

Introduction

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.

Psalmody

Ant. 1 The Lord looks tenderly on those who are poor.

Psalm 11

In the Lord I have taken my refuge.
How can you say to my soul:
“Fly like a bird to its mountain.

See the wicked bracing their bow;
they are fixing their arrows on the string
to shoot upright men in the dark.
Foundations once destroyed, what can the just do?”

The Lord is in his holy temple,
the Lord, whose throne is in heaven.
His eyes look down on the world;
his gaze test mortal men.

The Lord tests the just and the wicked:
the lover of violence he hates.
He sends fire and brimstone on the wicked;
he sends a scorching wind as their lot.

The Lord is just and loves justice:
the upright shall see his face.

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.

Psalm-prayer

Lord God, you search the hearts of all, both the good and the wicked. May those who are in danger for love of you, find security in you now, and, in the day of judgment, may they rejoice in seeing you face to face.

Ant. 1 The Lord looks tenderly on those who are poor.

Ant 2. Blessed are the pure of heart, for they shall see God.

Psalm 15

Lord, who shall be admitted to your tent
and dwell on your holy mountain?

He who walks without fault;
he who acts with justice
and speaks the truth from his heart;
he who does not slander with his tongue;

he who does no wrong to his brother,
who casts no slur on his neighbor,
who holds the godless in disdain,
but honors those who fear the Lord;

he who keeps his pledge, come what may;
who takes no interest on a loan
and accepts no bribes against the innocent.
Such a man will stand firm 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.

Psalm-prayer

Make our lives blameless, Lord. Help us to do what is right and to speak what is true,
that we may dwell in your tent and find rest on your holy mountain.

Ant 2. Blessed are the pure of heart, for they shall see God.

Ant. 3 God chose us in his Son to be his adopted children.

Praised be the God and Father
of our Lord Jesus Christ,
who has bestowed on us in Christ
every spiritual blessing in the heavens.

God chose us in him
before the world began
to be holy
and blameless in his sight.

He predestined us
to be his adopted sons through Jesus Christ,
such was his will and pleasure,
that all might praise the glorious favor
he has bestowed on us in his beloved.

In him and through his blood, we have been redeemed,
and our sins forgiven,
so immeasurably generous
is God's favor to us.

God has given us the wisdom
to understand fully the mystery,
the plan he was pleased
to decree in Christ.

A plan to be carried out
in Christ, in the fullness of time,
to bring all things into one in him,
in the heavens and on 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.

Ant. 3 God chose us in his Son to be his adopted children.

Reading

It is precisely in this that God proves his love for us: that while we were still sinners, Christ died for us. Now that we have been justified by his blood, it is all the more certain that we shall be saved by him from God's wrath.

Responsory

To you, O Lord, I make my prayer for mercy.

– To you, O Lord, I make my prayer for mercy.

Heal my soul, for I have sinned against you.

– I make my prayer for mercy.

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

– To you, O Lord, I make my prayer for mercy.

Canticle of Mary

Ant. I am my own testimony, says the Lord, and my Father who sent me also testifies on my behalf.

My + soul proclaims the greatness of the Lord,
my spirit rejoices in God my Savior
for he has looked with favor on his lowly servant.

From this day all generations will call me blessed:
the Almighty has done great things for me,
and holy is his Name.

He has mercy on those who fear him
in every generation.

He has shown the strength of his arm,
he has scattered the proud in their conceit.

He has cast down the mighty from their thrones,
and has lifted up the lowly.

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

He has come to the help of his servant Israel
for he has remembered his promise of mercy,
the promise he made to our fathers,
to Abraham and his children 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.

Ant. I am my own testimony, says the Lord, and my Father who sent me also testifies on my behalf.

Intercessions

Our Lord Jesus Christ has saved us from our sins. As his people, let us call out to him:

Jesus, Son of David, have mercy on us.

Lord Christ, we pray for your holy Church: you gave yourself up to make it holy, washing it clean by water and the life-giving word,
– renew it constantly, and purify it by penance.

Good Master, show young people the way you have chosen for each of them,
– may they walk in it, and find fulfillment.

In your compassion you healed all forms of sickness, bring hope to the sick and raise them up,
– teach us to love and care for them.

Make us mindful of the dignity you gave us in baptism,
– may we live for you at every moment.

May the dead rise to glory in your peace,
– grant us with them a share in your kingdom.

The Lord's Prayer

Our Father...

Concluding Prayer

Father of love, source of all blessings, help us to pass from our old life of sin to the new life of grace. Prepare us for the glory of your kingdom. We ask this through our Lord Jesus

Christ, your Son, who lives and reigns with you and the Holy Spirit, on God, for ever and ever.

- Amen

+ May the Lord bless us,
protect us from all evil and bring us to everlasting life.

- Amen