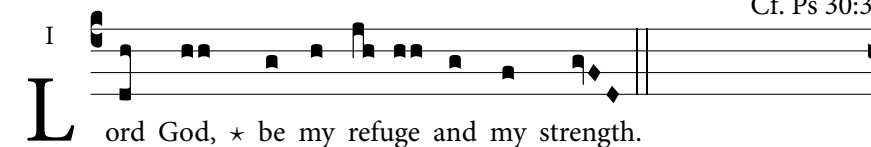
BLESSING

May the all-powerful Lord grant us a restful night and a peaceful death.
℟. Amen.

WEDNESDAY

ANTIPHON

Cf. Ps 30:3



PSALM 30 (31):2-6

TRUSTFUL PRAYER IN ADVERSITY

Father, into your hands I commend my spirit (Luke 23:46).

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.

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.

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.

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

Ps 129:1

IV

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ut of the depths ★ I cry to you, O Lord.

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PSALM 129 (130)

A CRY FROM THE DEPTHS

He will save his people from their sins (Matthew 1:21).

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.

If you, O Lord, should mark our guilt, ★

Lord, who would survive?

But with you is found forgiveness: ★

for this we revere you.

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.

Because with the Lord there is mercy ★

and fullness of redemption,

Israel indeed he will redeem ★

from all its iniquity.

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.

READING

Eph 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.

CONCLUDING PRAYER

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.

R. Amen.

BLESSING

May the all-powerful Lord grant us a restful night and a peaceful death.
R. Amen.

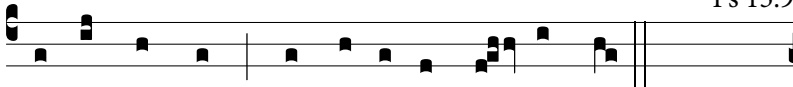
THURSDAY

ANTIPHON

Ps 15:9

VIII

I


 n you, my God, ★ my bod-y will rest in hope.



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PSALM 15 (16)

GOD IS MY PORTION, MY INHERITANCE

The Father raised up Jesus from the dead and broke the bonds of death
(Acts 2:24).

Preserve me, God, I take refuge in you. †

I say to the Lord: "You are my God. ★

My happiness lies in you alone."

He has put into my heart a marvelous love ★

for the faithful ones who dwell in his land.

Those who choose other gods increase their sorrows. †

Never will I offer their offerings of blood. ★

Never will I take their name upon my lips.

O Lord, it is you who are my portion and cup; ★

it is you yourself who are my prize.

The lot marked out for me is my delight: ★

welcome indeed the heritage that falls to me!

I will bless the Lord who gives me counsel, ★

who even at night directs my heart.

I keep the Lord ever in my sight: ★

since he is at my right hand, I shall stand firm.

And so my heart rejoices, my soul is glad; ★

even my body shall rest in safety.

For you will not leave my soul among the dead, ★

nor let your beloved know decay.

You will show me the path of life, †
the fullness of joy in your presence, ★
at your right hand happiness for ever.
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.

READING

1 Th 5:23

May the God of peace make you perfect in holiness. May he preserve you whole and entire, spirit, soul, and body, irreproachable at the coming of our Lord Jesus Christ.

CONCLUDING PRAYER

Lord God, send peaceful sleep to refresh our tired bodies. May your help always renew us and keep us strong in your service. We ask this through Christ our Lord.
℟. Amen.

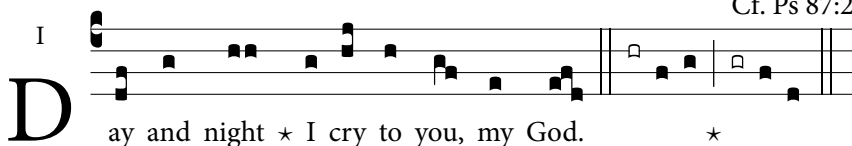
BLESSING

May the all-powerful Lord grant us a restful night and a peaceful death.
℟. Amen.

FRIDAY

ANTIPHON

Cf. Ps 87:2



PSALM 87 (88)

PRAYER OF A VERY SICK PERSON

This is your hour when darkness reigns (Luke 22:53).

Lord my God, I call for help by day; *

I cry at night before you.

Let my prayer come into your presence. *

O turn your ear to my cry.

For my soul is filled with evils; *

my life is on the brink of the grave.

I am reckoned as one in the tomb: *

I have reached the end of my strength,
like one alone among the dead; *

like the slain lying in their graves;

like those you remember no more, *

cut off, as they are, from your hand.

You have laid me in the depths of the tomb, *

in places that are dark, in the depths.

Your anger weighs down upon me: *

I am drowned beneath your waves.

You have taken away my friends *

and made me hateful in their sight.

Imprisoned, I cannot escape; *

my eyes are sunken with grief.

I call to you, Lord, all the day long; *

to you I stretch out my hands.

Will you work your wonders for the dead? *

Will the shades stand and praise you?

Will your love be told in the grave *

or your faithfulness among the dead?

Will your wonders be known in the dark ★
or your justice in the land of oblivion?
As for me, Lord, I call to you for help: ★
in the morning my prayer comes before you.
Lord, why do you reject me? ★
Why do you hide your face?
Wretched, close to death from my youth, ★
I have borne your trials; I am numb.
Your fury has swept down upon me; ★
your terrors have utterly destroyed me.
They surround me all the day like a flood, ★
they assail me all together.
Friend and neighbor you have taken away: ★
my one companion is darkness.
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.

READING

Jer 14:9a

You are in our midst, O Lord, your name we bear: do not forsake us, O
Lord, our God!

CONCLUDING PRAYER

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.