

*Celtic Orthodox
Prayer Book*

NOTES

[C] Denotes Celebrant – the presiding priest (or bishop).

[D] Denotes Deacon.

[D+] Denotes Deacon's parts which may be taken by a Sub-deacon or Reader, in the absence of a Deacon.

[SD] Denotes Sub-deacon.

[R] Denotes Reader

ALL and/or text in **Bold type** is for everyone to join in.

Kyrie eleison may be sung in lieu of *Lord, have mercy*, **Paraschou Kyrie** in lieu of *Grant this, O Lord*, and **Soi Kyrie** in lieu of *To You, O Lord*.

VESPERS

Evening Prayer

VESPERS Evening Prayer

The church is unlit except for the lamp by the icon of Christ.

[C] Beloved [brothers and sisters] in Christ, let us confess to the Author of Light, the Prince of Brightness, the Guardian of Hearts, our faith in His saving Love, and pray that, as the day fades and the darkness of night approaches, the splendour of His Light may enlighten us, so that there may be no cause in us to be tempted or to fall; that He who is the Dispenser of True Light may be our Defender in the darkness, so that we may always rejoice in this same True Light, of which Christ our Lord is Author. **Amen.**

OR

[C] O Immortal God, Great and Sublime, abiding in light inaccessible; in Your Wisdom, You have formed every creature, and separated light from darkness, placing the sun to rule the day, and the moon and the stars to rule the night. Despite our sinfulness, You allow us to stand before You at this hour to proclaim Your Name and offer You our evening praise. O God, full of love for mankind, accept our prayer as incense rising before You, and receive it as a pleasing fragrance. Grant us a peaceful evening and night. Clothe us with the armour of light. Deliver us from the terrors and evils of darkness. Give us the sleep of peace to refresh us in our frailty, chasing far from us every diabolical image. O Dispenser of every good thing, grant that we may, in contrition, remember Your Holy Name, and, illumined through meditation on Your Commandments, arise on the morrow, our souls full of cheerfulness, to glorify You and make our prayers and supplications. Through the intercession of the Holy Mother of God, protect us all as You are a good and loving God, to Whom we offer worship, praise and glory, ✠ Father, Son and Holy Spirit, now and ever and unto the Age of ages. **Amen.**

(Celtic chant 2)

[C] ✠ O God, come to our aid. O Lord, make haste to help us.

Psalm 104 (part)

Celtic Chant 2 RLH

✠ Bless the Lord, O my soul; O Lord my God, how/ great You/ are! * Clothed with majesty and honour, wrapped in light as/ in a/ garment.

You have stretched out the heavens like a tent-cloth, and laid the beams of your dwelling u-/pon their/ waters; * You make the clouds Your chariot and ride upon the/ wings' of the/ wind;

You make the winds Your messengers, and flames of/ fire Your/ ministers; * You have set the earth on its foundations so that it shall/ never be/ moved.

Sundays, Saturdays and throughout LENT, these verses are added:

[The deep covered it as with a mantle, the waters stood a-/bove the/ hills. * At Your rebuke they fled, at the voice of Your thunder they/ hurried a-/way;

They went up to the mountains, they went down/ by the/ valleys, * to the place which You had ap-/point-ed/ for them.

You fixed a limit which they may not pass; they shall not return again to/ cover the/ earth. * You send springs into the gullies which run bet-/ween the/ hills;

They give drink to every beast of the field, and the wild asses/ quench their/ thirst. * Beside them the birds of the air build their nests and sing a-/mong the/ branches.

You water the mountains from Your dwelling on high, and the earth is filled by the/ fruits of' Your/ work. * You cause the grass to grow for the cattle, and all green things for the service/ of man-/kind.

You bring food out of the earth and wine that makes glad the/ heart of/ man: * oil to give him a shining countenance, and bread to/ strengthen his/ heart.

The trees of the Lord/ are well-/watered; * the cedars of Lebanon that/ He has/ planted,

Where the birds build their nests and the stork makes her home/ in the/ pine-tops. * The high hills are a refuge for the wild goats, and the crags a cover/ for the/ conies.]

You created the moon to mark the seasons, and the sun knows the hour/ of its/ setting. * You make darkness and it becomes night, in which all the beasts of the forest/ move by/ stealth.

Lord, how manifold are Your works, in wisdom You have/ made them/ all; * and the earth is/ full of' Your/ creatures.

I will sing to the Lord as long as I live, I will praise my God while I have/ a-ny/ being. * ✠ Bless the Lord, O my soul, O/ praise the/ Lord.

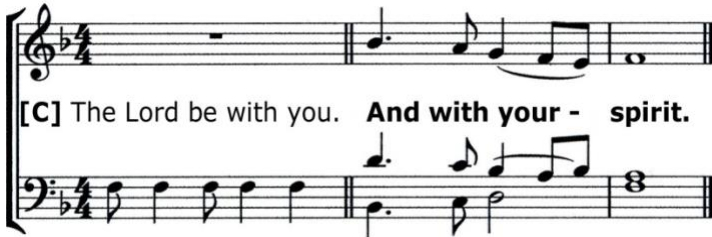
***(Bowing)* Glory to the Father, and to the Son, and to the/ Ho-ly/ Spirit; * *(upright)* now and ever and unto the Age of a-/ges. A-/men.**

*The deacon lights a candle from the lamp by the icon of Christ.
He faces the people and chants:*

[D] The Light of Christ!




✠ Thanks be to God.



[C] The Lord be with you. And with your - spirit.

[Optional

[D+] Let us give thanks to the Lord our God.



Celtic Chant 2 RLH

It is/ meet and/ right. * Greatness, praise and glory/ are His/ due.

[C] We offer our praise in the Name of Jesus Christ our Lord, to Whom with the ✠ Father and the Holy Spirit belong all power, glory and honour, now and ever and unto the Age of ages. **Amen.**]

Blessing of the Light and Lighting of the Lamps

[C] We bless You at this hour, O Christ, Word of God, Light of Light, Light without beginning and without end, O Christ, Guardian of our spirits. In the Name of the Triune God, Light of Undivided Glory,

The celebrant extends his hands towards the candle making the sign of the cross, and continues:

we ✠ bless this light that it might shine for us as the symbol of Your having overcome darkness and created the light in which all things have their being.

O God, Creator Father, source of all things, You made the world and fashioned its beauty. You enlightened mankind giving us reason and wisdom, allowing us to see all things as a reflection of Your Eternal Light. **Amen.**

The deacon then illuminates the church (starting with the Paschal Candle during Paschaltide), while the following is sung:

Hymn of Joyful Light

Celtic Chant 2 RLH

O Joyful Light of the holy glory of the Im-/mor-tal/ Father: * heavenly, holy, blessed/ Je-
sus/ Christ.

Now that we have come to the setting of the sun and behold the/ light of/ evening; * we
praise God, ✠ Father, Son, and/ Ho-ly/ Spirit.

For good it is at all times to worship You with voices of praise, O Son of God and Gi-/ver
of/ Life; * therefore the/ whole world/ glori-fies You.

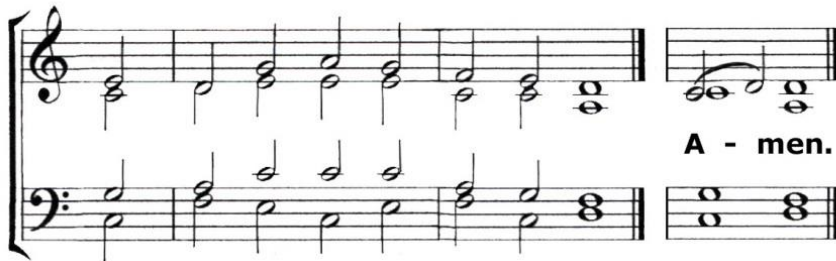
[OR]

Fiery Creator of Fire [Especially suitable for Paschaltide and Sundays]

Ignis Creator igneus

Allegro con brio

Arr RLH



**O Fiery creator of fire,
Light and bestower of light,** *underline denotes two notes to*
Life and the author of life, *one syllable.*
Giver of salvation Who saves.

**Indeed the vigil lamp sets loose
the wonders of this blessed night,
O You Who do not wish men dead,
Set now a light within our hearts.**

**To those who left Egyptian thrall,
You gave a two-fold saving Grace.
You sent before a shroud of cloud
You offered luminance by night.**

**Pillar of cloud stood forth by day
And did protect the travelling crowd;
Pillar of fire at even time
You thus dispelled the night with Light.**

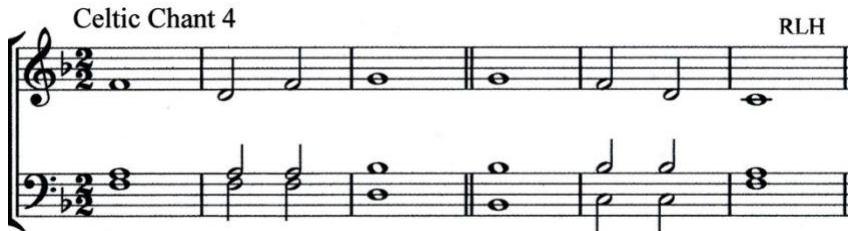
**You called Your Servant Moses from
The spiny, fiery, burning bush,
Yet through Your power that bush was not
Consumed, but shone Your glory forth.**

(Bowing)
**Glory to Father Unbegat,
Glory to Christ His Only Son,
Likewise the Holy Paraclete *(upright)*
To endless ages three in one. Amen**

[**Christ is risen** from PASCHA to Ascension: page 394]

Censing and Psalmody

The Deacon censes the clergy and people (and the Paschal Candle during the Paschaltide). The censing may be continued during the singing of the psalms.



Lord, I call u-/pon You,/ hear me: * hear/ me O/ Lord.

Lord, I call u-/pon You,/ hear me: * receive the voice of my prayer when I cry to You; hear/ me O/ Lord.

Lord, I call u-/pon You,/ hear me: * hear/ me O/ Lord.

Let my prayer arise in Your/ sight as/incense: * and the lifting up of my hands be as the evening sacrifice; hear/ me O/ Lord.

Lord, I call u-/pon You,/ hear me: * hear/ me O/ Lord.

PSALM/S (from the Daily Cycle) each ending with:

(Bowing) **Glory to the Father, and to the Son, and to the/ Ho-ly/ Spirit; * (*upright*) now and ever and unto the Age of a/-ges. A-/men.**

Collect

[C] Heavenly Father, may our evening prayer ascend to the ears of Your Divine Majesty and may Your blessing descend upon us, as we hope in You. We make our prayer through Jesus Christ Your Son our Lord, ✠ Who lives and reigns with You and the Holy Spirit, now and ever and unto the Age of ages. **Amen.**

TROPARIA (Sung by All) **SEE APPENDIX 1**

[**Of the Feast** as appointed – when relevant]

[Seasonal Praises where appropriate]

Reading

[R] A reading from..... (READING from the Daily Cycle)

Magnificat

[D+] Let us honour and magnify the Theotokos and Mother of Light.

Freely **Magnificat Antiphon** Traditional arr RLH




We mag-ni-fy you, we mag-ni-fy you; More hon-our-a-ble than the



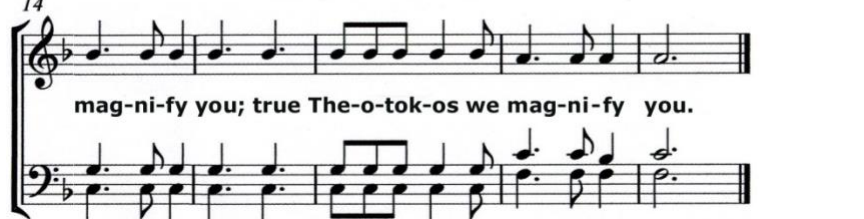
Cherubim, and more glo-ri-ous be-yond com-pare than the Seraphim.

8



With-out de-file-ment you gave birth to ✕ God the Word; we mag-ni-fy you, we

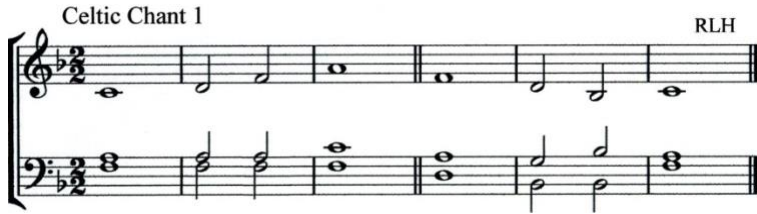
14



mag-ni-fy you; true The-o-tok-os we mag-ni-fy you.

OR Seasonal ANTIPHON as appointed. See page 379 for Advent Antiphons

Magnificat



✠ My soul proclaims the greatness of the Lord, and my spirit rejoices in/ God my/ Saviour.
* For He has looked with favour 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/ ge-ner/a-tion.

He has shewn the strength of His arm, He has scattered the proud in/ their con-/ceit. *
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 a'-way/ 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.

(Bowing) Glory to the Father, and to the Son, and to the/ Ho-ly/ Spirit; * *(upright)* now and
ever and unto the Age of a/-ges. A-/men.

Antiphon *(as page 16)*

We magnify You, we magnify You; more honourable than the cherubim, and more glorious
beyond compare than the seraphim, without defilement you gave birth to ✠ God the Word.
We magnify You, we magnify You, true Theotokos, we magnify You.

Vesperral Litany



[D+] Let us pray to the Lord: ✠ Lord, have mer - cy.

[D+] For peace from above and tranquillity in our time, let us pray to the Lord. ✠ **Lord, have mercy.**

For the faithfulness, integrity and unity of the Holy Catholic and Apostolic Church throughout the
world, let us pray to the Lord. ✠ **Lord, have mercy.**

For His Beatitude our Patriarch / Primate / Metropolitan _____, Bishop _____, and all our clergy;
for all monastics and ascetics, and all who minister in the Church of God, let us pray to the Lord. ✠
Lord, have mercy.

For this place and the well-being of all who live hereabouts, let us pray to the Lord. ✠ **Lord, have mercy.**

For the health, comfort and relief of the sick, and those suffering in various ways, let us pray to the Lord. ✠ Lord, have mercy.

For the remission of sins, the pardon of penitents, and the amendment of our lives, let us pray to the Lord. ✠ **Lord, have mercy.**

For the repose of the faithful departed, let us pray to the Lord. ✠ **Lord, have mercy.**

For grateful hearts to praise God for this past day, our Faith, and all His gifts, let us pray to the Lord. ✠ **Lord, have mercy.**

Help us, save us, have mercy on us; give ear to all our prayers, and keep us, O God, by Your grace. ✠ **Lord, have mercy.**

Commemorating our most Holy, most pure, most blessed and glorious Lady, Mother of God and ever-virgin Mary, let us, in union with all the angels and saints, commend ourselves and each other and our whole life unto Christ our God. ✠ **To You, O Lord.**

[C] For You are a good and loving God, and unto You we ascribe glory, honour, and praise, to the ✠ Father, and to the Son, and to the Holy Spirit, now and ever and unto the Age of ages. **Amen.**

[D+] With fervour, let us pray:

RLH

✠ Lord, have mer-cy. Lord, have mer-cy. Lord, have mer - cy

The image shows a musical score for a prayer. It consists of two staves: a treble clef staff (labeled 'RLH' for Right Hand) and a bass clef staff. The key signature has one flat (B-flat) and the time signature is 4/4. The melody in the treble staff is simple and repetitive, with lyrics written below it: '✠ Lord, have mer-cy. Lord, have mer-cy. Lord, have mer - cy'. The bass staff provides a harmonic accompaniment with a steady eighth-note pattern.

Collect/s *One or more of the following and/or other appropriate prayers.*

[C] Hear us, O God, Almighty Father, and grant us that for which we pray where it accords with Your holy Will. Through Your Only-begotten Son, Jesus Christ our Lord and our God, ✠ Who lives and reigns with You and the Holy Spirit, now and ever and unto the Age of ages. **Amen.**

[C] We thank You, Lord, Almighty God. You have granted us, at the end of the day, to reach this evening hour; we pray to You, supplicating You, that the lifting up of our hands towards You may be an evening sacrifice that is agreeable in Your sight. Through Jesus Christ Your Son, our Lord, Who lives and reigns with ✠ You and Your most Holy, Good, and Life-creating Spirit, now and ever and unto the Age of ages. **Amen.**

[C] Eternal Light, shine in our hearts; Eternal Goodness, deliver us from Evil. Eternal Power, be our support; Eternal Wisdom, scatter the darkness of our ignorance. Eternal Pity, in your infinite mercy, bring us to Your presence. We ask this in Your Name, ✠ Father God, Christ God, Spirit God, praised and glorified, now and ever and unto the Age of ages. **Amen.**

[C] Come, Lord Jesus. You kindled faith when lamps were low; You opened scriptures, broke the bread, and shed Your Light as darkness fell. Come, Lord Jesus, illumine our hearts this coming night with Your eternal Light. We ask this in Your Name, O Christ God, Who live and reign with the ✠ Father and the Spirit, now and ever and unto the Age of ages. **Amen.**

[C] O Lord, physician and healer of our souls, do not rebuke us in Your displeasure nor punish us in Your wrath, but deal with us according to Your mercy. Guide us into the haven of Your will, enlighten our hearts with the knowledge of Your truth, and grant that the rest of this day and the remainder of our lives may pass in peace and without sin; we ask this through the mediation of the Holy Mother of God and all the saints. For Yours is the greatness and the majesty and the glory, ✠ Father, Son, and Holy Spirit, now and ever and unto the Age of ages. **Amen.**

[C] Blessed are You, O Lord, Almighty God, to Whom our inmost thoughts are revealed; You know our needs much better than we ourselves can ask or imagine. Sovereign Lord and ever-loving Redeemer, in the richness of Your mercy give us pure hearts to call upon Your holy Name; keep us from falling into temptation, and deliver us from evil, and order all things for our good. Because all glory, honour and praise are Yours by right, ✠ Father, Son, and Holy Spirit, now and ever and unto the Age of ages. **Amen.**

[C] Around Your throne in heaven angelic powers exalt You with ceaseless hymns and unending songs of praise; so may Your praise be ever on our lips that we may proclaim Your holy Name. Grant that we may share in the inheritance You have promised us, together with all those who hear You, who walk in Your truth and obey Your commandments; through the mediation of the holy Mother of God and of all the saints we ask this of Your great goodness, ✠ Father, Son and Holy Spirit, Who are praised and glorified, now and for ever and unto the Age of ages. **Amen.**

Trisagion

Lento e misterioso RLH

The musical score consists of two systems. Each system has a treble clef staff with a key signature of one flat and a 6/8 time signature. The first system includes the instruction "(Bowing)" under the first two measures and "(upright)" under the next two measures. The lyrics are: "✠ Ho-ly God, Ho-ly Might-y, Ho-ly Im-mor-tal, have mer-cy on us." The second system is identical to the first.

(Bowing)¹ (upright)
 ✘ Ho-ly God, Ho-ly Might-y, Ho-ly Im-mor-tal, have mer-cy on us.

OR

Francois Gineste
(adapted)

♩ = 70

S.
A.

T.
B.

Ag - i - os o The - os, Ag - i - os is - chy - ros, Ag - i - os a - than - a - tos e -

Ag - i - os, Ag - i - os a - than - a - tos e -

4

le - i - son i - mas. Sanc - tus De - us, Sanc - tus For - tis, sanc - tus im - mor - ta - lis, mis -

le - i - son i - mas. Sanc - tus, Sanc - tus im - mor - ta - lis, mis -

8

e - re - re no bis. Ho - ly God, Ho - ly - Migh - ty,

e - re - re no - bis. Ho - ly,

11

Ho - ly im - mor - tal, have mer - cy on us.

Ho - ly im - mor - tal, have mer - cy on us.

8
e - re - re no - bis. Ho - ly God, Ho - ly Migh - ty,
e - re - re no - bis. Ho - ly,

11
Ho - ly im - mor - tal, have mer - cy on us.
Ho - ly im - mor - tal, have mer - cy on us.

(Bowing) **Glory to the Father, and to the Son, and to the/ Ho-ly/ Spirit; * *(upright)* now and ever and unto the Age of a-/ges. A-/men.**

Our Father

Celtic Chant 2 RLH

With hands raised until Doxology

Our Father in heaven, hallowed/ be Your/ Name; * Your Kingdom come, Your will be done, on earth/ as in/ heaven. | Give us today our/ dai-ly/ bread. * Forgive us our debts as we for-/give our/ debtors. | Keep us from falling in-/to temp-/tation * and ✠ deliver us/ from the/ e-vil one. | For Yours is the Kingdom and the power, and the glory, of the ✠ Father, and of the Son, and of the/ Ho-ly/ Spirit; * now and ever and unto the Age of a-/ges. A-/men.

Blessing

[C] ✠ Christ our God, the Existing One, is blessed, always, now and ever and unto the Age of ages. **Amen**

[D+] Father, give the blessing.

[C] May the blessing of Almighty God, ✠ Father, Son, and Holy Spirit, be upon you and remain with you always. **Amen**

OR

[C] May the rich and eternal blessing of our God, ✠ Father, Son, and Holy Spirit be upon you; may He guard you and guide you; may He illuminate your path and bring your purposes to their fulfilment in Him, always, now and ever and unto the Age of ages. **Amen.**

OR

[C] May [He Who] Christ our True God, through the intercessions of His all immaculate and all blameless holy Mother, [of.....], of the holy and righteous ancestors of God Joachim and Anna, and of all the saints, have mercy on us and save us, for He is good and loving to all mankind.


Through the prayers of our holy forebears, Lord Jesus Christ our God, have mercy on us and give ✠ us Your blessing. **Amen.**

COMPLINE

Night Prayer

[C] Be sober, be vigilant, because your adversary the devil is prowling round like a roaring lion, seeking for someone to devour. Resist him, strong in the faith.

(Celtic chant 2)



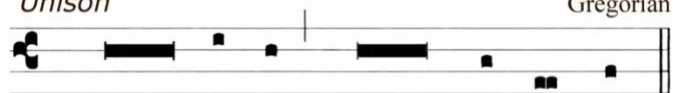
[C] ✠ O God, come to our aid. O Lord, make haste to help us.

[*Christ is risen* from PASCHA to Ascension: page 394]

Psalmody

Psalm 51 (Daily)

Unison Gregorian



Have mercy on me O, God, in Your enduring/ goodness; * according to the fullness of Your compassion blot out/ my of-/fences.

Wash me thoroughly from my/ wickedness, * and cleanse me/ from my/ sin.

For I acknowledge my re-/bellion, * and my sin is ever/ be-fore/ me.

Against You only have I sinned and done what is evil in Your/ eyes; * so You will be just in Your sentence and blameless in/ Your judg-/ing.

Surely in wickedness I was brought to/ birth * a sinner was/ I con-/ceived.

You that desire truth in the inward/ parts; * O teach me wisdom in the secret places/ of the/ heart.

Purge me with hyssop and I shall be/ clean; * wash me and I shall be whit-/er than/ snow.

Make me hear of joy and/ gladness; * let the bones which You have brok-/en re-/joice.

Hide Your face from my/ sins, * and blot out all/ my in-/iquities.

Create in me a clean heart, O/ God; * and renew a right spirit/ within/ me.

Do not cast me out from Your/ presence; * do not take Your Holy Spi-/rit from/ me.

O give me the gladness of Your/ help again, * and support me with a wil-/ling spi-/rit.

Then will I teach transgressors/ Your ways, * and sinners shall turn/ to You/ again.

O Lord God of my salvation, deliver me from grave/ sin, * and my tongue shall/ sing of Your/ righteousness.

O Lord open my/ lips * and my mouth shall pro-/claim Your/ praise.

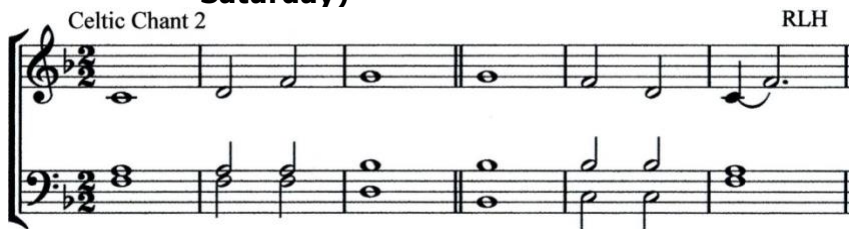
You take no pleasure in sacrifice, or I would/ give it; * burnt-offerings You/ do not/ want.

The sacrifice of God is a broken/ spirit; * a broken and contrite heart, O God, You will/ not de-/spise.

In Your graciousness do good to Your/ people; * and establish the/ New Je-/rusalem.

Then will You delight in right sacrifices – the offerings of our/ hearts; * then shall true worship be offered at/ Your al-/tar.

Psalm 4 (Sunday, Monday, Tuesday, Thursday, Saturday)



Answer me when I call, O/ God of' my/ righteousness. * When I was hard pressed you set me free, be gracious to me now and/ hear my/ prayer.

Sons of men how long will you turn my glory/ to my/ shame? * How long will you love what is worthless and seek/ af-ter/ lies?

Know that the Lord has shown me his won-/der-ful/ kindness; * when I call to the Lord/ He will/ hear me.

Tremble and/ do no/ sin; * commune with your own heart upon your bed/ and be/ still.

Offer the sacrifices/ that are/ right * and put your trust/ in the/ Lord.

There are many who say, "who will show us/ a-ny/ good? * The light of Your countenance, O/ Lord, has/ gone' from us."

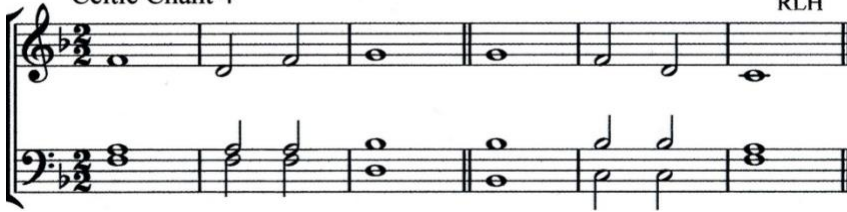
Yet you have given my/ heart more/ gladness ☺ than they have when their corn wine and/ oil in-/crease.

In peace I will lie/ down and/ sleep, * for You alone Lord make me/ dwell in/ safety.

Psalm 91 (Wednesday, Friday)

Celtic Chant 4

RLH



He who dwells in the shelter/ of the' Most/ High, * who abides under the shadow of/ the Al-/mighty,

He will say to the Lord, "You are my refuge/ and my/ stronghold, * my God in/ whom I/ trust."

For He will deliver you from the snare/ of the/ hunter, * and from the des-/troy-ing/ curse;

He will cover you with His wings and you will be safe/ under His/ feathers; * His faithfulness will be your shield/ and de-/fence.

You shall not be afraid of any/ terror by/ night, * or of the arrow that/ flies by/ day,

Of the pestilence that walks a-/bout in/ darkness, * or the plague that de-/stroys at/ noonday.

A thousand may fall beside you and ten thousand at/ your right/ hand, * but you it/ shall not/ touch;

Your own/ eyes shall/ see ☺ and look on the reward of/ the un-/godly.

The Lord Himself/ is your/ refuge; * you have made the Most/ High your/ stronghold.

Therefore no harm/ will be-/fall you, * nor will any scourge come/ near your/ tent.

For He will com-/mand His/ angels ☺ to keep you in/ all your/ ways.

They will bear you up/ in their/ hands, * lest you dash your foot a-/gainst a/ stone.

You will tread on the lion/ and the/ adder; * the young lion and the serpent you will trample/ un-der/ foot.

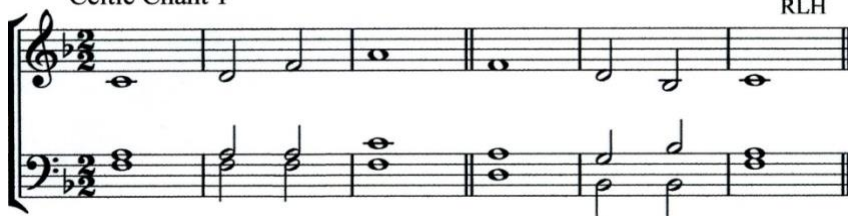
"He has set His love upon Me and therefore I/ will de-/liver him. * I will lift him out of danger because he has/ known My/ Name.

"When he calls upon Me/ I will/ answer him. * I will be with him in trouble, I will rescue him and bring/ him to/ honour.

"With long life/ I will/ satisfy him, * and fill him with/ My sal-/vation."

Psalm 134 (Daily)

Celtic Chant 1 RLH



Behold now,/ praise the/ Lord, * all you servants/ of the/ Lord. You who by night stand in the house/ of the/ Lord, * even in the courts of the house/ of our/ God.

Lift up your hands/ in the/ sanctuary * and/ praise the/ Lord.

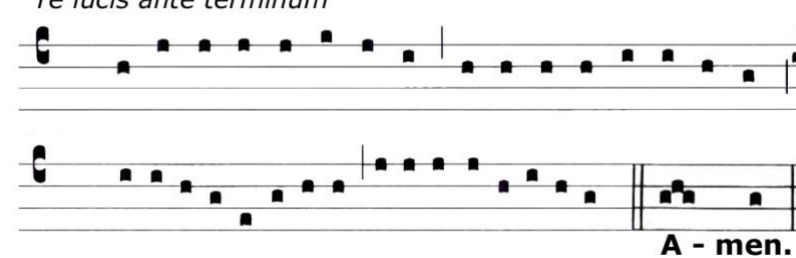
The Lord who made heav-/en and/ earth * give you bles-/sing from/ Zion.

Doxology

(Bowing) Glory to the Father, and to the Son, and to the/ Ho-ly/ Spirit; * *(upright)* now and ever and unto the Age of a/-ges. A-/men.

Office Hymn

Te lucis ante terminum



A - men.

Before the ending of the day,
Creator of the world, we pray
That You, with steadfast love, would keep
Your watch around us while we sleep.

From evil dreams defend our sight,
From fears and terrors of the night;
Tread underfoot our deadly foe
That we no sinful thought may know.

(Bowing) O Father, that we ask be done
Through Jesus Christ, Your only Son;
And Holy Spirit, *(upright)* by whose breath
Our souls are raised to life from death. Amen.

Responsory [Celtic Chant 2 (page ___)]

[D+] Into Your hands, O Lord, I com-/mend my/ spirit.
Into Your hands, O Lord, I com-/mend my/ spirit.

[D+] For you have redeemed me, Lord/ God of/ truth.
Into Your hands, O Lord, I com-/mend my/ spirit.

[D+] (*Bowing*) Glory to the Father and to the Son and to the/ Ho-ly/ Spirit. (*upright*)
Into Your hands, O Lord, I com-/mend my/ spirit.

[D+] Keep us, O Lord, as the apple/ of an/ eye.
Hide us under the shadow/ of Your/ wings.

Prayers

[D+] Let us pray to the Lord.



[C] Visit we pray You, O Lord, this place, and the homes of our families and friends; drive far from them all the snares of the enemy. Let Your holy angels dwell with us to preserve us in peace, and may Your blessing be upon us evermore. For to You belong all glory, honour and praise, ✠ Father, Son, and Holy Spirit, now and ever and unto the Age of ages. **Amen.**

And one or more of the following

[C] O Lord our God, make our hearts obedient to Your divine will; turn our eyes away from vain things, that, free from the world's attractions, they may always look on Your glorious beauty. For You are our God, the God of compassion and salvation, and we glorify You, ✠ Father, Son, and Holy Spirit, now and ever and unto the Age of ages. **Amen.**

[C] O Lord, we have rejoiced greatly by day at the sight of the magnificent works revealed in Your creation, and being filled with wonder, we have glorified You as the creator of the universe Who have done marvellous things; so now, as we come to the end of this day, it is fitting that we offer You our praise. And we remember Your wisdom and omniscience, for You bring darkness and it becomes night, giving men rest from their labours and giving animals a time to seek food; For this we proclaim aloud with the Psalmist: "How manifold are Your works, O Lord! In wisdom You have made them all." Moreover we beg You, ever-loving Father, Sun of righteousness, do not turn away from us in annoyance at our sins, but surround us always with the light of Your grace, that day and night we may glorify Your immeasurable greatness. For to You belong all glory, honour and praise, ✠ Father, Son and Holy Spirit, now and ever and unto the Age of ages. **Amen.**

[C] O God, without ever growing weary You accept the praise of the incorporeal powers of heaven, who need no physical light, having been given the eternal brightness of Your impenetrable glory; look on us, Your unworthy servants, and receive the night-time praises that we offer You. Do not look on our unworthiness, for You created us in Your unbounded goodness and You sustain us in our weakness. Bowing before You we glorify You, beseeching You to set us free from the darkness of sin; bless us eternally with the light of Your countenance. For Yours is the greatness, the majesty,

the power and the glory, ✠ Father, Son, and Holy Spirit, now and ever and unto the Age of ages. **Amen.**

[C] Lighten our darkness we beseech You, O Lord, and by Your great mercy defend us from all the perils and dangers of this night. For You are a good and loving God, and unto You we ascribe glory, honour and praise, to the ✠ Father, and to the Son and to the Holy Spirit, now and ever unto the Age of ages. **Amen.**

Our Father

Celtic Chant 2 RLH



With hands raised until Doxology

Our Father in heaven, hallowed/ be Your/ Name; * Your Kingdom come, Your will be done, on earth/ as in/ heaven. | Give us today our/ dai-ly/ bread. * Forgive us our debts as we for-/give our/ debtors. | Keep us from falling in-/to temp-/tation, * and ✠ deliver us/ from the/ e-vil one. | For Yours is the Kingdom and the power, and the glory, of the ✠ Father, and of the Son, and of the/ Ho-ly/ Spirit; * now and ever and unto the Age of a-/ges. A-/men.

Nunc dimmitis

Celtic Chant 4 RLH



ANTIPHON

Preserve us, O Lord, while waking, and guard/ us while/ sleeping; * that awake we may watch with Christ and asleep we may/ rest in/ peace.

✠ Lord, now You let Your servant/ go in/ peace, * Your word has/ been ful-/filled. | My own eyes have seen/ the sal-/vation * which You have prepared in the sight of/ ev-ery/ people; | A light to reveal You/ to the/ nations, * and the ✠ glory of your/ peop-le,/ Israel.

ANTIPHON

Preserve us, O Lord, while waking, and guard/ us while/ sleeping; * that awake we may watch with Christ and asleep we may/ rest in/ peace.

[C] Peace be to all. And to your - spirit.

[D/R] Let us bow our heads ✕ To - You, O - Lord.
unto the Lord.

[C] Hail, O Mother of God and Virgin Mary, full of grace, the Lord is with you. Blessed are you among women and blessed is the fruit of your womb, for you have borne the Saviour of our souls.

ALL

Freely Trad Russian arr RLH

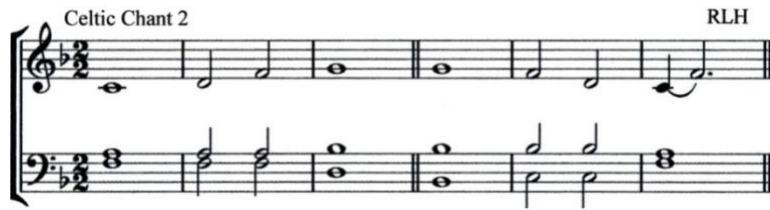
S&A
T
B

More hon-our-a-ble than the Se-ra-phim, and more
glo-ri-ous be-yond com-pare than the Se-ra-phim. With-out de-file-ment
you gave birth to ✕ God the Word, true The-o-tok-os we mag-ni-fy you.

Or other suitable Hymn to the Virgin

IN LENT the following is sung:

Celtic Chant 2 RLH



All of Creation rejoices in you, O/ full of/ grace * the angels in heaven and the/ hu-man/ race.

O sanctified temple and spiritual paradise, the glory of virgins, from whom God/ was in- /carnate, * and became a child, our God be-/fore the/ ages.

He made your body into a throne, and your womb more spacious/ than the/ heavens. * All of creation rejoices in you, O full of grace; Glo-/ry to/ you.

IN PASCHALTIDE the following is sung:

The Angel Cried

Allegro con brio

Balakirev arr RLH

$\text{♩} = 120$

The An - gel cried un - to her who is full

This system contains the first two staves of music. The treble clef staff has a key signature of one sharp (F#) and a 6/8 time signature. The bass clef staff has a key signature of one sharp (F#). The lyrics are written below the treble staff.

of grace: O pure vir - gin re - joice! And a -

This system contains the next two staves of music. The treble clef staff has a key signature of one sharp (F#) and a 6/8 time signature. The bass clef staff has a key signature of one sharp (F#). The lyrics are written below the treble staff.

gain I say re - joice, your Son is ris - en from the

This system contains the next two staves of music. The treble clef staff has a key signature of one sharp (F#) and a 6/8 time signature. The bass clef staff has a key signature of one sharp (F#). The lyrics are written below the treble staff.

tomb on the third day, hav - ing raised up the

This system contains the next two staves of music. The treble clef staff has a key signature of one sharp (F#) and a 6/8 time signature. The bass clef staff has a key signature of one sharp (F#). The lyrics are written below the treble staff.

dead. Be glad O you peo - ple.

This system contains the next two staves of music. The treble clef staff has a key signature of one sharp (F#) and a 6/8 time signature. The bass clef staff has a key signature of one sharp (F#). The lyrics are written below the treble staff.

Shine, shine O new Je - ru - sa - lem, for the glo - ry of the

This system contains the final two staves of music. The treble clef staff has a key signature of one sharp (F#) and a 6/8 time signature. The bass clef staff has a key signature of one sharp (F#). The lyrics are written below the treble staff.

Lord is ris-en up - on you, re - joice and be glad O

Si - on. And you, O pure Mo - ther of

God, de - light in the re - sur - rec - tion,

of Him whom you did bear.

AT ANY SEASON the following may be sung:

Ballad of Our Lady

Our Lady via HB Mael

Unison
con rubato

repeat this phrase at end of last verse

All hail, O Lady of the purest love;
The sweetest Virgin Mother of us all;
The chosen of the heavenly Father God,
And of the Son, and Spirit Paraclete.

In you dwells plenitude of holy grace.
You are for us the one who are all good.
Hail tabernacle, regal Throne of God,
The Palace of the Spirit, House of God.

In you all holy virtues do abound,
O Lady Poverty, Wisdom and Love:
Behold your children as they humbly ask
For strength and grace to love and serve you well;
With all our heart. Amen. Alleluia!

[C] ✠ Glory to You, O Christ our God and our sure hope, glory to You.

(Bowing) **Glory to the Father, and to the Son, and to the/ Ho-ly/ Spirit; (upright) now and ever and unto the Age of a/-ges. A-/men.**

[D+] Father, give the blessing.

[C] May the rich and eternal blessing of our God, ✠ Father, Son and Holy Spirit be upon you; may He guard you and guide you; may He illuminate your path and bring your purposes to their fulfilment in Him, always, now and ever and unto the Age of ages. **Amen.**

OR

[C] May [He Who] Christ our True God, through the intercessions of His all immaculate and all blameless holy Mother, [of.....], of the holy and righteous ancestors of God Joachim and Anna, and of all the saints, have mercy on us and save us, for He is good and loving to all mankind. Through the prayers of our holy forebears, Lord Jesus Christ our God, have mercy on us and ✠ give us Your blessing. **Amen.**

[C] The Lord Almighty grant us a quiet night and a perfect end. **Amen.**

NIGHT PRAYERS

Prayers before retiring

(These prayers would normally be recited alone, but there is no reason why they cannot be prayed communally.)

You have been our Light, O Christ, throughout the day. As we now turn out *our* lights, let us not extinguish in our hearts the Eternal Light.

For the sins I have committed this day (recollect)

✠ Lord of Lords, forgive me.

For the blessings I have received this day (recollect)

✠ King of Kings, accept my grateful praise.

Accept and sanctify all I have done this day.

Into Your loving hands, Father God, Christ God, Spirit God, I commend myself this night, my family and loved ones, [.....] living and departed, and all for whom I have prayed: hold us in Your tender care throughout the night.

Calm me, O Lord, as You stilled the storm.

Still me, O Lord, and keep me from harm.

Let all the tumult within me cease.

Enfold me, O Lord, in Your peace.

Christ God Who sinned not, O Christ of wounds,
I place my soul and body under Your protection this night.

If COMPLINE has not been sung/said add the following prayer and canticle:

Visit we pray You, O Lord, this place, and the homes of our families and friends; drive far from them all the snares of the enemy. Let Your holy angels dwell with us to preserve us in peace, and may Your blessing be upon us evermore. For to You belong all glory, honour and praise,

✠ Father, Son, and Holy Spirit, now and ever and unto the Age of ages. Amen.

✠ 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.

Our Father in heaven, hallowed be Your Name; Your Kingdom come, Your will be done, on earth as in heaven. Give us today our daily bread. Forgive us our debts as we forgive our debtors. Keep us from falling into temptation, and ✠ deliver us from the evil one. For Yours is the Kingdom and the power, and the glory, of the ✠ Father, and of the Son, and of the Holy Spirit; now and ever and unto the Age of ages. Amen.

In peace I will lie down and sleep: for You alone Lord make me dwell in safety.

DAWN PRAYERS

Prayers on arising

(These prayers would normally be recited alone, but there is no reason why they cannot be prayed communally.)

✠ Christ is our Light!

✠ O Lord, open my lips, and my mouth shall proclaim Your praise!

Awake, my soul,
awake lyre and harp,
I will awake the dawn.

O God, arise above the heavens,
may Your glory shine on earth!

Thank You, O Lord, for my safety through the night.
Thank You, O Lord, for this new day.
Thank You, O Lord, for all Your blessings.
In You, O Lord, I trust:
Let me never be confounded.

O God enfold me,
O God surround me,
O God be in my speaking
and in my very thinking.

O God be in my life,
O God be on my lips,
O God be in my soul
and in my very heart.

Circle* me, Lord: Protect me and keep danger afar.
Circle* me, Lord: Give me hope and banish doubt.
Circle* me, Lord: Be my Light and keep darkness afar.
Circle* me, Lord: Give me peace within and keep evil without.

**Arm extended upwards, trace a circle in the air with your index finger. This is a Celtic caim prayer.*

✠ Bless to my hands, O Lord, the things I should do this day.
Bless to my feet the paths I should take this day.
Bless to my eyes the things I should see this day.
Bless to my ears the things I should hear this day.
Bless to my mouth the things I should say this day.

Bless to my mind the things I should think this day.
Bless to my heart the things I should love this day.

✠ Father, Son, and Holy Spirit, bless to me, this day,
the grace to know Your will and to do it;
to know Your will and to do it.

Shew me Your ways, O Lord, for You alone are holy.

Into Your loving hands, Father God, Christ God, Spirit God, I commend myself this day, my family
and loved ones, [.....] living and departed, and all for whom I pray: hold us in Your tender care.

Our Father in heaven, hallowed be Your Name; Your Kingdom come, Your will be done, on earth as
in heaven. Give us today our daily bread. Forgive us our debts as we forgive our debtors. Keep us
from falling into temptation; and ✠ deliver us from the evil one. For Yours is the Kingdom and the
power, and the glory, of the ✠ Father, and of the Son, and of the Holy Spirit; now and ever and unto
the Age of ages. Amen.

Forth in Your Name, O Lord, I go, my daily labours to pursue.
You, only You resolved to know, in all I think, or speak, or do.

Christ before me, Christ behind me,
Christ above me, Christ beneath me.
Christ on my right, Christ on my left,
Christ around me, Christ within me.
Christ to guide me, Christ to guard me,
Christ to forgive and heal me, Christ to *love* me.

AND/OR

I bind unto myself this day the strong Name of the Trinity;
✠ Father, Son, and Holy Spirit.

✠ Lord, have mercy. [3 times]

MATINS

Morning Prayer

[C] Beloved [brothers and sisters] in Christ, let us implore the Eternal God, the source of true splendour and enlightenment, that as night fades and the new day dawns, its glowing appearance may illuminate our minds, so that the brightness of day may infuse us with the luminescence of the Holy Spirit; and as we welcome the birth of light, so may our hearts radiate Your Holiness. **Amen**

(Celtic chant 2)

[C] ✠ O God, come to our aid. O Lord, make haste to help us.

[**Christ is risen** from PASCHA to Ascension: page 394]

Psalm 51

Unison Gregorian

Have mercy on me O, God, in Your enduring/ goodness; * according to the fullness of Your compassion blot out/ my of-/fences.

Wash me thoroughly from my/ wickedness, * and cleanse me/ from my/ sin.

For I acknowledge my re-/bellion, * and my sin is ever/ be-fore/ me.

Against You only have I sinned and done what is evil in Your/ eyes; * so You will be just in Your sentence and blameless in/ Your judg-/ing.

Surely in wickedness I was brought to/ birth * a sinner was/ I con-/ceived.

You that desire truth in the inward/ parts; * O teach me wisdom in the secret places/ of the/ heart.

Purge me with hyssop and I shall be/ clean; * wash me and I shall be whit-/er than/ snow.

Make me hear of joy and/ gladness; * let the bones which You have brok-/en re-/joice.

Hide Your face from my/ sins, * and blot out all/ my in-/iquities.

Create in me a clean heart, O/ God; * and renew a right spirit/ within/ me.

Do not cast me out from Your/ presence; * do not take Your Holy Spi-/rit from/ me.

O give me the gladness of Your/ help again, * and support me with a wil-/ling spi-/rit.

Then will I teach transgressors/ Your ways, * and sinners shall turn/ to You/ again.

O Lord God of my salvation, deliver me from grave/ sin, * and my tongue shall/ sing of Your/ righteousness.

O Lord open my/ lips * and my mouth shall pro-/claim Your/ praise.

You take no pleasure in sacrifice, or I would/ give it; * burnt-offerings You/ do not/ want.

The sacrifice of God is a broken/ spirit; * a broken and contrite heart, O God, You will/ not de-/spise.

In Your graciousness do good to Your/ people; * and establish the/ New Je-/rusalem.

Then will You delight in right sacrifices – the offerings of our/ hearts; * then shall true worship be offered at/ Your al-/tar.

(Bowing) Glory to the Father, and to the Son, and to the/ Ho-ly/ Spirit; *(upright)* now and ever and unto the Age of a/-ges. A-/men.

PSALM/S (from the Daily Cycle) each ending with:

(Bowing) Glory to the Father, and to the Son, and to the/ Ho-ly/ Spirit; *(upright)* now and ever and unto the Age of a/-ges. A-/men.

Alleluias

ALL

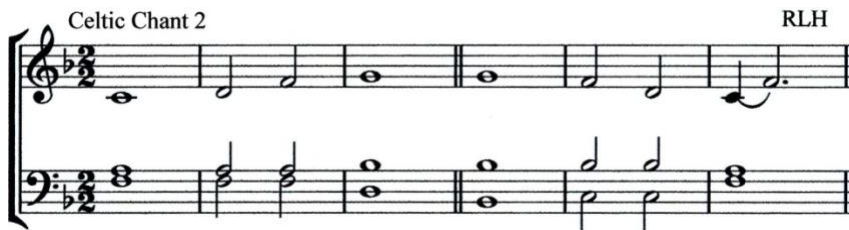
RLH
* Al-le-lu-ia, Al-le-lu-ia, Al-le-lu-ia. Glo-ry to You, O God.
repeat

* Al-le-lu-ia, Al-le-lu-ia, Al-le-lu-ia. Glo-ry to You, O God.

RLH
* Lord, have mer-cy. Lord, have mer-cy. Lord, have mer - cy.

Benedictus

(ANTIPHON as set)



✠ Blessed be the Lord the/ God of/ Israel, * for He has come to His people and/ set them/ free.

He has raised up for us a/ migh-ty/ Saviour, * born of the house of His/ serv-ant/ David.

Through His holy prophets He/ promised of/ old, * that He would save us from our enemies, from the hands of/ all that/ hate us.

He promised to show mercy/ to our/ fathers, * and to remember His/ ho-ly/ covenant.

This was the oath He swore to our/ fath-er/ Abraham, * to set us free from the hands/ of our/ enemies,

Free to worship Him/ with-out/ fear, * holy and righteous in His sight all the days/ of our/ life;

You, my child, shall be called the prophet/ of the' Most/ High, * for you will go before the Lord to pre-/ pare His/ way,

To give His people knowledge/ of sal-/vation, * by the forgiveness of/ all their/ sins.

In the tender compassion/ of our/God * the dawn from on high shall/ break up-/on us,

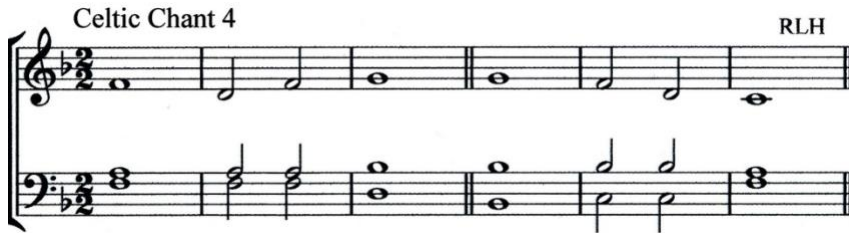
To shine on those who dwell in darkness and the/ shadow of/ death, * and to guide our feet into the/ way of/ peace.

(Bowing) Glory to the Father, and to the Son, and to the/ Ho-ly/ Spirit; * *(upright)* now and ever and unto the Age of a/-ges. A-/men.

(ANTIPHON as set)

Gloria [Except Advent, Lent and Paschaltide]

[D+] Glory to You Who have shown us the light.



✠ **Glory to God/ in the/ highest, * and peace to His peo-/ple on/ earth.**

Lord God, heavenly King, almighty/ God and/ Father, * we worship You, we give You thanks, we praise You/ for your/ glory.

Lord Jesus Christ, only Son/ of the/ Father, * Lord God, Lamb of God, You take away the sin of the world, have/ mer-cy/ on us;

You are seated at the right hand/ of the/ Father, * re-/ceive our/ prayer.

For You alone/ are the/ Holy One; * You alone/ are the/ Lord.

You alone are the Most High,/ Je-sus/ Christ; * with the Holy Spirit, in the ✠ glory of God the Fa-/ther. A-/men.

OR

Te Deum

PART 1 [In PASCHALTIDE]



We praise You, O God, we acknowledge You to/ be the/ Lord; * All the earth worships 'You, the Father/ e-ver-/lasting.

To You all Angels/ cry a-/loud, * the 'Heavens, and all the/ Powers there-/in.

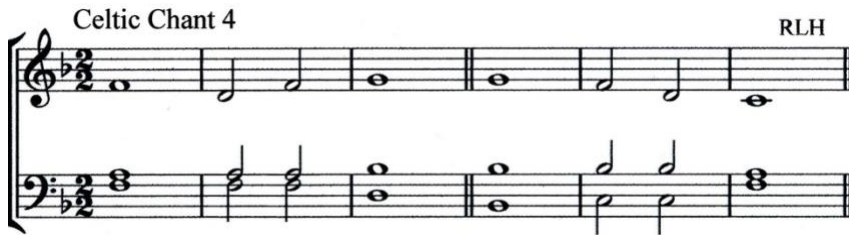
To You Cherubim and Seraphim continual-/ly do/ cry, * Holy, Holy, 'Holy, Lord God of Sabaoth, Heaven and earth are full of the Majesty/ of Your/ glory.

The glorious company of the A-/post-les/ praise You, * The 'venerable fellowship of the/ Pro-phets/ praise You.

The triumphant army of/ Mar-tyrs/ praise You, * The holy 'Church throughout the/ world ac-/ claims You;

The Father of an/ infi-nite/ Majesty, * Your 'honourable, true and only Son, also the Holy/ Spirit the/ Comforter.

And/or **PART 2** [In PASCHALTIDE]



**You are the King of/ Glory, O/ Christ. * You are the everlasting Son/ of the/ Father.
When You became man to/ set us/ free * You did not disdain the/ Vir-gin's/ womb.
When You overcame the/ sting of/ death * You opened the kingdom of heaven to/ all be-
/lievers.
You sit at the right hand of God, in the Glory/ of the/ Father. * We believe that You will
come to/ be our/ judge.
Come then Lord and help Your people, redeemed by Your/ pre-cious/ blood. * Make them
to be numbered with Your Saints in glory/ e-ver-/lasting.**

PART 3 [In ADVENT and LENT]



**O Lord, ✠ save Your people and/ bless Your/ heritage; * Govern them and lift them/ up
for/ ever.
Day by/ day we/ magnify You, * And we worship Your Name unto the/ Age of/ ages.
Vouchsafe, O Lord to keep us this day/ with-out/ sin. * O Lord have mercy on us, have/
mer-cy/ on us.
O Lord, let Your mercy lighten upon us as our trust/ is in/ You. * O Lord, in You have I
trusted, let me never/ be con-/founded.**

Reading (Old Testament or Epistles, etc – from the daily Cycle)

[R] A reading from.....N.....

Gospel (As appointed)

[D] That we may be accounted worthy to hear the holy gospel let us beseech the Lord our God.

RLH

✠ Lord, have mer-cy. Lord, have mer-cy. Lord, have mer - cy.

[D] A reading from the holy gospel according to Saint.....N.....

✠ Glo - ry to You, O - Lord.

(At the end)

✠ Praise to You, O - Christ.

A period of Silence may follow

[C] ✠ Holy, Holy, Holy, Lord God Almighty, Who is, Who was and Who is to come.

Praise and glo-ry for ev - er!

You are worthy, indeed, O Lord our God, to receive praise and glory.

Praise and glory forever!

Worthy is the Lamb that was slain to receive power, riches, wisdom, strength, honour, glory and blessing.

Praise and glory forever!

✠ Bless the Father, the Son, and the Holy Spirit.

Praise and glory forever!

Sing the praises of God, all you His servants; you who fear God, both great and small.

Praise and glory forever!

Bless the Lord, all you works of the Lord.

Praise and glory forever!

Praise the glorious God, Earth and Sky; praise Him every creature, in Heaven, on Earth, under the Earth, and in the waters; all things seen and unseen.

Praise and glory forever!

(Bowing) Glory to the Father, and to the Son, and to the Holy Spirit. *(upright)*
Praise and glory forever!

[C] Almighty God, most holy, high and sovereign Lord, Your greatness is beyond telling, and Your merciful Goodness beyond expression. May we ever offer the worship, honour and praise that are Your due, concealing nothing, for not one thing is hidden from Your sight. **Amen.**

Trisagion

Lento e misterioso RLH

(Bowing) *(upright)*
 ✘ Ho-ly God, Ho-ly Might-y, Ho-ly Im-mor-tal, have mer-cy on us.

(Bowing) *(upright)*
 ✘ Ho-ly God, Ho-ly Might-y, Ho-ly Im-mor-tal, have mer-cy on us.

(Bowing) *(upright)*
 ✘ Ho-ly God, Ho-ly Might-y, Ho-ly Im-mor-tal, have mer-cy on us.

OR

Francois Gineste
(adapted)

$\text{♩} = 70$

S.
A.

Ag - i - os o The - os, Ag - i - os is - chy - ros, Ag - i - os a - than - a - tos e -

T.
B.

Ag - i - os, Ag - i - os a - than - a - tos e -

4

le - i - son i - mas. Sanc - tus De - us, Sanc - tus For - tis, sanc - tus im - mor - ta - lis, mis -

le - i - son i - mas. Sanc - tus, Sanc - tus im - mor - ta - lis, mis -

8
e - re - re no bis. Ho - ly God, Ho - ly Migh - ty,
e - re - re no - bis. Ho - ly,
11
Ho - ly im - mor - tal, have mer - cy on us.
Ho - ly im - mor - tal, have mer - cy on us.

(Bowing) **Glory to the Father, and to the Son, and to the/ Ho-ly/ Spirit; *(upright)* now and ever and unto the Age of a/-ges. A-/men.**

TROPARIA (Sung by **All**) **SEE APPENDIX 1** (page 366)

[**Seasonal Praises** where appropriate]

Litany of Peace

[**D+**] Now, in peace let us pray to the Lord.

✘ **Lord, have mer - cy.**

[**D+**] For the peace of the whole world, for the welfare of the holy churches of God, and for the union of all, let us pray to the Lord. ✘ **Lord, have mercy.**

[[**D+**] For this holy house and for those who enter with faith, reverence and the fear of God, let us pray to the Lord. ✘ **Lord, have mercy.**] *Omit if not in church.*

[**D+**] For His Beatitude our Patriarch / Primate / Metropolitan _____, Bishop _____, the honourable presbytery, the diaconate in Christ, for all monastics and ascetics, and for all who minister in the Church of God, let us pray to the Lord. ✘ **Lord, have mercy.**

[**D+**] For those who govern this land, and for the leaders of all lands, let us pray to the Lord. ✘ **Lord, have mercy.**

[**D+**] For our families and friends, and for all God's people, let us pray to the Lord. ✘ **Lord, have mercy.**

[D+] For those in sorrow, danger, sickness, or distress, let us pray to the Lord. ✠ **Lord, have mercy.**

[D+] For those who have departed this life in the Faith of Christ, let us pray to the Lord. ✠ **Lord, have mercy.**

[D+] Help us, save us, have mercy on us, and keep us, O God, by Your grace. ✠ **Lord, have mercy.**

[D+] That the whole day may be perfect, holy, peaceful and sinless, let us ask of the Lord.



[D+] That we may have grateful hearts to praise God for this new day, our Faith, and all His gifts, let us ask of the Lord.

✠ **Grant this, O Lord.**

[D+] An angel of peace, a faithful guide, a guardian of our souls and bodies, let us ask of the Lord.

✠ **Grant this, O Lord.**

[D+] That we may complete the remaining time of our life in peace and repentance, with a Christian ending to our life, painless, blameless, peaceful, with a good defence before the dread judgement seat of Christ let us ask. ✠ **Grant this, O Lord.**

[D+] Commemorating our most Holy, most pure, most blessed and glorious Lady, Mother of God and ever-virgin Mary, let us, in union with all the angels and saints, commend ourselves and each other and our whole life unto Christ our God. ✠ **To You, O Lord.**

[C] For You are a good and loving God, and unto You we ascribe glory, honour, and praise, to the ✠ Father, and to the Son, and to the Holy Spirit, now and ever and unto the Age of ages. **Amen.**

[D+] With fervour, let us pray:



Collects

Daily

[C] We thank You, O Lord our God, for bringing us safely through the night, and for setting upon our lips these words of praise, so we may worship You and call upon Your holy Name. As You have continually blessed our lives with goodness and mercy, so we pray to You now: send Your help to those who stand in Your holy and glorious presence awaiting Your abundant mercy: and may those who have served You unceasingly in love and awe, forever praise, worship and adore Your unutterable goodness. For to You belong all glory, honour and praise, ✠

Father, Son and Holy Spirit, now and ever and unto the Age of ages. **Amen.**

OR

O Almighty Father God, we thank you for bringing us safely to the beginning of this day; Defend us in the same with Your mighty power and grant that this day we fall into no sin, neither run into any kind of danger; but that, following the way of Your commands, we may do, always and only, that which is righteous and pleasing in Your sight. For You are a good and loving God and unto You we ascribe glory, honour and praise, ✠ Father, Son, and Holy Spirit, now and ever and unto the Age of ages.

Amen.

Sunday

Lord God, You are holy, surpassing human expression: You made light shine out of darkness, and in our night's sleep You gave us rest: through You we come to give You glory and, prompted by Your compassion to call upon Your goodness; hear us as we offer You praise and thanksgiving, as best we are able, and grant what we ask of You for our salvation. Make us children of the light, inheritors of Your eternal goodness; in the fullness of Your mercy, O Lord, remember all Your people: those who pray now and all our brothers and sisters across Your dominions, on land, sea, or in the air, who call on Your love for mankind and beg Your help; extend Your great mercy to us all, that being saved in body and soul and ever dependent on Your love we may praise Your most wonderful and blessed Name. For You are the God of compassion, full of goodness and love for all mankind, and we give You glory, ✠ Father, Son and Holy Spirit, now and ever and unto the Age of ages. **Amen.**

Monday

Since the darkest hour our souls have kept their watch before You, O Lord our God, for Your commandments are light to the earth. Teach us to live in holiness and righteousness and in fear of You since we glorify You, the true God. Hear us, listen to us: remember, Lord, those who pray now, and in Your power grant them salvation. Make Your people grow in holiness and bless Your inheritance; give peace to Your world and all Your churches, to those who serve You as priests and to our rulers and all Your people. For Your Name is worthy of all honour and majesty and we glorify You in hymns of praise, ✠ Father, Son, and Holy Spirit, now and ever and unto the Age of ages.

Amen.

Tuesday

Since the darkest hour our souls have kept their watch before You, O Lord our God, for Your commandments are light to the earth. Teach us, O God, Your righteousness, Your precepts and Your

wisdom. Enlighten our minds that we may not slumber in the sin that leads to death. Put far from our hearts all darkness, but give us the light of Your righteousness, and may the seal of Your Holy Spirit keep us from all harm. Direct our feet in the way of peace, let us greet the dawn and the new day with gladness, and offer You our morning prayers. For Yours is the greatness, the majesty, the power and the glory, ✠ Father, Son, and Holy Spirit, now and ever and unto the Age of ages. **Amen.**

Wednesday

O Lord, both day and night belong to You; You formed the light and the sun and marked the bounds of the earth. And so we pray: let Your great mercy shine on our wretchedness like the dawning light; free us from darkness and from the shadow of death, and from all the attacks and snares of the evil one. For we proclaim the glory and holiness of Your Name, worthy of all honour and majesty, ✠ Father, Son, and Holy Spirit, now and ever unto the Age of ages. **Amen.**

Thursday

Holy Father, inexhaustible fount of all goodness, almighty ruler of all, Who perform great wonders, we worship You and beseech You in Your compassion and holiness, help us and uphold us in our wretched condition. So remember, O Lord, those who call upon You: may our morning prayers be set before You like incense, let no one be cast aside but surround us all with Your mercy. Remember, O Lord, those who keep watch and sing psalms to glorify You together with Your only-begotten Son our God and Your Holy Spirit. Be their help and deliverance and receive their supplications on the spiritual altar of heaven. For You are our God and we give You glory, ✠ Father, Son, and Holy Spirit, now and ever and unto the Age of ages. **Amen.**

Friday

We give You thanks, Lord God of our salvation, for all You do to bless our lives, so that we may always turn to You, O saviour and preserver of our souls; in this past night You have given us rest and now You have called us to come and adore Your holy Name. And so, O Lord, we pray: give us grace and strength to sing to You melodious psalms and to pray without ceasing as we await our salvation in fear and trembling through the help of Your Messiah. Remember, O Lord, those who since night-time have been making their cry to You: hear them and look with pity on them and let their unseen enemies be crushed beneath their feet. For You are the King of Peace and saviour of our souls, and we glorify You, ✠ Father, Son, and Holy Spirit, now and ever and unto the Age of ages. **Amen.**

Saturday

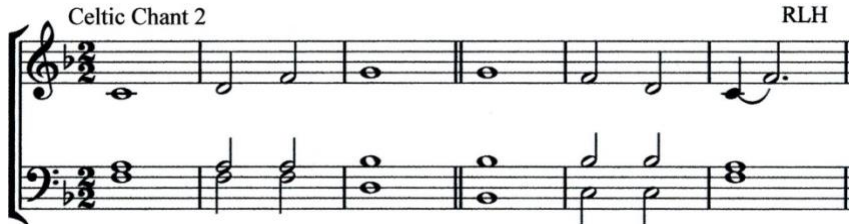
O God and Father of our Lord Jesus Christ, You have called us to this time of prayer; open our lips and inspire us with Your grace: accept the thanksgivings that we lift to You as best we are able and teach us Your will, for we cannot pray as we should if You, O Lord, do not guide us through Your Holy Spirit. And so we pray; if we have sinned in thought, word, or deed, whether deliberately or out of weakness, will You forgive, remit and pardon all our sins, for if You, Lord, kept a record of our sins, who could stand? But with You there is forgiveness and deliverance; You alone are the holy one, our help, our refuge and our defence, and our songs of praise will be always and only Yours. For we celebrate in hymns of glory and blessing the power of Your majesty, ✠ Father, Son, and Holy Spirit, now and ever and unto the Age of ages. **Amen.**

Daily (Prayer of St Columba)

Kindle in our hearts, O God, the flame that never ceases, that it may burn in us, giving light to others. May we shine for ever in Your temple, set on fire with Your eternal light, even Your Son Jesus Christ, our Saviour and Redeemer; Who lives and reigns with You, ✠ Father, and Your most Holy, good and life-creating Spirit, now and ever and unto the Age of ages. **Amen.**

Our Father

Celtic Chant 2 RLH



With hands raised until Doxology

Our Father in heaven, hallowed/ be Your/ Name; * Your Kingdom come, Your will be done, on earth/ as in/ heaven. | Give us today our/ dai-ly/ bread. * Forgive us our debts as we for-/give our/ debtors. | Keep us from falling in-/to temp-/tation * and ✠ deliver us/ from the/ e-vil one. | For Yours is the Kingdom and the power, and the glory, of the ✠ Father, and of the Son, and of the/ Ho-ly/ Spirit; * now and ever and unto the Age of a-/ges. A-/men.

Conclusion and Blessing



[C] O holy Lord, You dwell on high and regard the humble of heart, and with Your all-seeing eye You behold all creation: unto You we bow our souls and bodies, and we entreat You, O Holy of Holies, stretch forth Your invisible hand from Your holy dwelling-place, and bless us all. And if in anything we have sinned, whether voluntarily or involuntarily, forgive us, as You are a good God and love mankind, granting to us Your earthly and heavenly good things. For You show mercy and save us, O our God, and unto You we ascribe glory to the ✠ Father, and to the Son, and to the Holy Spirit, now and ever and unto the Age of ages. **Amen.**

[D+] Most holy Theotokos, pray for us.

Freely Trad Russian arr RLH

S&A
A

T
B

More hon-our-a-ble than the Che-ru-bim, and more
glo-ri-ous be-yond com-pare than the Se-ra-phem. With-out de-file-ment
you gave birth to * God the Word, true The-o-tok-os we mag-ni-fy you.

Or other suitable Hymn to the Virgin

IN LENT the following is sung:

Celtic Chant 2 RLH

S&A
A

T
B

All of Creation rejoices in you, O/ full of/ grace * the angels in heaven and the/ hu-man/ race.

O sanctified temple and spiritual paradise, the glory of virgins, from whom God/ was in- /carnate * and became a child, our God be-/fore the/ ages.

He made your body into a throne, and your womb more spacious/ than the/ heavens. * All of creation rejoices in you, O full of grace; Glo-/ry to/ you.

IN PASCHALTIDE the following is sung:

The Angel Cried

Allegro con brio

$\text{♩} = 120$

Balakirev arr RLH

The An - gel cried un - to her who is full

of grace: O pure vir - gin re - joice! And a -

gain I say re - joice, your Son is ris - en from the

tomb on the third day, hav - ing raised up the

dead. Be glad O you peo - - ple.

Shine, shine O new Je - ru - sa - lem, for the glo - ry of the

Lord is ris-en up - on you, re - joice and be glad O
 Si - on. And you, O pure Mo - ther of
 God, de - light in the re - sur - rec - tion,
 of Him whom you did bear.


CONCLUSION

[C] ✠ Glory to You, O Christ our God and our sure hope, glory to You.


(Bow)
Glory to the Father, and to the Son, and to the Holy Spirit;

(upright)
now and ever, and unto the Age of ages. A-men.

[D+] Father, give the blessing!


[C] May the blessing of Almighty God,  Father, Son, and Holy Spirit, be upon you and remain with you always. **Amen.**

OR

[C] May the rich and eternal blessing of our  Father God, Christ God, and Spirit God be upon you; may He guard you and guide you; may He illuminate your path and bring your purposes to their fulfilment in Him, always, now and ever and unto the Age of ages. **Amen.**

OR

[C] May [He Who] Christ our True God, through the intercessions of His all immaculate and all blameless holy Mother, [of.....,] of the holy and righteous ancestors of God Joachim and Anna, and of all the saints, have mercy on us and save us, for He is good and loving to all mankind.

Through the prayers of our holy forebears, Lord Jesus Christ our God, have mercy on us and give  us Your blessing. **Amen.**

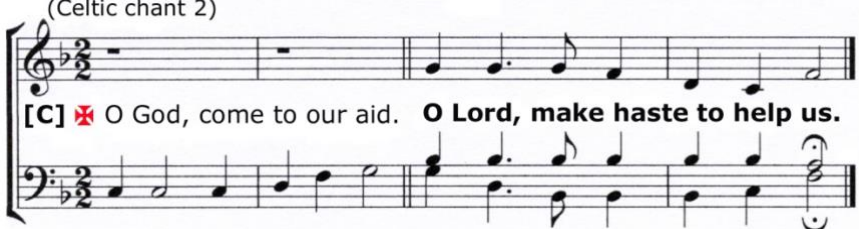
The HOURS

Morning – 9am*
Midday – 12 noon*
Afternoon – 3pm*

*Times can, of course, be varied to suit individual circumstances.

THE HOURS

(Celtic chant 2)



[C] ✠ O God, come to our aid. O Lord, make haste to help us.

(Bowing) **Glory to the Father, and to the Son, and to the/ Ho-ly/ Spirit; *(upright)* now and ever and unto the Age of a/-ges. A-/men.**

[R] O Heavenly King, the Comforter, Spirit of Truth, You are everywhere and fill all things; Treasury of Blessings and Giver of Life, come and abide in us, and cleanse us from every impurity, and ✠ save our souls, O Good One.

[**Christ is risen** from PASCHA to ASCENSION: page 394]

Note: O Heavenly King... is not said again until Pentecost]

[R] O most Holy Trinity, have mercy on us. Lord, cleanse us from our sins. Master, pardon our transgressions. Holy One, visit and heal our infirmities, for Your Name's sake.

ALL



RLH

✠ Lord, have mer-cy. Lord, have mer-cy. Lord, have mer - cy.

(Bowing) **Glory to the Father, and to the Son, and to the/ Ho-ly/ Spirit; *(upright)* now and ever and unto the Age of a/-ges. A-/men.**

PSALM/S (from the Daily Cycle) each ending with:

(Bowing) **Glory to the Father, and to the Son, and to the/ Ho-ly/ Spirit;** *(upright)* **now and ever and unto the Age of a/-ges. A-/men.**

Alleluias

Two staves of musical notation in 2/4 time, key of B-flat major. The first staff is for the right hand (RH) and the second for the left hand (LH). Both staves feature a melody of eighth notes. The lyrics are: [R] ✘ Al-le- lu-ia, Al-le- lu-ia, Al-le- lu-ia. Glo-ry to You, O God.

ALL

Musical notation for the 'ALL' section, consisting of a grand staff (treble and bass clefs) in 4/4 time, key of B-flat major. The melody is in the right hand (RH) and the accompaniment is in the left hand (LH). The lyrics are: ✘ Lord, have mer-cy. Lord, have mer-cy. Lord, have mer - cy.

READING

[R] A reading from.....N.....

[D+] Let us attend.

(READING from the daily Cycle)

TROPARIA (Sung by ALL) SEE APPENDIX 1 (page 366)

[Of the Feast as appointed – when relevant]

[Seasonal Praises where appropriate]

PRAYERS

Morning [One or more of the following]

[C] O God, You have graciously brought us to this hour, the time when You poured out Your Holy Spirit in tongues of fire upon Your Apostles, filling them with the gift of Your grace; so, most wonderful Lord, may we too receive this blessing; and as we seek to praise You, merciful God, in psalms and hymns and spiritual songs, may we share in Your eternal kingdom. For Your Name is worthy of all honour and majesty and You are glorified in hymns of blessing, ✘ Father, Son, and Holy Spirit, now and ever, and unto the Age of ages. **Amen.**

O Lord our God, at the third hour You poured out the grace of Your Holy Spirit upon Your holy and glorious Apostles: so purify our minds, and let them be without stain or blemish, that approaching Your fearful Name with cleansed hands we may enjoy the good things promised to us. Through the mercy of Your Christ with Whom, ✠ and the most holy and life-giving Spirit, You are to be worshipped now and ever and unto the Age of ages. **Amen.**

O God, You created the angelic hosts to glorify You for ever, and You desire us, within our capabilities, to offer You our own prayers of intercession and supplication for the sins we commit, and to give You thanks for the good things with which You reward us: so, hear the prayers that we lift to You at this hour, that calling upon You in sincerity we might receive salvation. For Yours is the greatness, the power and the glory, ✠ Father, Son and Holy Spirit, now and ever and unto the Age of ages. **Amen.**

Midday [One or more of the following]

[C] O Lord, our God and King, this was the hour You stretched out Your undefiled hands on the cross which we adore, cancelling the record of our sins and nailing it to the cross: remit now every debt of sin and set us free from the condemnation which our evil thoughts deserve, so that with pure hearts we may at all times offer You the worship that is Your due. For to You belong all glory, honour and praise, ✠ Father, Son, and Holy Spirit, now and ever and unto the Age of ages. **Amen.**

O Lord our God, in Peter, the foremost of the Apostles, You have given us an example of prayer at midday: turn to us, Your helpless and unworthy servants, preserve us from misfortune and from the plague that destroys at midday, deliver us, O God, from all evil for the rest of this day. For Yours is the greatness, the power and the glory, ✠ Father, Son, and Holy Spirit, now and ever and unto the Age of ages. **Amen.**

Eternal God, You live in impenetrable light: no one has seen You nor is able to see You, the everlasting source of eternal blessing; You, Lord of creation, protect us who have put our trust in You, being filled with Your wondrous divine grace. For Yours is the greatness, the power and the glory, ✠ Father, Son and Holy Spirit, now and ever and unto the Age of ages. **Amen.**

Afternoon [One or more of the following]

[C] Sovereign Lord, God of all power and glory, You heard Your holy Apostles Peter and John when they went to pray at the ninth hour, and so enabled them to perform a miracle of healing in front of all the people: give us a sign of Your goodness that we may count as nothing the weapons of the enemy and may regard his temptations as having no more strength than a child. For Yours is the greatness, the power and the glory, ✠ Father, Son and Holy Spirit, now and ever and unto the Age of ages. **Amen.**

O God, it is Your will that we should pray continually without ever becoming weary so that our adversary the devil may not find a way of attacking our souls: protect us from the degeneration which surrounds us, and make us fit to be numbered with those who will be at Your right hand on the day of Your judgement. For to You belong all glory, honour and praise, ✠ Father, Son, and Holy Spirit, now and ever and unto the Age of ages. **Amen.**

O Lord our God, from Your throne of glory You look down in Your compassion to watch over our wretched condition: bless us who bow before Your omnipotence, and, in Your goodness and infinite mercy, raise us up. With hymns of blessing and glory may Your holy Name be praised, ✠ Father, Son, and Holy Spirit, now and ever and unto the Age of ages. **Amen.**

At every Hour

Trisagion

Lento e misterioso RLH

The musical score for the Trisagion consists of three systems. Each system has a treble clef staff with a key signature of one flat and a 6/8 time signature. The tempo is 'Lento e misterioso'. The right hand (RH) part is marked 'RLH'. The lyrics are: 'Ho-ly God, Ho-ly Might-y, Ho-ly Im-mor-tal, have mer-cy on us.' The first system includes performance instructions '(Bowing)' under the first two notes and '(upright)' under the next two notes. The second and third systems also include these instructions. The music is written in a simple, melodic style with a steady bass line.

⌘ Ho-ly God, Ho-ly Might-y, Ho-ly Im-mor-tal, have mer-cy on us.

⌘ Ho-ly God, Ho-ly Might-y, Ho-ly Im-mor-tal, have mer-cy on us.

⌘ Ho-ly God, Ho-ly Might-y, Ho-ly Im-mor-tal, have mer-cy on us.

(Bowing) Glory to the Father, and to the Son, and to the/ Ho-ly/ Spirit; *(upright)* now and ever and unto the Age of a/-ges. A-/men.

Our Father

Celtic Chant 2 RLH

The musical score for 'Our Father' is a Celtic Chant 2. It consists of a treble clef staff with a key signature of one flat and a 2/2 time signature. The right hand (RH) part is marked 'RLH'. The music is written in a simple, melodic style with a steady bass line.

With hands raised until Doxology

Our Father in heaven, hallowed/ be Your/ Name; * Your Kingdom come, Your will be done, on earth/ as in/ heaven. | Give us today our/ dai-ly/ bread. * Forgive us our debts as we for-/give our/ debtors. | Keep us from falling in-/to temp-/tation * and ⌘ deliver us/ from the/ e-vil one. | For Yours is the Kingdom and the power, and the glory, of the ⌘ Father, and of the Son, and of the/ Ho-ly/ Spirit; * now and ever and unto the Age of a/-ges. A-/men.

[C] At all times and at every hour, both in heaven and on earth, You are worshipped and glorified, O Christ God, long-suffering, plenteous in mercy and compassion, Who love the just and show mercy to sinners, Who call everyone to salvation through the promise of good things to come: as the same

Lord, receive also our supplications at this present hour, and direct our lives in the way of Your commandments. ✠ Sanctify our souls; purify our bodies; set aright our minds; cleanse our thoughts; and deliver us from all calamity, wrath and distress. Compass us about with Your holy angels, that guided and guarded by their hosts, we may attain to the unity of faith and to the comprehension of Your ineffable glory. For You are ✠ blessed unto the Age of ages. **Amen.**

ALL

RLH

✠ Lord, have mer-cy. Lord, have mer-cy. Lord, have mer - cy.

(Bowing) **Glory to the Father, and to the Son, and to the/ Ho-ly/ Spirit; (*upright*) now and ever and unto the Age of a/-ges. A-/men.**

[R] O immaculate Theotokos, the hope, protection, and refuge of Christians, the impregnable wall and shelter from storms; as you intercede unceasingly for the salvation of the world, call us also to remembrance, O all-praised Virgin.

Freely Trad Russian arr RLH

S & A

More hon-our-a-ble than the Che-ru-bim, and more

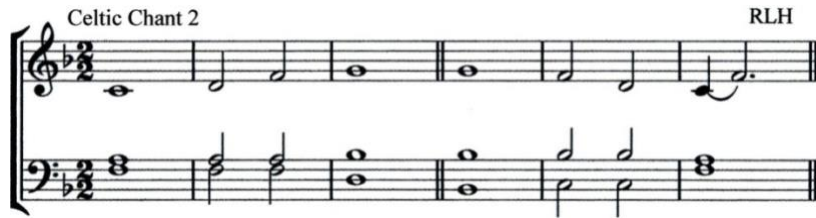
T B

glo-ri-ous be-yond com-pare than the Se-ra-phim. With-out de-file-ment

you gave birth to ✠ God the Word, true The-o-tok-os we mag-ni-fy you.

IN LENT the following is sung:

Celtic Chant 2 RLH



All of Creation rejoices in you, O/ full of/ grace * the angels in heaven and the/ hu-man/ race.

O sanctified temple and spiritual paradise, the glory of virgins, from whom God/ was in- /carnate:

and became a child, our God be-/fore the/ ages.

He made your body into a throne, and your womb more spacious/ than the/ heavens. All of creation rejoices in you, O full of grace; Glo-/ry to/ you.

IN PASCHALTIDE the following is sung:

The Angel Cried

Allegro con brio

$\text{♩} = 120$

Balakirev arr RLH

The An - gel cried un - to her who is full

of grace: O pure vir - gin re - joice! And a -

gain I say re - joice, your Son is ris - en from the

tomb on the third day, hav - ing raised up the

dead. Be glad O you peo - ple.

Shine, shine O new Je - ru - sa - lem, for the glo - ry of the

Lord is ris-en up - on you, re - joice and be glad O

Si - on. And you, O pure Mo - ther of

God, de - light in the re - sur - rec - tion,

of Him whom you did bear.

[C] ✠ Glory to You, O Christ our God and our sure hope, glory to You.

[R] In the Name of the Lord, Father, bless.

[C] May God be compassionate towards us and ✠ bless us; in His mercy may His face shine upon us. **Amen.**

APPENDIX 1

A selection of PSALMS from The Alternative PSALTER

PSALTER – WEEK 1 For Ordinary Time

SUNDAY: Vespers

Psalm 8

Antiphon: *How glorious is Your Name, O Lord.*

O Lord our God, how glorious is Your Name in/ all the/ earth! * Your majesty above the heavens is yet recounted by the mouths of/ babes and/ sucklings.

You have founded a strong defence a-/gainst Your/ adversaries, * to quell the enemy/ and a-/venger.

When I consider Your heavens, the work/ of Your/ hands, * the moon and the stars which You have/ set in/ order,

What is man, that You/ should be/ mindful of him, * or the son of man, that/ You should/ care for him?

Yet You have made him little/ less' than a/ god, * and have crowned him with glo-/ry and/ honour.

You have made him the master of Your handiwork, and have put all things in subjection be-/neath his/ feet; * all sheep and oxen, and all the creatures/ of the/ field;

The birds of the air and the fish/ of the/ sea, * and everything that moves in the pathways/ of the' great/ waters.

O/ Lord our/ God, * how glorious is Your Name in/ all the/ earth!

(Bowing) Glory to the Father, and to the Son, and to the Ho-ly/ Spirit; * *(upright)* now and ever and unto the Age of a-/ges. A-/men.

Ant: *How glorious is Your Name, O Lord.*

Psalm 63

Ant: *I sing for joy in the shadow of Your wings, O Lord.*

O God, You are my God, eagerly/ I will/ seek You. * My soul thirsts for You; my flesh longs for you as a dry and thirsty land where there/is no/ water.

So it was when I beheld You/ in the/ sanctuary ☺ and saw Your power/ and Your/ glory.

For Your unchanging goodness is/ better than/ life, * therefore my/ lips shall/ praise You.

And so I will bless You as/ long as' I/ live, * and in Your Name I will lift my/ hands on/ high.

My longing shall be satisfied as with/ marrow and/ fatness; * my mouth shall praise You with e-/xul-tant/ lips.

When I remember You u-/pon my/ bed, * when I meditate upon You/ in the' night/ watches,

How You have/ been my/ helper, * then I sing for joy in the shadow/ of Your/ wings,

Then/ my soul/ clings to You, * and Your right/ hand up-/holds me.

Glory to the Father...

Ant: *I sing for joy in the shadow of Your wings, O Lord.*

SUNDAY: Matins

Psalm 23

Ant: The Lord is my shepherd.

The Lord is my shepherd, there is nothing/ I shall/ want. * He will make me to lie down in green pastures, and lead me be-/side still/ waters.

He will re-/vive my/ soul, * and guide me in the right way, for/ His Name's/ sake.

Though I walk through the valley of the shadow of death, I will/ fear no/ evil, * for You are with me, and Your rod and staff/ are my/ comfort.

You spread a table before me in the face of/ those that/ trouble me. * You have anointed my head with oil, and my cup is/ o-ver-/flowing.

Surely Your goodness and loving kindness will follow me all the days/ of my/ life, * and I shall dwell in the house of the/ Lord for/ ever.

Glory to the Father...

Ant: The Lord is my shepherd.

Psalm 24

Ant: Lift up your heads, O you gates.

The earth is the Lord's and all/ that is/ in it, * the compass of the world and those who/ dwell there-/in.

For He founded it u-/pon the/ seas, * and established it u-/pon the/ waters.

Who shall ascend the hill/ of the/ Lord, * or who shall stand in His/ ho-ly/ place?

He that has clean hands/ and a' pure/ heart, * who has not set his soul upon idols nor sworn his/ oath' to a/ lie.

He shall receive blessings/ from the/ Lord * and recompense from the God of/ his sal-/vation.

Of such a kind as this are/ those who/ seek Him, * those who seek Your face, O/ God of/ Jacob.

Lift up your heads, O you gates, and be lifted up you ever-/last-ing/ doors * and the King of glory/ shall come/ in.

Who is the/ King of/ glory? * The Lord, the/ strong and/ mighty.

Lift up your heads, O you gates, and be lifted up you ever-/last-ing/ doors * and the King of glory/ shall come/ in.

Who is this/ King of/ glory? * The Lord of hosts, He is the/ King of/ glory.

Glory to the Father...

Ant: Lift up your heads, O you gates.

SUNDAY: Hours

Psalm 119, 1-8

Ant: Blessed are those who keep His commands.

Blessed are those whose/ way is/ blameless, * who walk in the/ law of' the/ Lord.

Blessed are those who keep/ His com-/mands * and seek Him with/ their whole/ heart;

Those who/ do no/ wrong, * but walk in the ways/ of our/ God.

For You, Lord,/ have com-/manded us ☺ to persevere in/ all Your/ precepts.

If only my ways/ were un-/erring ☺ towards the keeping/ of Your/ statutes!

Then I should not/ be a-/shamed * when I look on all/ Your com-/mandments.

I will praise You with sincerity/ of/ heart, * as I learn Your/ right-eous/ judgements.

I will/ keep Your/ statutes; * O forsake/ me not/ utterly.

Glory to the Father...

Ant: Blessed are those who keep His commands.

Psalm 119, 9-16

Ant: Blessed are You, O Lord our God.

How shall a young man's/ path be/ pure * unless he/ keep to' Your/ word?

I have sought You with/ my whole/ heart; * let me not stray from/ Your com-/mandments,

I have treasured Your words/ in my/ heart, * that I might not/ sin a-/gainst You.

Blessed are/ You, Lord/ God. * O teach/ me Your/ statutes,

With my lips I/ have been/ telling ☺ all the judgements/ of Your/ mouth;

And I find more joy in the way of/ Your com-/mands: * than in all/ manner of/ riches.

I will meditate/ on Your/ precepts, * and give/ heed to' Your/ ways;

For my delight is wholly/ in Your/ statutes, * and I will not for-/get Your/ word.

Glory to the Father...

Ant: Blessed are You, O Lord our God.

Psalm 119, 17-24

Ant: Your commands are my delight, O Lord.

O be bountiful to Your servant that/ I may/ live ☺ in obedience/ to Your/ word.

Take away the veil/ from my/ eyes * that I may see the wonders/ of Your/ law.

I am but a stranger/ on the/ earth; * do not hide Your com-/mand-ments/ from me.

My soul is con-/sumed with/ longing ☹ for Your judgements/ day and/ night.
You have re-/buked the/ proud, * and cursed are those who stray from/ Your com-/mandments;
Turn away from me their re-/proach and/ scorn, * for I have kept/ Your com-/mands.
Though princes sit and plot to-/gether a-/gainst me, * Your servant shall meditate/ on Your/ statutes;
For Your commands are/ my de-/light, * and they are counsellors in/ my de-/fence.
Glory to the Father...
Ant: Your commands are my delight, O Lord.

MONDAY: Vespers

Psalm 67

Ant: Let the peoples praise You, O God.

O God be gracious to/ us and/ bless us * and may Your face/ shine u-/pon us,
That Your ways may be/ known on/ earth, * Your saving power a-/mong all/ nations.
Let the peoples praise/ You, O/ God; * yes, let all the/ peo-ples/ praise You.
O let the nations rejoice/ and be/ glad, * for You will judge the peoples righteously, and govern the/
nations on/ earth.
Let the peoples praise/ You, O/ God; * yes, let all the/ peo-ples/ praise You.
Then shall the earth bring/ forth her/ increase, * and God, our own/ God, will/ bless us.
Indeed,/ God will/ bless us, * and all the ends of the/ earth shall/ fear Him.
Glory to the Father...
Ant: Let the peoples praise You, O God.

Psalm 120

Ant: I call to the Lord that He may answer me.

I call to the Lord/ in my/ trouble * that/ He may/ answer me.
O Lord, deliver me from/ ly-ing/ lips * and from the/ treacher-ous/ tongue.
What will he do to you, and what more will he do to you, O/ treacher-ous/ tongue? * you are sharp
as the arrows of a warrior, that are tempered in/ coals of/ juniper.
Alas for me, I am like a/ stranger in/ Meshech, * like one who dwells amidst the/ tents of/ Kedar.
My soul has been too long among those/ who des'-troy/ peace. * I am for peace, but when I speak
of it they make themselves/ ready for/ contention.
Glory to the Father...
Ant: I call to the Lord that He may answer me.

Psalm 122

Ant: *O Pray for the peace of Jerusalem.*

I was glad/ when they/ said to me * 'Let us go to the/ house of' the/ Lord.'

And now our feet are standing within your gates,/ O Je-/rusalem; * Jerusalem which is built as a city, where the pilgrims/ gather in/ unity.

There the tribes go up, the tribes/ of the Lord * as He commanded Israel, to give thanks to the/ Name of' the/ Lord,

There are set/ thrones of/ judgement, * the thrones of the/ House of/ David.

O pray for the/ peace of' Je-/rusalem; * may those who/ love you/ prosper.

Peace be within your walls and tranquillity with-/in your/ palaces. * For my kindred and companions' sake I will pray that/ peace be/ with you.

For the sake of the House of the/ Lord our/ God, * I will seek to/ do you/ good.

Glory to the Father...

Ant: *O Pray for the peace of Jerusalem.*

MONDAY: Matins

Psalm 84

Ant: *Blessed are they who dwell in Your house.*

How lovely is Your dwelling place, O/ Lord of/ hosts! * My soul has a desire and longing to enter the courts of the Lord; my heart and my flesh rejoice in the/ liv-ing/ God.

The sparrow has found her a house and the swallow a nest where she may/ lay her/ young, * at Your altars, O Lord of hosts, my King/ and my/ God.

Blessed are they who dwell/ in Your/ house; * they will al-/ways be/ praising you.

Blessed are those whose strength/ is in/ You, * in whose heart are the high-/ways to/ Zion,

Who going through the barren valley find/ there a/ spring * and the early rains will clothe/ it with/ blessing.

They will go from/ strength to/ strength, * and appear before/ God in/ Zion.

O Lord God of hosts,/ hear my/ prayer; * listen, O/ God of/ Jacob.

Behold our defen-/der, O/ God, * and look upon the face of/ Your a-/nointed.

For one day/ in Your/ courts ☺ is better than a/ thou-sand/ elsewhere.

I would rather be a doorkeeper in the house/ of my/ God * than dwell in the tents/ of un-/godliness.

For the Lord God is both sun and shield; He will give/ grace and/ glory; * no good thing shall the Lord withhold from those who walk/ with in-/tegrity.

O Lord/ God of/ hosts, * blessed are those who put their/ trust in/ You.

Glory to the Father...

Ant: *Blessed are they who dwell in Your house.*

Psalm 111

Ant: *The Lord is gracious and full of compassion.*

O praise the Lord! I will give thanks to the Lord with/ my whole/ heart, * in the company of the faithful and in the/ con-gre-/gation.

The works of the/ Lord are/ great, * sought out by all/ who de-/light in them.

His work is full of majest-/y and/ honour * and His righteousness en-/dures for/ ever.

He appointed a memorial for His/ marvel-/ous/ deeds; * the Lord is gracious and/ full of' com-/passion.

He gave food to/ those who/ feared Him; * He is ever mindful/ of His/ covenant.

He showed His people the power/ of His/ works * in giving them the heritage/ of the/ nations.

The works of His hands are/ truth and/ justice; * all His com-/mandments are/ sure.

They stand fast for/ ever and/ ever; * they are done in/ truth and/ equity.

He sent redemption to His people; He commanded His cove-/nant for/ ever; * holy and awesome/ is His/ Name.

The fear of the Lord is the beginning of wisdom; a good understanding have/ those who/ live by it; * His praise en-/dures for/ ever.

Glory to the Father...

Ant: *The Lord is gracious and full of compassion.*

MONDAY: Hours

Psalm 119, 25-32

Ant: *I shall meditate on Your marvellous works.*

I am humbled/ to the/ dust; * O give me life according/ to Your/ word.

If I examine my ways surely/ You will/ answer me: * O teach/ me Your/ statutes!

Make me to understand the way/ of Your/ precepts, * and I shall meditate on Your/ marvel-/ous/ works.

My soul pines a-/way for/ sorrow; * O raise me up according/ to Your/ word.

Keep me far from the/ way of' de-/ception, * and grant me the grace/ of Your/ law.

I have chosen the/ way of/ truth, * and have set Your judge-/ments be-/fore me.

I hold fast to/ Your com-/mands; * O Lord, let me never/ be con-/founded.

Let me run the way of/ Your com-/mandments, * for You will liber-/ate my/ heart.

Glory to the Father...

Ant: I shall meditate on Your marvellous works.

Psalm 119, 33-40

Ant: I long for Your precepts, O Lord.

Teach me, O Lord, the way/ of Your/ statutes * and I will honour it/ to the/ end.

Give me understanding, that I may/ keep Your/ law, * that I may keep it with/ my whole/ heart.

Guide me in the path of/ Your com-/mandments, * for therein is/ my de-/light.

Incline my heart to/ Your com-/mands * and not to/ sel-fish/ gain.

Turn away my eyes from/ looking on/ vanities * as I walk in Your way/ give me/ life.

Make good Your promise/ to Your/ servant, * the promise that endures for/ all who/ serve You.

Turn aside the taunts/ that I/ dread, * for Your judgements are/ ve-ry/ good.

Lord, I long/ for Your/ precepts; * in Your righteousness/ give me/ life.

Glory to the Father...

Ant: I long for Your precepts, O Lord.

Psalm 119, 41-48

Ant: Let Your loving mercy come to me, O Lord.

Let Your loving mercy come to/ me, O/ Lord, * and Your salvation, according/ to Your/ word.

Then I shall have an answer for those/ who re-/proach me, * for I trust/ in Your/ word.

Do not take the word of truth utterly/ out of' my/ mouth. * for in Your judgements/ is my/ hope.

Let me keep Your law continually, O let me keep/ it for/ ever, * and so I shall walk at liberty because I have/ sought Your/ precepts.

I shall speak of Your commands/ be-fore/ kings, * and shall not be/ put to/ shame.

My delight shall be in/ Your com-/mandments * which I have/ great-ly/ loved;

I shall worship You with/ out-stretched/ hands * and I shall meditate/ on Your/ statutes.

Glory to the Father...

Ant: Let Your loving mercy come to me, O Lord.

TUESDAY: Vespers

Psalm 98

Ant: The Lord has made known his salvation.

Sing to the Lord a new song, for He has done/ marvel-lous/ things. * His own right hand and His holy arm have won for/ Him the/ victory.

The Lord has made known/ His sal-/vation; * He has openly shown His deliverance in the/ sight of' the/ nations.

He has remembered His mercy and faithfulness towards the/ House of/ Israel, * and all the ends of the earth have seen the salvation/ of our/ God.

Sound praises to the Lord/ all the/ earth; * break into singing/ and make/ music.

Make music to the Lord/ with the/ lyre, * with the lyre and the/ voice of/ melody.

With trumpets and the blast/ of the/ horn, * sound praises before the/ Lord, the/ King.

Let the sea and all that/ fills it/ thunder, * the world and all that/ dwell up-/on it.

Let the rivers/ clap their/ hands * and let the hills peel out together before the Lord, for He comes to/ judge the/ earth.

In righteousness He shall/ judge the/ world, * and the peo-/ples with/ equity.

Glory to the Father...

Ant: The Lord has made known his salvation.

Psalm 99

Ant: The Lord is great in Zion.

The Lord is king, let the/ peo-ples/ tremble; * He is enthroned upon the cherubim,/ let the' earth/ shake.

The Lord is great in Zion, and high a-/bove all/ peoples. * Let them praise His great and awesome Name, for the Lord our/ God is/ holy.

You, Mighty king Who love justice, have es-/tab-lished/ equity; * You have executed justice and righteous-/ness in/ Jacob.

Exalt the/ Lord our/ God; * bow down before His footstool, for/ He is/ holy.

Moses and Aaron are among His priests, and Samuel among those who call up-/on His/ Name; * they called upon the Lord/ and He/ answered them.

He spoke to them out of the/ pillar of/ cloud; * they kept His testimonies and the law/ that He/ gave them.

You answered them, O/ Lord our/ God; * You, O God, forgave them and pardoned them of/ their of-/fences.

Exalt the Lord our God and worship Him upon His/ ho-ly/ hill, * for the Lord our/ God is/ holy.

Glory to the Father...

Ant: The Lord is great in Zion.

TUESDAY: Matins

Psalm 86

Ant: All nations shall come and worship You, O Lord.

Incline your ear, O/ Lord, and/ answer me, * for I am poor/ and in/ misery.

Preserve my soul, for/ I am/ faithful; * save Your servant, as I/ put my/ trust in You.

Be merciful to me, O Lord, for You/ are my/ God; * I call upon You/ all the' day/ long.

Gladden the soul/ of Your/ servant, * for to You, O Lord, I lift/ up my/ soul.

For You, Lord, are good/ and for-/giving, * abounding in steadfast love to all who/ call u-/pon You.

Give ear, O Lord,/ to my/ prayer * and listen to the voice of my/ sup-pli-/cation.

In the day of my distress I will/ call u-/pon You, * for/ You will/ answer me.

Among the gods there is none like/ You, O/ Lord, * nor any/ works like/ Yours.

All the nations you have made shall come and worship/ You, O/ Lord, * and shall glori-/fy Your/ Name.

For You are great and do/ wonder-ful/ things; * You a-/lone are/ God.

Teach me Your way, O Lord, and I will walk/ in Your/ truth; * bind my heart to You, that I may/ fear Your/ Name.

I will thank You, O Lord my God, with/ all my/ heart, * and glorify Your Name for/ e-ver-/more;

For great is Your/ stead-fast/ love towards me, * for You have delivered my soul from the depths/ of the/ grave.

O God, the proud rise up against me, and a ruthless horde seek/ after my/ life; * they have not set You be-/fore their/ eyes.

But You, Lord, are gracious and/ full of' com-/passion, * slow to anger and full of kind-/ness and/ truth.

Turn to me and have mer-/cy u-/pon me; * give strength to Your servant and save the child/ of Your/ handmaid.

Show me a token of Your favour, that those who hate me may see it and/ be a-/shamed; * because You, O Lord, have/ helped and/ comforted me.

Glory to the Father...

Ant: All nations shall come and worship You, O Lord.

Psalm 87

Ant: Glorious things are spoken of You, O Zion.

His foundation is on the/ ho-ly/ mountain. * The Lord loves the gates of Zion more than all the/ dwellings of/ Jacob.

Glorious things are/ spoken of/ you, * Zion, city/ of our/ God.

I count Egypt and Babylon among/ those who/ know me; * behold; Philistia, Tyre and Ethiopia were/ born in/ Zion

And of Zion it shall be said, 'Each/ one was/ born in her, * and the Most High Himself/ has est-/ablished her.'

The Lord will record as He writes/ up the/ peoples, * 'This one al-/so was/ born there.'

And as they dance/ they shall/ sing, * 'All my fresh springs/ are in/ you.'

Glory to the Father...

Ant: *Glorious things are spoken of You, O Zion.*

TUESDAY: Hours

Psalm 119, 49-56

Ant: *Your statutes, O Lord, have become my songs.*

Remember Your word/ to Your/ servant, * on which You have/ built my/ hope.

This has been my comfort in/ my af-/fliction, * for Your word has/ brought me/ life.

Though the proud have laughed/ me to/ scorn, * I have not turned aside/ from Your/ law;

But I called to mind, O Lord, Your judge-/ments of/ old, * and in them I have found/ con-so-/lation.

I am seized with indignation/ at the/ wicked, * for they have forsa-/ken Your/ law.

But Your statutes have be-/come my/ songs * in the house/ of my/ pilgrimage.

I think on Your Name, O Lord,/ in the/ night, * and I ob-/serve Your/ law;

This has been/ my re-/ward, * because I have/ kept Your/ precepts.

Glory to the Father...

Ant: *Your statutes, O Lord, have become my songs.*

Psalm 119, 57-64

Ant: *The earth, O Lord, is full of Your loving mercy.*

The Lord/ is my/ portion; * I have promised to/ keep Your/ words.

I have sought Your favour with/ my whole/ heart; * O be gracious to me according/ to Your/ word.

I have taken stock/ of my/ ways * and have turned back my feet to/ Your com-/mands.

I made haste and did/ not de-/lay ☺ to keep/ Your com-/mandments.

The snares of the wick-/ed en-/compassed me, * but I did not for-/get Your/ law;

At midnight I rise to/ give You/ thanks ☺ for the righteousness/ of Your/ judgements.

I am a friend to/ all who/ fear You, * to those who/ keep Your/ precepts.

The earth, O Lord, is full of Your/ lov-ing/ mercy; * O teach/ me Your/ statutes.

Glory to the Father...

Ant: *The earth, O Lord, is full of Your loving mercy.*

Psalm 119, 65-72

Ant: *O teach me right judgement and knowledge*

Lord, You have done good/ to Your/ servant, * in accordance/ with Your/ word.

O teach me right judge-/ment and/ knowledge, * for I trust in/ Your com-/mandments.

Before I was afflicted I/ went a-/stray, * but now I/ keep Your/ word.

You are good,/ and You/ do good, * O teach/ me Your/ statutes.

I will keep Your precepts with/ my whole/ heart, * for my delight is/ in Your/ law.

It is good for me that I/ was af-/flicted, * so I might/ learn Your/ statutes.

The law of Your mouth is dear-/er to/ me ☺ than a wealth of/ gold and/ silver.

Glory to the Father...

Ant: *O teach me right judgement and knowledge*

WEDNESDAY: Vespers

Psalm 103

Ant: *Praise the Lord, O my soul.*

Praise the Lord, O my soul, and all that is within me, praise His/ ho-ly/ Name; * praise the Lord, O my soul, and forget not/ all His/ benefits,

Who forgives all your sin and heals all/ your in-/firmities, * Who redeems your life from the Pit, and crowns you with mercy/ and com-/passion;

Who satisfies your being/ with good/ things, * so that your youth is renewed/ like an/ eagle's.

The Lord works righteousness and justice for all who/ are op-/pressed. * He made known His ways to Moses, and His works to the/ children of/ Israel.

The Lord is full of com-/passion and/ mercy; * slow to anger/ and of 'great/ goodness.

He will not/ always be/ chiding, * nor will He keep His/ anger for/ ever.

He has not dealt with us according/ to our/ sins, * nor rewarded us according/ to our/ wickedness.

For, as the heavens are high a-/bove the/ earth, * so great is His mercy over/ those that/ fear Him;

As far as the east is/ from the/ west; * so far has He/ set our/ sins from us.

As a father is tender to-/wards his/ children, * so is the Lord tender to/ those who/ fear Him,

For He knows of what/ we are/ made; * He remembers that we/ are but/ dust.

The days of man are/ but as/ grass, * he flourishes like a flower/ of the/ field;

When the wind goes over it,/ it is/ gone, * and its place will/ know it' no/ more.

But the merciful goodness of the Lord endures for ever and ever toward/ those that/ fear Him, * and His righteousness upon their/ child-ren's/ children;

Upon those who/ keep His/ covenant, * and remember His command-/ments to/ do them.

The Lord has established His/ throne in/ heaven * and His kingdom rules/ o-ver/ all.

Praise the Lord, all you His angels, you that ex-/cel in/ strength, * you that fulfil His word, and obey the voice of/ His com-/mandments.

Praise the Lord, all/ you His/ hosts, * His servants who/ do His/ will.

Praise the Lord, all His works, in all places of/ His do-/minion; * praise the Lord,/ O my/ soul!

Glory to the Father...

Ant: *Praise the Lord, O my soul.*

WEDNESDAY: Matins

Psalm 100

Ant: *The Lord is gracious; His steadfast love is everlasting.*

O be joyful in the Lord,/ all the/ earth; * serve the Lord with gladness and come before His presence/ with a/ song.

Know that the/ Lord is/ God; * it is He Who has made us and we are His; we are His people and the sheep/ of His/ pasture.

Enter His gates with thanksgiving and His/ courts with/ praise; * give thanks to Him and/ bless His/ Name.

For the Lord is gracious; His steadfast love is/ e-ver-/lasting, * and His faithfulness endures from generation to/ gen-er-/ation.

Glory to the Father...

Ant: *The Lord is gracious; His steadfast love is everlasting.*

Psalm 148

Ant: *O praise the Name of the Lord.*

Praise the Lord. O Praise the Lord/ from the/ heavens; * praise Him/ in the/ heights.

Praise Him, all you His angels; praise Him,/ all His/ host. * Praise Him, sun and moon; praise Him, all you/ stars of/ light.

Praise Him, highest heaven, and you waters a-/bove the/ heavens. * Let them praise the Name of the Lord; for He commanded and they/ were cre-/ated.

He made them fast for/ ever and/ ever; * He gave them a law which shall not/ pass a-/way.

Praise the Lord from the earth, you sea monsters/ and all/ deeps; * fire and hail, snow and mist, tempestuous wind, ful-/filling His/ word;

Mountains and all hills, fruit trees/ and all/ cedars; * wild beasts and all cattle, creeping things and birds/ on the/ wing;

Kings of the earth/ and all/ peoples, * princes and all rulers/ of the/ world;
Young men and maidens, old and/ young to-/gether; * let them praise the/ Name of' the/ Lord.
For His Name only/ is ex-/alted, * His splendour above/ earth and/ heaven.
He has raised up power for His people, and praise for all His/ faith-ful/ servants, * the children of
Israel, a people who are near Him./ Praise the/ Lord.
Glory to the Father...
Ant: *O praise the Name of the Lord.*

WEDNESDAY: Hours

Psalm 119, 73-80

Ant: *Your law is my delight, O Lord.*
Your hands have made/ me and/ fashioned me, * O give me understanding, that I may learn/ Your
com-/mandments.
Those who fear You shall see me/ and re-/joice, * for my hope is/ in Your/ word.
I know, Lord, that your judge-/ments are/ right, * and that in faithfulness You/ have af-/flicted me.
Let Your merciful kindness/ be my/comfort, * according to Your promise/ to Your/ servant.
O let Your mercy come to me that/ I may/ live, * for Your law is my delight, and I will meditate/ on
Your/ precepts.
Let those who fear You/ turn to/ me, * and they shall know/ Your com-/mands.
O let my heart be sound/ in Your/ statutes * that I may never be/ put to/ shame.
Glory to the Father...
Ant: *Your law is my delight, O Lord.*

Psalm 119, 81-88

Ant: *My hope is in Your word, O Lord.*
My soul languishes for/ Your sal-/vation, * but my hope is/ in Your/ word;
My eyes fail with watching/ for Your/ promise * saying 'O when/ will You/ comfort me?'
I am parched as a wineskin/ in the smoke/, * yet I do not for-/get Your/ statutes.
How many are the days/ of Your/ servant, * when all seems trou-/ble and/ strife?
Pride creates pitfalls for me, O help me in the keeping/ of Your/ law; * for all Your commandments
are true, but they are broken/ day by/ day.
Though temptation and/ sin sur-/round me * give me strength to/ keep Your/ precepts.
In Your merciful goodness/ give me/ life * that I may keep the commands/ of Your/ mouth.
Glory to the Father...
Ant: *My hope is in Your word, O Lord.*

Psalm 119, 89-96

Ant: *Your commandment has no bounds, O Lord.*

Lord, Your word is for ever, it stands firm/ in the/ heavens; * Your faithfulness abides from one generation to another, firm as the earth which/ You have/ made.

As for Your judgements, they stand/ fast this/ day, * for all things/ are Your/ servants.

If Your law had not been/ my de-/light * I would have perished in/ my af-/fliction.

I will never for-/get Your/ precepts, * for by them You have giv-/en me/ life.

I am Yours, O save me, for I have/ sought Your/ precepts; * in temptation let me think on/ Your com-/mands.

I have seen that all perfection comes/ to an/ end; * only Your commandment/ has no/ bounds.

Glory to the Father...

Ant: *Your commandment has no bounds, O Lord.*

THURSDAY: Vespers

Psalm 89 (part)

Ant: *Truly the Lord is our shield.*

My song shall be always of the loving-kindness/ of the/ Lord: * with my mouth will I proclaim Your faithfulness throughout all/ gen-er-/ations.

I will declare that Your love is es-/tablished for/ ever; * You have set Your faithfulness as firm/ as the/ heavens.

For You said: 'I have made a covenant/ with my/ chosen one; * I have sworn an oath to Da-/vid my/ servant:

"I will establish Your/ seed for/ ever * and build up Your throne for all/ gen-er-/ations."

The heavens praise Your/ wonders, O/ Lord, * and Your faithfulness in the assembly/ of the/ holy ones;

For who among the clouds can be compared/ to the/ Lord? * Who is like the Lord among the/ host of/ heaven?

A God feared in the council/ of the/ holy ones, * great and terrible above all those/ round a-/bout Him.

Who is like You, Lord/ God of/ hosts? * Mighty Lord, Your faithfulness is/ all a-/round You.

You rule the raging/ of the/ sea; * You still its waves when/ they a-/rise.

Yours are the heavens; the earth al-/so is/ Yours; * You established the world and/ all that/ fills it.

You created the north/ and the/ south; * Tabor and Hermon rejoice/ in Your/ Name.

You have a/ might-y/ arm; * strong and high is/ Your right/ hand.

Righteousness and justice are the foundation/ of Your/ throne; * steadfast love and faithfulness go be-/fore Your/ face.

Happy are the people who know the triumph of/ You, O/ Lord: * they walk in the/ light of' Your/ countenance.

In Your Name they rejoice/ all the' day/ long * and are exalted/ in Your/ righteousness.

For You are their glory/ and their/ strength, * and in Your favour You lift/ up our/ heads.

Truly the Lord/ is our/ shield, * the Holy One of Israel/ is our/ king.

Glory to the Father...

Ant: *Truly the Lord is our shield.*

THURSDAY: Matins

Psalm 149

Ant: *Sing praises to the Lord, all the earth.*

O praise the Lord, and sing to Him/ a new/ song; * sing His praise in the congregation/ of the/ faithful.

Let Israel rejoice/ in their/ maker; * let the children of Zion be joyful/ in their/ king.

Let them praise His Name/ in the/ dance; * let them sing praise to Him with/ timbrel and/ lyre.

For the Lord has pleasure/ in His/ people * and adorns the poor/ with sal-/vation.

Let the faithful be/ joyful in/ glory; * let them rejoice/ in their/ ranks,

With the praises of God in their mouths and a two-edged sword/ in their/ hands; * to execute justice on the nations; such honour have all His faithful servants./ Praise the/ Lord.

Glory to the Father...

Ant: *Sing praises to the Lord, all the earth.*

Psalm 150

Ant: *Let everything that has breath praise the Lord.*

Praise the Lord, O praise God/ in His/ holiness; * praise Him in the firmament/ of His/ power.

Praise Him for His/ migh-ty/ acts; * praise Him according to His/ excel-lent/ greatness.

Praise Him with the/ blast of' the/ trumpet; * praise Him upon the/ harp and/ lyre.

Praise him with/ timbrel and/ dances; * praise him upon the/ strings and/ pipe.

Praise Him with/ ring-ing/ cymbals; * praise Him upon the/ clash-ing/ cymbals.

Let everything/ that has/ breath * Praise, O/ praise the/ Lord.

Glory to the Father...

Ant: *Let everything that has breath praise the Lord.*

THURSDAY: Hours

Psalm 119, 97-104

Ant: How sweet are Your words to my tongue.

Lord how I/ love Your/ law, * it is my meditation/ all the' day/ long.

Your commandments have made me wiser/ than my/ adversaries, * for they remain with/ me for/ ever.

I have more understanding than/ all my/ teachers, * for I study/ Your com-/mands.

I am wiser/ than the/ agéd * because I have/ kept Your/ precepts.

I have held back my feet from every/ ev-il/ path * that I might/ keep Your/ word;

I have not turned aside/ from Your/ judgements * for You Yourself/ are my/ teacher.

How sweet are Your words/ to my/ tongue, * sweeter than honey/ to my/ mouth.

Through Your precepts I gain/ un-der-/standing, * therefore I spurn all/ ly-ing/ ways.

Glory to the Father...

Ant: How sweet are Your words to my tongue.

Psalm 119, 105-112

Ant: Your word, O Lord, is a lantern to my feet.

Your word is a lantern/ to my/ feet * and a light/ to my/ path.

I have vowed and/ sworn an/ oath * to keep Your/ right-eous/ judgements.

I have been afflicted/ be-yond/ measure: * Lord, give me life according/ to Your/ word.

Accept, O Lord, the freewill offerings/ of my/ mouth * and teach/ me Your/ judgements.

I take my life in my/ hands con-/tinually, * yet I do not for-/get Your/ law.

The wicked have/ laid a/ snare for me * but I have not strayed/ from Your/ precepts.

Your commands are my inheri-/tance for/ ever, * they are the joy/ of my/ heart.

I have set my heart to ful-/fil Your/ statutes, * always, even/ to the/ end.

Glory to the Father...

Ant: Your word, O Lord, is a lantern to my feet.

Psalm 119, 113-120

Ant: You are my shelter and my shield, O Lord.

I beware those who are/ dou-ble/ minded, * but Your law/ do I/ love.

You are my shelter/ and my/ shield * and in Your word/ is my/ hope.

Away from/ me, all/ evil; * I will keep the commandments/ of my/ God.

Be my stay, according to Your word, that/ I may/ live, * and do not disappoint me/ in my/ hope.

Hold me up, and I/ shall be/ safe, * and I will ever delight/ in Your/ statutes.

Turn the hearts of those who swerve/ from Your/ statutes; * may everyone res-/pect Your/ Law.

Let the ungodly of the earth/ turn to/ You, * and learn to love/ Your com-/mands.

Glory to the Father...

Ant: *You are my shelter and my shield, O Lord.*

FRIDAY: Vespers

Psalm 14

Ant: *God is present in the company of the righteous.*

The fool has said in his heart, 'There/ is no/ God.' * They are corrupt and abominable in their wickedness, and they do/ no-thing/ good.

The Lord has looked down from heaven on the/ children of/ earth, * to see if anyone is wise and seeks/ af-ter/ God.

But everyone has turned back and be-/come cor-/rupt: * not one of them does/ a-ny/ good.

They lack wis-/dom and/ goodness; * they devour my people as though eating bread; and do not call u-/pon the/ Lord.

But they are over-/whelmed with/ dread, * for God is present in the company/ of the/ righteous.

You evildoers frustrate the purposes/ of the/ poor, * but the Lord/ is their/ refuge.

O, that salvation for Israel would/ come' out of/ Zion! * When the Lord restores his people's fortune, then shall Jacob rejoice and Is-/rael be/ glad!

Glory to the Father...

Ant: *God is present in the company of the righteous.*

Psalm 15

Ant: *Blessed is he who leads an uncorrupt life.*

Lord, who may/ dwell in' your/ tabernacle? * and who may rest upon your/ ho-ly/ hill?

He who leads an/ uncor-rupt/ life * and does that/ which is/ right;

Who speaks the truth/ from the/ heart * and ut-/ters no/ lie.

Who does no evil/ to a/ friend * nor/ scorns his/ neighbour;

He who es-/chews the/ wicked * but honours those who/ fear the/ Lord.

Whoever, having sworn/ to a/ neighbour, * never goes back/ on his/ word;

Who does not lend money in the/ hope of/ gain, * or take a bribe to be-/tray the/ innocent.

Whoever/ does these/ things ☺ shall/ ne-ver/ fall.

Glory to the Father...

Ant: *Blessed is he who leads an uncorrupt life.*

FRIDAY: Matins

Psalm 19

Ant: *The commandment of the Lord gives light to the eyes.*

The heavens are telling the/ glory of/ God * and the firmament shows/ forth His/ handiwork.

One day pours out its/ song' to an-/other * and one night reveals knowledge/ to an-/other.

They have neither/ speech nor/ language * and their voices/ are not/ heard,

Yet their sound has gone out/ into all/ lands * and their words to the/ ends' of the/ earth.

In them He has set a tabernacle/ for the/ sun, * that comes forth as a bridegroom out of his chamber and rejoices as a champion to/ run his/ course.

It goes forth from the end of the heavens and runs again to the/ ve-ry/ end, * and nothing is hidden/ from its/ heat.

The law of the Lord is perfect, re-/viving the/ soul; * the testimony of the Lord is sure giving wisdom/ to the/ simple.

The statutes of the Lord are right and re-/joice the/ heart; * the commandment of the Lord is pure and gives/ light' to the/ eyes.

The fear of the Lord is clean and en-/dures for/ ever; * the judgements of the Lord are true and righteous/ al-to-/gether.

They are more to be desired than gold, more than/ much fine/ gold, * sweeter also than the honey which/ drips' from the/ honeycomb.

By them also your/ servant is/ taught * and in keeping them there is/ great re-/ward.

Who can tell how often/ they of-/fend? * O cleanse me from my/ se-cret/ faults.

Keep your servant from presumptuous sins lest they get do-/mi-nion/ over me; * so I shall be undefiled, and innocent of/ great of-/fence.

Let the words of my mouth and the meditation of my heart be acceptable/ in Your/ sight, * O Lord, my strength and/ my re-/deemer.

Glory to the Father...

Ant: *The commandment of the Lord gives light to the eyes.*

Psalm 20

Ant: *We will call on the Name of the Lord our God.*

May the Lord hear you in the/ day of/ trouble, * the Name of the God of/ Jacob de-/fend you;

Send you help/ from His/ sanctuary * and strengthen you/ out of/ Zion;

Remember/ all your/ offerings * and accept/ your ob-/lation;

Grant you your/ heart's de-/sire * and fulfil/ all your/ mind.

May we rejoice in your salvation and triumph in the/ Name of' our/ God; * may the Lord answer all/ your pe-/titions.

Now I know that the Lord will save/ His a-/nointed; * He will answer him from His holy heaven, with the mighty strength of/ His right/ hand.

Some put their trust in chariots and/ some in/ horses, * but we will call only on the Name of the/ Lord our/ God.

They are brought/ down and/ fallen, * but we are risen/ and stand/ upright.

O Lord,/ save the/ king * and answer us when we/ call u-/pon You.

Glory to the Father...

Ant: *We will call on the Name of the Lord our God.*

FRIDAY: Hours

Psalm 119, 121-128

Ant: *O Lord, teach me Your statutes.*

I have done what is/ just and/ right, * O do not give me over/ to temp-/tation.

Stand surety for Your/ ser-vant's/ good; * let not the evil/ one se-/duce me.

My eyes fail with watching for/ Your sal-/vation, * for the fulfilment of Your/ right-eous/ word.

O deal with Your servant according to Your/ lov-ing/ mercy * and teach/ me Your/ statutes.

I am Your servant, O give me/ un-der-/standing * that I may know/ Your com-/mands.

It is time for the/ Lord to/ act * for Your/ law is/ violated.

But I love/ Your com-/mandments ☺ more than gold, more than the/ fin-est/ gold;

Therefore I straighten my paths by/ all Your/ precepts * and I turn from all/ ly-ing/ ways.

Glory to the Father...

Ant: *O Lord, teach me Your statutes.*

Psalm 119, 129-136

Ant: *Make Your face shine upon Your servant.*

Wonderful are/ Your com-/mands * and therefore/ my soul/ keeps them.

The unfolding of Your/ word gives/ light, * it gives understanding/ to the/ simple.

I open my mouth and draw/ in my/ breath, * for I yearn for/ Your com-/mandments.

O turn to me/ and be/ merciful, * as is Your way with those who/ love Your/ Name.

Order my steps according/ to Your/ word * that no evil may get/ mast-ery/ over me.

Deliver me/ from temp-/tation * that I may/ keep Your/ precepts.

Make Your face shine upon Your servant * and teach me Your statutes.
My eyes gush out with streams of water * because no heed is paid to Your law.
Glory to the Father...

Ant: *Make Your face shine upon Your servant.*

Psalm 119, 137-144

Ant: *Your commandments are my delight.*

Righteous are You, Lord God, and just are Your judgements; * The commands that You have given are exceedingly right-eous and true.

Your word has been tried in the fire * and therefore Your servant loves it.

I am small and of no account * but I have not forgotten Your precepts.

Your righteousness is an everlasting righteousness * and Your law is truth.

When trouble and anguish take hold of me * Your commandments are my delight.

The righteousness of Your commands is everlasting * O give me understanding, and I shall live.

Glory to the Father...

Ant: *Your commandments are my delight.*

Psalm 119, 145-152

Ant: *O Lord, I will keep Your statutes.*

I call with my whole heart, hear me, O Lord, * I will keep Your statutes.

I cry out to You, O save me * and I will heed Your commands.

Before the morning light I rise and I call; * for in Your word is my hope.

Before the night watch my eyes wake, * that I may meditate upon Your words.

Hear my voice, O Lord, in Your loving mercy, * and according to Your judgements, give me life.

Protect me, O Lord, from all who would draw me from Your ways; * from all who are far from Your law.

You, Lord, are close at hand * and all Your commandments are true.

I have known long since from Your commands * that You have founded them for ever.

Glory to the Father...

Ant: *O Lord, I will keep Your statutes.*

SATURDAY: Vespers

Psalm 121

Ant: *My help comes from the Lord.*

I lift up my eyes to the hills, * but where shall I find help?

My help comes/ from the/ Lord * Who has made/ heaven and/ earth.
He will not suffer your/ foot to/ stumble, * and He who watches over you/ will not/ sleep.
Be sure He Who has/ charge of/ Israel * will neither/ slumber nor/ sleep.
The Lord himself/ is your/ keeper, * the Lord is your defence upon/ your right/ hand.
The sun shall not strike/ you by/ day, * nor shall the/ moon by/ night.
The Lord will defend you/ from all/ evil; * it is He who will/ guard your/ life.
The Lord will defend your going out and your/ com-ing/ in, * from this time forward for/ e-ver-/more.
Glory to the Father...

Ant: *My help comes from the Lord.*

Psalm 123

Ant: *Our eyes wait upon the Lord our God.*

To You I lift/ up my/ eyes, * to You that are enthroned/ in the/ heavens.
As the eyes of a servants look to the hand/ of his/ master, * or the eyes of a maid to the hand/ of her/ mistress,
So our eyes wait upon the/ Lord our/ God, * until He have mer-/cy up-/on us.
Have mercy upon us, O Lord, have mer-/cy up-/on us, * for we have had our fill/ of con-/tempt.
Our soul has had more than enough of the scorn/ of the/ arrogant, * and of the contempt/ of the/ proud.
Glory to the Father...

Ant: *Our eyes wait upon the Lord our God.*

Psalm 127

Ant: *O Lord, bless and guard us.*

Unless the Lord builds the house, those who build it la-/bour in/ vain. * Unless the Lord keeps the city, the guard keeps/ watch in/ vain.
It is in vain that you hasten to rise up early and go so late to rest, eating the/ bread of/ toil, * for He gives His be-/lov-ed/ sleep.
Children are a heritage/ from the/ Lord * and the fruit of the womb/ is His/ gift.
Like arrows in the hand/ of a/ warrior, * so are the children/ of one's/ youth.
Happy are those who have their/ qui-ver/ full of them: * they shall not be put to shame when trouble is/ at the/ gate.
Glory to the Father...

Ant: *O Lord, bless and guard us.*

SATURDAY: Matins

Psalm 96

Ant: O worship the Lord in the beauty of holiness.

Sing to the Lord a new song; sing to the Lord, / all the / earth. * Sing to the Lord and bless His Name; tell out His salvation from / day to / day.

Declare His glory a-/mong the / nations * and His wonders a-/mong all / peoples.

For great is the Lord and greatly / to be / praised; * He is more to be / feared than' all / gods.

For all the gods of the nations / are but / idols; * it is the Lord Who / made the / heavens.

Honour and majesty / are be-/fore Him; * power and splendour are / in His / sanctuary.

Ascribe to the Lord, you families / of the / peoples; * ascribe to the Lord ho-/nour and / strength.

Ascribe to the Lord the honour due / to His / Name; * bring offerings and come in-/to His / courts.

O worship the Lord in the / beauty of / holiness; * let the whole earth / tremble be-/fore Him.

Tell it out among the nations that the / Lord is / king. * He has made the world so firm that it cannot be moved; He will judge the peo-/ples with / equity.

Let the heavens rejoice and let the / earth be / glad; * let the sea thunder and / all that' is / in it;

Let the fields be joyful and all / that is / in them; * let all the trees of the wood shout for joy be-/fore the / Lord.

For He comes, He comes to / judge the / earth; * with righteousness He will judge the world and the peoples / with His / truth.

Glory to the Father...

Ant: O worship the Lord in the beauty of holiness.

Psalm 16

Ant: The Lord is at my right hand; I shall not fall.

Preserve me, O God, for in You I have / ta-ken / refuge; * I have said to the Lord, 'You are my Lord, and / You pro-/tect me.'

My delight is in the godly who are / in the / land, * those who are of / no-ble / heart.

The Lord Himself is my portion / and my / cup; * in His hands alone / is my / fortune.

My share has fallen / in a' fair / land; * indeed, I have a / good-ly / heritage.

I will bless the Lord Who has / given me / counsel, * and in the night watches He in-/structs my / heart.

I have set the Lord al-/ways be-/fore me; * He is at my right hand; I / shall not / fall.

Wherefore my heart is glad and my / spirit re-/joices; * my flesh also shall / rest se-/cure.

For You will not abandon my / soul to / Death, * nor suffer Your faithful one to / see the / Pit.

You will show me the path of life; in Your presence is the / fullness of / joy * and in Your right hand are pleasures for / e-ver-/more.

Glory to the Father...

Ant: *The Lord is at my right hand; I shall not fall.*

SATURDAY: Hours

Psalm 119, 153-160

Ant: *O give me life, according to Your word.*

Consider my affliction/ and de-/liver me, * for I do not for-/get Your/ law.

Plead my cause and/ set me/ free; * O give me life, according/ to Your/ word.

May those who do not/ seek Your/ statutes * turn to You and/ find sal-/vation.

Numberless, O Lord, are Your/ ten-der/ mercies; * according to Your judgements,/ give me/ life.

Despite affliction,/ trials and/ trouble, * I have not swerved from/ Your com-/mands.

I am cut to the heart and filled/ with com-/passion *when I see the faithless, who do not/ keep Your/ word.

Consider, O Lord, how I/ love Your/ precepts, * and in Your mercy,/ give me/ life.

The sum of Your/ word is/ truth, * and all Your righteous judgements/ stand for/ ever.

Glory to the Father...

Ant: *O give me life, according to Your word.*

Psalm 119, 161-168

Ant: *Seven times a day I will praise You, O Lord.*

Princes have persecuted me with-/out a/ cause: but my heart stands in/ awe of' Your/ word.

I am as glad of Your word as one who/ finds rich/ spoil. * Lies I hate and abhor, but Your law/ do I/ love.

Seven times a day/ I will/ praise You, * because of Your/ right-eous/ judgements.

Great is the peace of those who/ love Your/ law, * for nothing shall/ make them/ stumble.

I have kept Your precepts/ and com-/mands, * for all my ways are/ open be-/fore You.

Glory to the Father...

Ant: *Seven times a day I will praise You, O Lord.*

Psalm 119, 169-176

Ant: *My tongue shall sing Your praise.*

Let my cry come to/ You, O/ Lord; * O give me understanding, according/ to Your/ word;

Let my supplication/ come be-/fore You, * and deliver me according/ to Your/ promise.

My lips shall pour/ forth Your/ praise, * because You teach/ me Your/ statutes;

My tongue shall sing/ of Your/ word, * for all Your command-/ments are/ righteous.

Let Your hand be/ swift to/ help me, * for I have/ chosen Your/ precepts.

Lord, I have longed for/ Your sal-/vation, * and Your law is/ my de-/light.

O let my soul live, that/ I may/ praise You, * and let Your judgements/ be my/ help.

I have gone astray like a sheep/ that is/ lost; * O seek Your servant, for I do not forget/ Your com-/mandments.

Glory to the Father...

Ant: *My tongue shall sing Your praise.*

PSALTER – WEEK 2 For Ordinary Time

SUNDAY: Vespers

Psalm 1

Antiphon: *Blessed are they who delight in the law of the Lord.*

Blessed are those who have not walked in the counsel/ of the/ wicked, * nor lingered in the way of sinners, nor sat in the assembly/ of the/ scornful.

Their delight is in the/ law of' the/ Lord * and they meditate on His law/ day and/ night.

Like a tree planted by streams of water bearing fruit in due season, with leaves that/ do not/ wither, * whatever they do,/ it shall/ prosper.

As for the wicked, it is not/ so with/ them; * they are like chaff which blows a-/way' in the/ wind.

Therefore the wicked shall not be able to stand/ in the/ judgement, * nor the sinner in the congregation/ of the/ righteous.

For the Lord knows the/ way of' the/ righteous, * but the way of the wicked shall/ not en-/dure.

(Bowing) Glory to the Father, and to the Son, and to the Ho-ly/ Spirit; * *(upright)* now and ever and unto the Age of a/-ges. A-/men.

Ant: *Blessed are they who delight in the law of the Lord.*

Psalm 9

Ant: *I will be glad and rejoice in the Lord Most High.*

I will give thanks to You, O Lord, with/ my whole/ heart; * I will tell of all Your/ marvel-lous/ works.

I will be glad/ and re-/jice in You; * I will make music to Your Name,/ O Most/ High.

You drive back those/ who as-/sail me, * they are routed/ at Your/ presence.

For you have maintained my/ right and' my/ cause; * You sit on Your throne in/ right-eous/ judgement.

You have re-/buked the/ wicked * and re-/moved their/ threat.

The Lord shall en-/dure for/ ever; * He has made fast His/ throne of/ judgement.

For He shall rule the/ world with/ righteousness * and govern the/ peoples with/ equity.

Then the Lord will be a refuge/ for the' op-/pressed, * a refuge in/ time of/ trouble.

And those who know Your Name will/ put their/ trust in You, * for You, Lord, have never failed/ those who/ seek You.

Sing praises to the Lord Who/ dwells in/ Zion; * declare among the peoples the things/ He has/ done.

Have mercy upon/ me, O/ Lord; * deliver me from those who oppress me and/ threaten my/ death.

That I may proclaim Your praises in the gates of the/ city of/ Zion * and rejoice in/ Your sa-/lvation.

The unrighteous shall sink into the pit of/ their own/ making * and be snared in the traps they have/ set for/ others.

The Lord makes Himself known by His/ acts of/ justice; * the wicked are ensnared by/ their own/ deeds.

All the nations that/ for-get/ God * shall be banished to the/ land of/ darkness;

But the needy shall not be for-/gotten for-/ever * and the hope of the poor/ shall not/ perish.

Arise, O Lord; do not let mortals have the/ up-per/ hand; * but let the nations be subject/ to Your/ judgement.

Glory to the Father...

Ant: *I will be glad and rejoice in the Lord Most High.*

SUNDAY: Matins

Psalm 23

Ant: *The Lord is my shepherd.*

The Lord is my shepherd, there is nothing/ I shall/ want. * He will make me to lie down in green pastures, and lead me be-/side still/ waters.

He will re-/vive my/ soul, * and guide me in the right way, for/ His Name's/ sake.

Though I walk through the valley of the shadow of death, I will/ fear no/ evil, * for You are with me, and Your rod and staff/ are my/ comfort.

You spread a table before me in the face of/ those that/ trouble me. * You have anointed my head with oil, and my cup is/ o-ver-/flowing.

Surely Your goodness and loving kindness will follow me all the days/ of my/ life, * and I shall dwell in the house of the/ Lord for/ ever.

Glory to the Father...

Ant: *The Lord is my shepherd.*

Psalm 24

Ant: *Lift up your heads, O you gates.*

The earth is the Lord's and all/ that is/ in it, * the compass of the world and those who/ dwell there-/in.

For He founded it u-/pon the/ seas, * and established it u-/pon the/ waters.

Who shall ascend the hill/ of the/ Lord, * or who shall stand in His/ ho-ly/ place?

He that has clean hands/ and a' pure/ heart, * who has not set his soul upon idols nor sworn his/ oath' to a/ lie.

He shall receive blessings/ from the/ Lord * and recompense from the God of/ his sal-/vation.

Of such a kind as this are/ those who/ seek Him, * those who seek Your face, O/ God of/ Jacob.

Lift up your heads, O you gates, and be lifted up you ever-/last-ing/ doors * and the King of glory/ shall come/ in.

Who is the/ King of/ glory? * The Lord, the/ strong and/ mighty.

Lift up your heads, O you gates, and be lifted up you ever-/last-ing/ doors * and the King of glory/ shall come/ in.

Who is this/ King of/ glory? * The Lord of hosts, He is the/ King of/ glory.

Glory to the Father...

Ant: *Lift up your heads, O you gates.*

SUNDAY: Hours

Psalm 119, 1-8

Ant: *Blessed are those who keep His commands.*

Blessed are those whose/ way is/ blameless, * who walk in the/ law of' the/ Lord.

Blessed are those who keep/ His com-/mands * and seek Him with/ their whole/ heart;

Those who/ do no/ wrong, * but walk in the ways/ of our/ God.

For You, Lord,/ have com-/manded us ☩ to persevere in/ all Your/ precepts.

If only my ways/ were un-/erring ☩ towards the keeping/ of Your/ statutes!

Then I should not/ be a-/shamed * when I look on all/ Your com-/mandments.

I will praise You with sincerity/ of/ heart, * as I learn Your/ right-eous/ judgements.

I will/ keep Your/ statutes; * O forsake/ me not/ utterly.

Glory to the Father...

Ant: *Blessed are those who keep His commands.*

Psalm 119, 9-16

Ant: *Blessed are You, O Lord our God.*

How shall a young man's/ path be/ pure * unless he/ keep to' Your/ word?

I have sought You with/ my whole/ heart; * let me not stray from/ Your com-/mandments,

I have treasured Your words/ in my/ heart, * that I might not/ sin a-/gainst You.

Blessed are/ You, Lord/ God. * O teach/ me Your/ statutes,

With my lips I/ have been/ telling ☩ all the judgements/ of Your/ mouth;

And I find more joy in the way of/ Your com-/mands: * than in all/ manner of/ riches.

I will meditate/ on Your/ precepts, * and give/ heed to' Your/ ways;

For my delight is wholly/ in Your/ statutes, * and I will not for-/get Your/ word.

Glory to the Father...

Ant: *Blessed are You, O Lord our God.*

Psalm 119, 17-24

Ant: *Your commands are my delight, O Lord.*

O be bountiful to Your servant that/ I may/ live ☺ in obedience/ to Your/ word.

Take away the veil/ from my/ eyes * that I may see the wonders/ of Your/ law.

I am but a stranger/ on the/ earth; * do not hide Your com-/mand-ments/ from me.

My soul is con-/sumed with/ longing ☺ for Your judgements/ day and/ night.

You have re-/buked the/ proud, * and cursed are those who stray from/ Your com-/mandments;

Turn away from me their re-/proach and/ scorn, * for I have kept/ Your com-/mands.

Though princes sit and plot to-/gether a-/gainst me, * Your servant shall meditate/ on Your/ statutes;

For Your commands are/ my de-/light, * and they are counsellors in/ my de-/fence.

Glory to the Father...

Ant: *Your commands are my delight, O Lord.*

MONDAY: Vespers

Psalm 25

Ant: *Make me to know Your ways, O Lord.*

To You, O Lord, I lift up my soul, my God, in/ Whom I/ trust; * let me not be put to shame, nor my enemies/ tri-umph/ over me.

Let none who look to You be/ put to/ shame, * but let the treacherous be shamed/ and frust-/rated.

Make me to know Your/ ways, O/ Lord, * and teach/ me Your/ paths.

Lead me in Your/ truth and/ teach me, * for you are the God of my salvation, in Whom I have hoped/ all the' day/ long.

Remember, O Lord, Your com-/passion and/ love, * for they are from/ e-ver-/lasting.

Remember not the sins of my youth or/ my trans-/gressions, * but think on me in Your goodness and steadfast/ love, O/ Lord.

The Lord is grac-/ious and/ upright; * He will teach sinners/ in the/ way.

He will guide the humble in/ do-ing/ right * and teach His/ way' to the/ lowly.

All the paths of the Lord are mer-/cy and/ truth * to those who keep His covenant/ and His/ testimonies.

For Your Name's/ sake, O/ Lord, * be merciful toward my sin, for/ it is/ great.

The Lord will teach/ those who/ fear Him ☺ the way that/ they should/ choose.

Their souls shall/ dwell at/ ease * and their offspring shall in-/herit the/ land.

The hidden purpose of the Lord is for those who/ hold Him' in/ awe; * to them He will/ show His/ covenant.

My eyes are ever looking/ to the/ Lord, * for He shall pluck my feet/ out of' the/ net.

Turn to me and be/ gra-cious/ to me, * for I am alone and brought/ ve-ry/ low.

The sorrows of my heart/ have in-/creased; * O bring me out of/ my dis-/tress.

Look upon my adversi-/ty and/ misery * and forgive me/ all my/ sin.

Keep my soul and deliver me from the/ many who/ hate me * let me not be put to shame, for I have put my/ trust in/ You.

Let integrity and upright-/ness pre-/serve me, * for my hope has/ been in/ You.

O Lord our God, de-/li-ver/ Israel, ☩ out of/ all ad-/versity.

Glory to the Father...

Ant: Ant: *Make me to know Your ways, O Lord.*

MONDAY: Matins

Psalm Psalm 10

Ant: *The Lord shall reign for ever and ever.*

Why stand/ so far /off, O Lord? * Why hide Yourself in/ time of/ trouble?

The wicked in their pride perse-/cute the/ poor; * let them be caught in the schemes they/ have de-/vised.

The wicked boast of their/ heart's de-/sire; * the covetous curse and re-/vile the/ Lord.

The wicked in their arrogance say, 'God will/ not a-/venge it'; * in all their scheming they have no/ thought for/ God.

They are stubborn in all their ways, and disregard the/ law of' the/ Lord; * they scoff at all/ their ad-/versaries.

They say in their heart, 'I shall/ not be/ shaken; * no harm shall/ ever be-/fall me.'

Their mouths are full of cursing, de-/ceit and/ fraud; * under their tongues lie mis-/chief and/ wrongdoing.

They lurk in the outskirts and in dark alleys,/ murdering the/ innocent; * their eyes are ever watching/ for the/ helpless.

They lie in wait, like a/ crouch-ing/ lion ☩ in readiness to/ ambush the/ poor.

The innocent are broken and humbl-/ed be-/fore them; * the helpless fall be-/fore their/ power.

They say in their heart, 'God/ has for-/gotten; * He hides His face away; He will/ ne-ver/ see it.'

Arise, O Lord our God, and lift/ up Your/ hand; * do not for-/get the/ poor.

Why should the wicked be/ scornful of/ God? * Why should they say in their hearts, 'You will/ not a-/venge it'?

Surely, You behold/ trouble and/ misery; * You see it and take it into/ Your own/ hand.

The helpless commit them-/selves to/ You, * for you are the helper/ of the/ orphan.

Break the power of the wicked/ and ma-/licious; * search out their wickedness until there/ is no/ more.

The Lord shall reign for/ ever and/ ever; * the godless nations shall perish/ from His/ land.

Lord, You will hear the wishes/ of the/ poor; * You will incline your ear to their/ heart-felt/ pleas;

You will give justice to the orphan/ and' the op-/pressed, * so that people are no longer driven in terror/ from the/ land.

Glory to the Father...

Ant: *The Lord shall reign for ever and ever.*

MONDAY: Hours

Psalm 119, 25-32

Ant: *I shall meditate on Your marvellous works.*

I am humbled/ to the/ dust; * O give me life according/ to Your/ word.

If I examine my ways surely/ You will/ answer me: * O teach/ me Your/ statutes!

Make me to understand the way/ of Your/ precepts, * and I shall meditate on Your/ marvel-lous/ works.

My soul pines a-/way for/ sorrow; * O raise me up according/ to Your/ word.

Keep me far from the/ way of' de-/ception, * and grant me the grace/ of Your/ law.

I have chosen the/ way of/ truth, * and have set Your judge-/ments be-/fore me.

I hold fast to/ Your com-/mands; * O Lord, let me never/ be con-/founded.

Let me run the way of/ Your com-/mandments, * for You will liber-/ate my/ heart.

Glory to the Father...

Ant: *I shall meditate on Your marvellous works.*

Psalm 119, 33-40

Ant: *I long for Your precepts, O Lord.*

Teach me, O Lord, the way/ of Your/ statutes * and I will honour it/ to the/ end.

Give me understanding, that I may/ keep Your/ law, * that I may keep it with/ my whole/ heart.

Guide me in the path of/ Your com-/mandments, * for therein is/ my de-/light.

Incline my heart to/ Your com-/mands * and not to/ sel-fish/ gain.

Turn away my eyes from/ looking on/ vanities * as I walk in Your way/ give me/ life.

Make good Your promise/ to Your/ servant, * the promise that endures for/ all who/ serve You.

Turn aside the taunts/ that I/ dread, * for Your judgements are/ ve-ry/ good.

Lord, I long/ for Your/ precepts; * in Your righteousness/ give me/ life.

Glory to the Father...

Ant: *I long for Your precepts, O Lord.*

Psalm 119, 41-48

Ant: *Let Your loving mercy come to me, O Lord.*

Let Your loving mercy come to/ me, O/ Lord, * and Your salvation, according/ to Your/ word.

Then I shall have an answer for those/ who re-/proach me, * for I trust/ in Your/ word.

Do not take the word of truth utterly/ out of' my/ mouth. * for in Your judgements/ is my/ hope.

Let me keep Your law continually, O let me keep/ it for/ ever, * and so I shall walk at liberty because I have/ sought Your/ precepts.

I shall speak of Your commands/ be-fore/ kings, * and shall not be/ put to/ shame.

My delight shall be in/ Your com-/mandments * which I have/ great-ly/ loved;

I shall worship You with/ out-stretched/ hands * and I shall meditate/ on Your/ statutes.

Glory to the Father...

Ant: *Let Your loving mercy come to me, O Lord.*

TUESDAY: Vespers

Psalm 11

Ant: *The Lord is righteous and loves righteous deeds.*

In the Lord I have taken refuge; * how then can you say to me, 'Flee like a bird to the hills,

For see how the wicked bend the bow and fit their arrows to the string, * to shoot from the shadows at the true of heart.

When the foundations are destroyed, * what can the righteous do?'

The Lord is in His holy temple; the Lord is on His heavenly throne. * He observes everyone on earth; His eyes examine them.

The Lord tries the righteous as well as the wicked, * but with those who delight in violence He is greatly displeased.

For the Lord is righteous and loves righteous deeds, * and those who are upright shall behold His face.

Glory to the Father...

Ant: *The Lord is righteous and loves righteous deeds.*

Psalm 12

Ant: *The words of the Lord are pure.*

Help me, O Lord, for no one/ godly is/ left; * the faithful have vanished from the whole/ hu-man/ race.

They all speak falsely/ with their/ neighbour; * they flatter with their lips, but speak from a/ doub-
le/ heart.

O that the Lord would silence all/ flatter-ing/ lips * and the tongues that/ boast so/ proudly;
Those who say, 'With our tongue will/ we pre-/vail;' * their lips asking; 'Who is/ lord over/ us?'
'Because of the oppression of the needy, and the groaning/ of the/ poor, * I will rise up now and set
them in the safety they crave, ' says the/ Lord.
The words of the/ Lord are/ pure, * like silver refined in the furnace and purified seven/ times' in
the/ fire.
You, O Lord,/ will watch/ over us * and guard us from this genera-/tion fo/ ever.
The wicked strut on/ eve-ry/ side, * exalting in all/ that is/ vile.
Glory to the Father...
Ant: *The words of the Lord are pure.*

Psalm 13

Ant: *I will sing to the Lord.*
How long will You forget me, O/ Lord; for/ ever? * How long will You/ hide Your/ face from me?
How long shall I have anguish in my soul and grief in my heart, day/ af-ter/ day? * How long shall
my enemy/ tri-umph/ over me?
Look upon me and answer, O/ Lord my/ God; * lighten my eyes, lest I/ sleep in/ death;
/Lest my enemy say, 'I have pre-/vailed a-/gainst him,' * and my foes rejoice that/ I have/ fallen.
But I put my trust in You/r stead-fast/ love; * my heart will rejoice in/ Your sal-/vation.
I will sing/ to the/ Lord, * for He has dealt so/ bounty-fully/ with me.
Glory to the Father...
Ant: *I will sing to the Lord.*

TUESDAY: Matins

Psalm 17

Ant: *Show me Your marvellous loving-kindness, O Lord.*
Hear my just cause, O Lord and con-/sider my/ plea; * listen to the prayer which I/ make in' sin-
/cerity.
Let my vindication come forth/ from Your/ presence; * let Your eyes behold/ what is/ right.
Weigh my heart, examine/ me by/ night, * probe me, and You will find no im-/puri-ty/ in me.
You will find that I have/ planned no/ evil; * my mouth has/ not trans-/gressed.
My footsteps hold fast in the ways of/ Your com-/mandments; * my feet have not stumbled/ on
Your/ paths.
I call upon You, O God, for/ You will/ answer me; * incline Your ear to me, and listen/ to my/ words.

Show me Your marvellous/ lov-ing-/kindness, * O Saviour of those who take refuge at Your right hand from those who rise/ up a-/gainst them.

Keep me as the apple/ of Your/ eye; * hide me under the shadow/ of Your/ wings,
From the wicked/ who a-/ssail me, * from my enemies who surround me/ to des-/troy me.

They have closed their/ heart to/ pity * and their mouths/ speak proud/ things.

They press me hard, they surround me on/ eve-ry/ side, * watching how they may/ bring me/ down,
Like a lion that is greedy/ for its/ prey, * like a young lion lurking in/ sec-ret/ places.

Arise, O Lord,/ and pro-/tect me; * deliver me from the wicked by/ Your great/ might.

Deliver me, O Lord,/ by Your/ hand * from those of this world whose re-/ward is' in/ this life.

As for me, I shall see Your/ face in/ righteousness; * when I awake and behold Your likeness, I/
shall be/ satisfied.

Glory to the Father...

Ant: Show me Your marvellous loving-kindness, O Lord.

Psalm 30

Ant: O Lord my God, I will give You thanks for ever.

I will exalt You, O Lord, because You have/ raised me/ up * and have not let my foes/ tri-umph/
over me.

O Lord my God,/ I cried/ out to You * and/ You have/ healed me.

You brought me up, O Lord,/ from the/ dead; * You restored me to life from among those that go/
down to' the/ Pit.

Sing to the Lord, all/ you His/ servants; * give thanks to His/ ho-ly/ Name.

For His wrath endures but the twinkling of an eye, His favour/ for a/ lifetime. * Weeping may endure
for a night, but joy comes/ in the/ morning.

In my prosperity I said, 'I shall/ never be/ moved. * You, Lord, of Your goodness, have made me
secure.'

Then You/ hid Your/ face from me * and I was utter-/ly dis-/mayed.

To you, O/ Lord, I/ cried; * to the Lord I made my/ sup-pli-/cation:

'Hear, O Lord, and have mer-/cy up-/on me; * O Lord,/ be my/ helper.'

You have turned my mourning/ in-to/ dancing; * You have put off my sackcloth and girded/ me
with/ gladness;

Therefore my heart sings to You/ with-out/ ceasing; * O Lord my God, I will give You/ thanks for/
ever.

Glory to the Father...

Ant: O Lord my God, I will give You thanks for ever.

TUESDAY: Hours

Psalm 119, 49-56

Ant: Your statutes, O Lord, have become my songs.

Remember Your word/ to Your/ servant, * on which You have/ built my/ hope.

This has been my comfort in/ my af-/fliction, * for Your word has/ brought me/ life.

Though the proud have laughed/ me to/ scorn, * I have not turned aside/ from Your/ law;

But I called to mind, O Lord, Your judge-/ments of/ old, * and in them I have found/ con-so-/lation.

I am seized with indignation/ at the/ wicked, * for they have forsa-/ken Your/ law.

But Your statutes have be-/come my/ songs * in the house/ of my/ pilgrimage.

I think on Your Name, O Lord,/ in the/ night, * and I ob-/serve Your/ law;

This has been/ my re-/ward, * because I have/ kept Your/ precepts.

Glory to the Father...

Ant: Your statutes, O Lord, have become my songs.

Psalm 119, 57-64

Ant: The earth, O Lord, is full of Your loving mercy.

The Lord/ is my/ portion; * I have promised to/ keep Your/ words.

I have sought Your favour with/ my whole/ heart; * O be gracious to me according/ to Your/ word.

I have taken stock/ of my/ ways * and have turned back my feet to/ Your com-/mands.

I made haste and did/ not de-/lay ☩ to keep/ Your com-/mandments.

The snares of the wick-/ed en-/compassed me, * but I did not for-/get Your/ law;

At midnight I rise to/ give You/ thanks ☩ for the righteousness/ of Your/ judgements.

I am a friend to/ all who/ fear You, * to those who/ keep Your/ precepts.

The earth, O Lord, is full of Your/ lov-ing/ mercy; * O teach/ me Your/ statutes.

Glory to the Father...

Ant: The earth, O Lord, is full of Your loving mercy.

Psalm 119, 65-72

Ant: O teach me right judgement and knowledge

Lord, You have done good/ to Your/ servant, * in accordance/ with Your/ word.

O teach me right judge-/ment and/ knowledge, * for I trust in/ Your com-/mandments.

Before I was afflicted I/ went a-/stray, * but now I/ keep Your/ word.

You are good,/ and You/ do good, * O teach/ me Your/ statutes.

I will keep Your precepts with/ my whole/ heart, * for my delight is/ in Your/ law.

It is good for me that I/ was af-/flicted, * so I might/ learn Your/ statutes.
The law of Your mouth is dear-/er to/ me ☺ than a wealth of/ gold and/ silver.

Glory to the Father...

Ant: *O teach me right judgement and knowledge*

WEDNESDAY: Vespers

Psalm 21

Ant: *You grant everlasting felicity, O Lord.*

The king shall rejoice in Your/ strength, O/ Lord; * how greatly he shall rejoice in/ Your sal-/vation!

You have given him his/ heart's de-/sire * and have not denied the re-/quest of' his/ lips.

For You come to meet him with bles-/sings of/ goodness * and set a crown of pure gold up-/on his/ head.

He asked of You life/ and You/ gave it him, * length of days, for/ ever and/ ever.

His honour is great because of/ Your sal-/vation; * glory and majesty You have/ laid up-/on him.

You have granted him ever-/lasting fe-/licity * and will make him glad with/ joy in' Your/ presence.

For the king puts his/ trust' in the/ Lord; * because of the loving-kindness of the Most High, he shall not be/ o-ver-/ thrown.

Your hand shall mark down/ all Your/ enemies; * Your right hand will find out/ those who/ hate You.

You will make them like a fiery oven in the time/ of Your/ wrath; * the Lord will swallow them up in his anger and the fire/ will con-/sume them.

Their fruit You will root/ out of' the/ land * and their seed from among its/ in-habi-/tants.

Because they intend e-/vil a-/gainst You * and devise wicked schemes which they can-/not per-/form.

You will/ put them' to/ flight * when You aim Your/ bow at' their/ faces.

Be exalted, O Lord, in/ Your great/ might; * we will make music and/ sing of' Your/ power.

Glory to the Father...

Ant: *You grant everlasting felicity, O Lord.*

Psalm 26

Ant: *I love Your dwelling-place, O Lord.*

Give judgement for me, O Lord, for I have walked with integrity; * I have trusted in the Lord and have not faltered.

Test me, O/ Lord,/ and try me; * examine my heart/ and my/ mind.

For Your love is be-/fore my/ eyes; * I have walked/ in Your/ truth.

I have not joined the compa-/ny of/ hypocrites, * nor consorted/ with the' de-/ceitful.

I avoid the gather-/ings of/ evildoers * and I will not sit down/ with the/ wicked.
I will wash my hands in inno-/cense, O/ Lord, * that I may go a-/bout Your/ altar,
Proclaiming with the/ voice of/ thanksgiving * all Your/ wonder-ful/ deeds.
I love Your dwelling-/place, O/ Lord, * for therein/ is Your/ glory.
Do not take away my soul a-/long with/ sinners, * nor my life/ with the/ bloodthirsty,
In whose hands are/ wick-ed/ schemes, * and whose right hands are/ full of/ bribes.
As for me, I will walk/ with in-/tegrity; * be merciful to me and redeem/ me, O/ Lord.
My/ feet stand/ firm; * in the great congregation I will/ bless the/ Lord.
Glory to the Father...
Ant: *I love Your dwelling-place, O Lord.*

WEDNESDAY: Matins

Psalm 27

Ant: *The Lord is my light and my salvation.*

The Lord is my light and my salvation; whom then shall I fear? * The Lord is the strength of my life;
of whom then shall I be afraid?

When the wicked, even my enemies and my foes, came upon me to devour me, * they stumbled
and fell.

Though a host encamp against me, my heart shall not be afraid, * and though war rise up against
me, yet will I put my trust in the Lord.

One thing I have asked of the Lord which alone I seek: * that I may dwell in the house of the Lord
all the days of my life,

To behold the fair beauty of the Lord * and to seek His will in His temple.

For in the day of trouble He shall hide me in His shelter; * in the secret place of His dwelling He shall
hide me and set me high upon a rock.

And now He shall lift up my head * above my enemies round about me;

Therefore with great gladness I will offer an oblation in His dwelling. * I will sing and make music to
the Lord.

Hear my voice, O Lord, when I call; * have mercy upon me and answer me.

My heart tells of Your word, 'Seek my face.' * Your face, Lord, I will seek.

Hide not Your face from me, * nor cast away Your servant in displeasure.

You have been my helper; * leave me not, neither forsake me, O God of my salvation.

Though my father and my mother forsake me, * the Lord will take me up.

Teach me Your way, O Lord and lead me on a level path, * because of those who lie in wait for me.

Keep me from deliverance into the will of my adversaries, * for false witnesses have risen up against me breathing violence.

I believe that I shall see the goodness of the Lord * in the land of the living.

Wait for the Lord; be strong and He shall comfort your heart; * wait patiently for the Lord.

Glory to the Father...

Ant: *The Lord is my light and my salvation.*

Psalm 28

Ant: *The Lord is my strength and my shield.*

Do not avert Your ear, O Lord my rock;/ when I/ call to You, * for if You do not hear me, I shall become like those who go/ down' to the/ Pit.

Hear the voice of my prayer when/ I cry /out to You * and lift up my hands to You, O/ Holy of/ Holies.

Do not snatch me away/ with the/ wicked; * the evildoers who speak peaceably with their neighbours while malice is/ in their/ hearts.

Let them be repaid according/ to their/ deeds * and according to the wickedness of/ their de-/vices.

They should be rewarded according/ to their/ deeds ☩ and be paid their/ just de-/serts.

They take no heed of the Lord's doings, nor of the, works of' His/ hands; * for this they/ should be/ humbled.

Blessed/ be the/ Lord, * for He has heard the/ voice of' my/ prayer.

The Lord is my strength/ and my/ shield; * my heart has trusted in Him and/ I am/ helped;

Therefore my heart/ dances for/ joy * and in my songs/ I will/ praise Him.

The Lord is the strength/ of His/ people, * a safe refuge for/ His a-/nointed.

Save Your people and bless/ Your in-/heritance; * shepherd them and carry/ them for/ ever.

Glory to the Father...

Ant: *The Lord is my strength and my shield.*

WEDNESDAY: Hours

Psalm 119, 73-80

Ant: *Your law is my delight, O Lord.*

Your hands have made/ me and/ fashioned me, * O give me understanding, that I may learn/ Your com-/mandments.

Those who fear You shall see me/ and re-/joice, * for my hope is/ in Your/ word.

I know, Lord, that your judge-/ments are/ right, * and that in faithfulness You/ have af-/flicted me.

Let Your merciful kindness/ be my/comfort, * according to Your promise/ to Your/ servant.

O let Your mercy come to me that/ I may/ live, * for Your law is my delight, and I will meditate/ on Your/ precepts.

Let those who fear You/ turn to/ me, * and they shall know/ Your com-/mands.

O let my heart be sound/ in Your/ statutes * that I may never be/ put to/ shame.

Glory to the Father...

Ant: *Your law is my delight, O Lord.*

Psalm 119, 81-88

Ant: *My hope is in Your word, O Lord.*

My soul languishes for/ Your sal-/vation, * but my hope is/ in Your/ word;

My eyes fail with watching/ for Your/ promise * saying 'O when/ will You/ comfort me?'

I am parched as a wineskin/ in the smoke/, * yet I do not for-/get Your/ statutes.

How many are the days/ of Your/ servant, * when all seems trou-/ble and/ strife?

Pride creates pitfalls for me, O help me in the keeping/ of Your/ law; * for all Your commandments are true, but they are broken/ day by/ day.

Though temptation and/ sin sur-/round me * give me strength to/ keep Your/ precepts.

In Your merciful goodness/ give me/ life * that I may keep the commands/ of Your/ mouth.

Glory to the Father...

Ant: *My hope is in Your word, O Lord.*

Psalm 119, 89-96

Ant: *Your commandment has no bounds, O Lord.*

Lord, Your word is for ever, it stands firm/ in the/ heavens; * Your faithfulness abides from one generation to another, firm as the earth which/ You have/ made.

As for Your judgements, they stand/ fast this/ day, * for all things/ are Your/ servants.

If Your law had not been/ my de-/light * I would have perished in/ my af-/fliction.

I will never for-/get Your/ precepts, * for by them You have giv-/en me/ life.

I am Yours, O save me, for I have/ sought Your/ precepts; * in temptation let me think on/ Your com-/mands.

I have seen that all perfection comes/ to an/ end; * only Your commandment/ has no/ bounds.

Glory to the Father...

Ant: *Your commandment has no bounds, O Lord.*

THURSDAY: Vespers

Psalm 29

Ant: *O worship the Lord in the beauty of holiness.*

Ascribe to the Lord, you/ powers of/ heaven, * ascribe to the Lord glo-/ry and/ strength.

Ascribe to the Lord the honour due/ to His/ Name; * worship the Lord in the/ beauty of/ holiness.

The voice of the Lord is u-/pon the/ waters; * the God of glory thunders upon the/ migh-ty/ waters.

The voice of the Lord is mighty in/ op-er-/ation; * the voice of the Lord is a/ glory-ous/ voice.

The voice of the Lord/ breaks the/ cedar trees; * the Lord breaks the/ cedars of/ Lebanon;

He makes Lebanon skip/ like a/ calf * and Sirion like a/ young wild/ ox.

The voice of the Lord strikes with flashes of lightning; the voice of the Lord/ shakes the/ wilderness;
* the Lord shakes the wilder-/ness of/ Kadesh.

The voice of the Lord rends the oak trees and strips the/ fo-rests/ bare; * in His temple/ all cry,/ 'Glory!'

The Lord sits enthroned a-/bove the/ water flood; * the Lord sits enthroned as king for/ e-ver-/more.

The Lord shall give strength/ to His/ people; * the Lord shall give His people the/ blessing of/ peace.

Glory to the Father...

Ant: O worship the Lord in the beauty of holiness.

Psalm 95 (part)

Ant: Come, let us worship and bow down.

O come, let us sing out/ to the/ Lord, * let us shout in triumph to the rock of/ our sal-/vation.

Let us come before His/ face with/ thanksgiving * and cry out to him joyful-/ly in/ psalms.

For the Lord/ is a' great/ God, * and a great king a-/bove all/ gods.

In His hand are the /depths' of the/ earth, * and the peaks of the mountains/ are His/ also.

The sea is His/ and He/ made it: * His hands/ moulded dry/ land.

Come, let us worship/ and bow/ down, * and kneel before the/ Lord our/ maker.

For He is the/ Lord our/ God: * we are His people and the/ sheep of' His/ pasture.

Glory to the Father...

Ant: Come, let us worship and bow down.

THURSDAY: Matins

Psalm 47 (part)

Ant: God has gone up with the sound of rejoicing.

O clap your hands all you peoples and cry aloud to God with/ shouts of? Joy. * For the Lord Most High is to be feared; He is a King over/ all the/ earth.

God has gone up with the/ sound of' re-/joicing, * and the Lord to the/ blast' of the/ horn.

O sing praises to God, sing prais-es to/ God; * O sing praises, sing praises/ to our/ King.

For God is the King of all the earth; O praise Him in a/ well-wrought/ psalm. * God has become the King of the nations; He has taken His seat upon His/ ho-ly/throne.

The princes of the peoples are gathered together with the people of the/ God of/ Abraham. * For the mighty ones of the earth are become the servants of God, and He is/ greatly ex-/alted.

Glory to the Father...

Ant: God has gone up with the sound of rejoicing.

Psalm 57

Ant: Be exalted, O God, above the heavens.

In the shadow of Your wings I will take refuge, until these troubles are/ ov-er/past. * I will call to God Most High, to the God Who will ful-/fil His/ purpose for me.

He will send from heaven and save me, He will send forth His faithfulness and His/ lov-ing/ kindness; * and rebuke those that would/ trample me/ down.

Be exalted, O God, above the heavens, and let Your glory be over/ all the/ earth. * My heart is fixed, O God, my heart is fixed; I will/ sing and' make/ melody.

Awake my soul, awake lute and harp, for I will a-/waken the/ dawn. * I will give You thanks, O Lord, among the peoples; I will sing Your praise a-/mong the/ nations.

For the greatness of Your mercy reaches to the heavens, and Your faithfulness/ to the/ clouds. * Be exalted, O God, above the heavens, and let Your glory be over/ all the/ earth.

Glory to the Father...

Ant: Be exalted, O God, above the heavens.

THURSDAY: Hours

Psalm 119, 97-104

Ant: How sweet are Your words to my tongue.

Lord how I/ love Your/ law, * it is my meditation/ all the' day/ long.

Your commandments have made me wiser/ than my/ adversaries, * for they remain with/ me for/ ever.

I have more understanding than/ all my/ teachers, * for I study/ Your com-/mands.

I am wiser/ than the/ agéd * because I have/ kept Your/ precepts.

I have held back my feet from every/ ev-il/ path * that I might/ keep Your/ word;

I have not turned aside/ from Your/ judgements * for You Yourself/ are my/ teacher.

How sweet are Your words/ to my/ tongue, * sweeter than honey/ to my/ mouth.

Through Your precepts I gain/ un-der-/standing, * therefore I spurn all/ ly-ing/ ways.

Glory to the Father...

Ant: How sweet are Your words to my tongue.

Psalm 119, 105-112

Ant: Your word, O Lord, is a lantern to my feet.

Your word is a lantern/ to my/ feet * and a light/ to my/ path.

I have vowed and/ sworn an/ oath * to keep Your/ right-eous/ judgements.

I have been afflicted/ be-yond/ measure: * Lord, give me life according/ to Your/ word.

Accept, O Lord, the freewill offerings/ of my/ mouth * and teach/ me Your/ judgements.

I take my life in my/ hands con-/tinually, * yet I do not for-/get Your/ law.

The wicked have/ laid a/ snare for me * but I have not strayed/ from Your/ precepts.

Your commands are my inheri-/tance for/ ever, * they are the joy/ of my/ heart.

I have set my heart to ful-/fil Your/ statutes, * always, even/ to the/ end.

Glory to the Father...

Ant: Your word, O Lord, is a lantern to my feet.

Psalm 119, 113-120

Ant: You are my shelter and my shield, O Lord.

I beware those who are/ dou-ble/ minded, * but Your law/ do I/ love.

You are my shelter/ and my/ shield * and in Your word/ is my/ hope.

Away from/ me, all/ evil; * I will keep the commandments/ of my/ God.

Be my stay, according to Your word, that/ I may/ live, * and do not disappoint me/ in my/ hope.

Hold me up, and I/ shall be/ safe, * and I will ever delight/ in Your/ statutes.

Turn the hearts of those who swerve/ from Your/ statutes; * may everyone res-/pect Your/ Law.

Let the ungodly of the earth/ turn to/ You, * and learn to love/ Your com-/mands.

Glory to the Father...

Ant: You are my shelter and my shield, O Lord.

FRIDAY: Vespers**Psalm 35**

Ant: My tongue shall be constantly praising You.

Contend, O Lord, with those that con-/tend with/ me; * protect me from those who would/ fight a-/gainst me.

Take up shield and buckler and bar the way against/ my pur-/suers * say to my soul, 'I am/ Your sal-/vation.'

Let those who seek after my life be shamed/ and dis-/graced; * let those who plot my ruin fall back and be/ put to' con-/fusion.

Let them be as chaff be-/fore the/ wind, * with the angel/ of the' Lord/ scattering them.
 For, without any cause, they have secretly/ spread a/ net for me * and have dug a pit/ for my/ soul.
 And so, being saved, my soul will be/ joyful' in the/ Lord * and I will glory in/ His sal-/vation.
 My very bones will say, 'Lord, who/ is like/ You? * You deliver the poor and needy from those, too strong for them, who/ would des-/poil them.'
 False witnesses rose/ up a-/gainst me; * they charged me with things I/ had not/ done.
 They rewarded me/ evil for/ good, * to the desolation/ of my/ soul.
 But as for me, when they were sick I/ put on/ sackcloth * and humbled my-/self with/ fasting;
 When my prayer returned empty/ to my/ breast, * it was as though I grieved for a/ friend or/ brother;
 I behaved as one who mourns/ for his/ mother, * bowed down and brought/ ve-ry/ low.
 But when I stumbled, they gathered together in de-/light a-/gainst me; * as if they were strangers I did not know, and they tore at me/ with-out/ ceasing.
 When I/ fell they/ mocked me; * they gnashed at me/ with their/ teeth.
 O Lord, how long/ will You' look/ on? * Rescue my soul from their ravages, and my poor life/ from the' young/ lions.
 I will give You thanks in the great/ cong-re-/gation; * I will praise You in the/ migh-ty/ throng.
 Do not let my treacherous/ foes re-/joice over me, * or those who hate me without a cause mock me/ with their/ glances.
 For they do not/ speak of/ peace, * but invent deceitful schemes against those that are quiet/ in the/ land.
 They opened wide their mouths and de-/rided me/, saying * 'We have seen it with our/ ve-ry/ eyes.'
 This You have seen, O Lord; do/ not keep/ silent; * be not far/ from me,' O/ Lord.
 Arise and give me justice according to Your/ righteous-ness, O/ Lord; * let them not/ tri-umph/ over me.
 Let those who favour my cause rejoice and/ be glad/ saying, *
 'Great is the Lord, who delights in his/ ser-vant's/ well-being.'
 So my tongue shall be / constant-ly/ praising You * and telling/ of Your/ righteousness.
 Glory to the Father...

Ant: My tongue shall be constantly praising You.

FRIDAY: Matins

Psalm 34

Ant: Look towards the Lord and be bright with joy.

I will bless the/ Lord con-/tinually; * His praise shall be always/ in my/ mouth.
 Let my soul glory/ in the/ Lord; * the humble shall hear it/ and re-/joice.
 O praise the/ Lord with/ me: * let us exalt His/ Name to-/gether.
 For I sought the Lord's help/ and He/ answered * and He freed me from/ all my/ fears.
 Look towards Him and be/ bright with/ joy; * your faces shall not/ be a-/shamed.
 The angel of the Lord encamps round/ those who/ fear Him * and delivers them/ in their/ need.
 O taste and see that the/ Lord is/ good; * happy the/ man who/ trusts in Him!
 Fear the Lord, all/ you His/ holy ones, * for those who fear Him/ ne-ver/ lack.
 Come, my children,/ listen to/ me * and I will teach you the/ fear of' the/ Lord.
 Which of you/ relish-es/ life; * wants time to en-/joy good/ things?
 Keep your/ tongue from/ evil * and your lips from/ tel-ling/ lies.
 Turn from evil/ and do/ good: * seek peace /and pur-/sue it.
 The eyes of God are/ on the/ righteous, * and His ears to-/wards their/ cry.
 The righteous cry,/ the Lord/ hears them * and frees them from/ all their' af-/flictions.
 The Lord is close to those who are/ bro-ken-/ hearted, * and the crushed in/ spirit He/ saves.
 The trials of the/ righteous are/ many, * but our God delivers them/ from them/ all.
 He guards/ all their/ bones, * so that not/ one is/ broken.
 The Lord ransoms the/ lives of' His/ servants, * and none who hide in Him will/ be des-/troyed.
 Glory to the Father...
 Ant: *Look towards the Lord and be bright with joy.*

FRIDAY: Hours

Psalm 119, 121-128

Ant: *O Lord, teach me Your statutes.*

I have done what is/ just and/ right, * O do not give me over/ to temp-/tation.
 Stand surety for Your/ ser-vant's/ good; * let not the evil/ one se-/duce me.
 My eyes fail with watching for/ Your sal-/vation, * for the fulfilment of Your/ right-eous/ word.
 O deal with Your servant according to Your/ lov-ing/ mercy * and teach/ me Your/ statutes.
 I am Your servant, O give me/ un-der-/standing * that I may know/ Your com-/mands.
 It is time for the/ Lord to/ act * for Your/ law is/ violated.
 But I love/ Your com-/mandments ☺ more than gold, more than the/ fin-est/ gold;
 Therefore I straighten my paths by/ all Your/ precepts * and I turn from all/ ly-ing/ ways.
 Glory to the Father...

Ant: O Lord, teach me Your statutes.

Psalm 119, 129-136

Ant: Make Your face shine upon Your servant.

Wonderful are/ Your com-/mands * and therefore/ my soul/ keeps them.

The unfolding of Your/ word gives/ light, * it gives understanding/ to the/ simple.

I open my mouth and draw/ in my/ breath, * for I yearn for/ Your com-/mandments.

O turn to me/ and be/ merciful, * as is Your way with those who/ love Your/ Name.

Order my steps according/ to Your/ word * that no evil may get/ mast-ery/ over me.

Deliver me/ from temp-/tation * that I may/ keep Your/ precepts.

Make Your face shine u-/pon Your/ servant * and teach/ me Your/ statutes.

My eyes gush out with/ streams of/ water * because no heed is paid/ to Your/ law.

Glory to the Father...

Ant: Make Your face shine upon Your servant.

Psalm 119, 137-144

Ant: Your commandments are my delight.

Righteous are You, Lord God, and just/ are Your/ judgements; * The commands that You have given are exceedingly right-/eous and/ true.

Your word has been tried/ in the/ fire * and therefore Your/ ser-vant/ loves it.

I am small and of/ no ac-/count * but I have not for-/gotten Your/ precepts.

Your righteousness is an ever-/last-ing/ righteousness * and Your/ law is/ truth.

When trouble and an-/guish take/ hold of me * Your commandments are/ my de-/light.

The righteousness of Your commands is/ ev-er-/lasting * O give me understanding, and/ I shall/ live.

Glory to the Father...

Ant: Your commandments are my delight.

Psalm 119, 145-152

Ant: O Lord, I will keep Your statutes.

I call with my whole heart, hear/ me, O/ Lord, * I will/ keep Your/ statutes.

I cry out to/ You, O/ save me * and I will heed/ Your com-/mands.

Before the morning light I rise/ and I/ call; * for in Your word/ is my/ hope.

Before the night watch/ my eyes/ wake, * that I may meditate up-/on Your/ words.

Hear my voice, O Lord, in Your/ lov-ing/ mercy, * and according to Your judgements,/ give me/ life.

Protect me, O Lord, from all who would draw me/ from Your/ ways; * from all who are far/ from Your/ law.

You, Lord, are/ close at/ hand * and all Your command-/ments are/ true.

I have known long since from /Your com-/mands * that You have founded/ them for/ ever.

Glory to the Father...

Ant: *O Lord, I will keep Your statutes.*

SATURDAY: Vespers

Psalm 33

Ant: *The Lord is our help and our shield.*

Rejoice in the Lord/, O you/ righteous, * for it is good for the/ just to' sing/ praises.

Praise the Lord/ with the/ lyre; * on the ten-stringed harp/ sing His/ praise.

Sing to/ Him a' new/ song; * play skilfully, with/ shouts/ of praise.

For the word of the /Lord is/ true * and all His/ works are/ sure.

He loves righteous-/ness and/ justice; * the earth is full of the loving-/kindness' of the/ Lord.

By the word of the Lord the/ heavens were/ made * and all their host by the/ breath of' His/ mouth.

He gathers up the waters of the sea as/ in a/ water-skin * and lays up the deep/ in His/ treasury.

Let all the earth/ fear the/ Lord; * stand in awe of Him, all who/ dwell in' the/world.

For He spoke, and/ it was/ done; * He commanded, and/ it stood/ fast.

The Lord brings the counsel of the/ nations to/ naught; * He frustrates the/ designs' of the/ peoples.

But the counsel of the Lord shall en-/dure for/ ever * and the designs of His heart from generation to/ ge-ner-/ation.

Happy the nation whose/ God' is the/ Lord * and the people He has chosen/ for His/ own.

The Lord looks/ down from/ heaven * and beholds all the/ children of/ earth.

From where He sits enthroned He/ turns His/ gaze ☺ on all wh/ dwell on' the/ earth.

He fashions/ all the/ hearts of them * and understands/ all their/ works.

No king is saved by the/ might of' his/ host; * no warrior delivered by/ his great/ strength.

A horse is a vain/ hope for' de-/liverance; * for all its strength it/ can-not/ save.

Behold, the eye of the Lord is upon/ those who/ fear Him, * on those who wait in hope for His/ stead-fast/ love,

To deliver their/ souls from/ death, * and to feed them in/ time of/ famine.

Our soul waits longingly/ for the/ Lord; * He is our help/ and our/ shield.

Indeed, our/ heart re-/joices in Him; * in His holy Name we have/ put our/ trust.

Let Your loving-kindness, O Lord,/ be up-/on us, * as we have/ set our/ hope on You.

Glory to the Father...

Ant: *The Lord is our help and our shield.*

SATURDAY: Matins

Psalm 31

Ant: *Deliver me in Your righteousness, O Lord.*

In You, O Lord, I have taken refuge; let me never be/ put to/ shame; * deliver me/ in Your/ righteousness.

In-/cline Your/ ear to me; * make haste/ to de-/liver me.

You, O Lord, are my strong rock, a fortress to save/ me, my/ stronghold; * guide me, and lead me for/ Your Name's/ sake.

Take me out of the net they have/ secret-ly/ laid for me, * for You/ are my/ strength.

Into Your hands I com-/mend my/ spirit, * for You have redeemed me, O Lord/ God of/ truth.

I reject all/ worth-less/ idols; * I put my/ trust in' the/ Lord.

I will be glad and rejoice/ in Your/ mercy, * You Who have seen my affliction and known my soul/ in ad-/versity.

You have not given me into the/ hands of' the/ enemy; * You have set my feet/ in a' safe/ place.

Have mercy on me, Lord, for I/ am in/ trouble; * my soul, my eye and my body are con-/sumed with/ sorrow,

For my life is wasted with grief, and my/ years with/ sighing; * my strength fails me because of my affliction, and my bones/ are con-/sumed.

I have become a reproach and an object of dread to all my enemies, and even to my/ neighbours and/ friends; * when they see me in the/ street they/ flee from me.

I am forgotten like one that is dead,/ out of/ mind; * I have become like a/ bro-ken/ vessel.

For I have heard the whispering of the crowd; fear is on/ eve-ry/ side; * they scheme together against me, and plot to/ take my/ life.

But my trust is in/ You, O/ Lord. * I have said, 'You/ are my/ God.

'My times are/ in Your/ hand; * deliver me from the hand of my enemies, and from/ those who/ persecute me.

'Make Your face to shine up-/on Your/ servant, * and save me for Your/ mer-cy's/ sake.'

Lord, do not let me/ be con-/founded * for I have/ called up-/on You.

How abundant is Your goodness, O Lord, which You have in store for/ those who/ fear You; * for those who/ put their/ trust in You.

You hide them in the shelter of Your presence/ from their/ slanderers; * You keep them safe/ in Your/ refuge.

Blessed be the Lord, for He has shown me His steadfast love when I was as a/ city be-/sieged. * You heard the voice of my prayer when I/ cried out/ to you.

Love the Lord, all/ you His/ servants; * for the Lord pro-/tects the/ faithful.

Be strong and let your/ heart take/ courage, * all you who wait in/ hope' for the/ Lord.
Glory to the Father...

Ant: *Deliver me in Your righteousness, O Lord.*

SATURDAY: Hours

Psalm 119, 153-160

Ant: *O give me life, according to Your word.*

Consider my affliction/ and de-/liver me, * for I do not for-/get Your/ law.

Plead my cause and/ set me/ free; * O give me life, according/ to Your/ word.

May those who do not/ seek Your/ statutes * turn to You and/ find sal-/vation.

Numberless, O Lord, are Your/ ten-der/ mercies; * according to Your judgements,/ give me/ life.

Despite affliction,/ trials and/ trouble, * I have not swerved from/ Your com-/mands.

I am cut to the heart and filled/ with com-/passion *when I see the faithless, who do not/ keep Your/ word.

Consider, O Lord, how I/ love Your/ precepts, * and in Your mercy,/ give me/ life.

The sum of Your/ word is/ truth, * and all Your righteous judgements/ stand for/ ever.

Glory to the Father...

Ant: *O give me life, according to Your word.*

Psalm 119, 161-168

Ant: *Seven times a day I will praise You, O Lord.*

Princes have persecuted me with-/out a/ cause: but my heart stands in/ awe of' Your/ word.

I am as glad of Your word as one who/ finds rich/ spoil. * Lies I hate and abhor, but Your law/ do I/ love.

Seven times a day/ I will/ praise You, * because of Your/ right-eous/ judgements.

Great is the peace of those who/ love Your/ law, * for nothing shall/ make them/ stumble.

I have kept Your precepts/ and com-/mands, * for all my ways are/ open be-/fore You.

Glory to the Father...

Ant: *Seven times a day I will praise You, O Lord.*

Psalm 119, 169-176

Ant: *My tongue shall sing Your praise.*

Let my cry come to/ You, O/ Lord; * O give me understanding, according/ to Your/ word;

Let my supplication/ come be-/fore You, * and deliver me according/ to Your/ promise.

My lips shall pour/ forth Your/ praise, * because You teach/ me Your/ statutes;

My tongue shall sing/ of Your/ word, * for all Your command-/ments are/ righteous.

Let Your hand be/ swift to/ help me, * for I have/ chosen Your/ precepts.

Lord, I have longed for/ Your sal-/vation, * and Your law is/ my de-/light.

O let my soul live, that/ I may/ praise You, * and let Your judgements/ be my/ help.

I have gone astray like a sheep/ that is/ lost; * O seek Your servant, for I do not forget/ Your com-/mandments.

Glory to the Father...

Ant: *My tongue shall sing Your praise.*

PSALTER – WEEK 3 Penitential Seasons

Celtic Chant 9 Suitable for PENITENTIAL Seasons RLH

SUNDAY: Vespers

Psalm 22

Antiphon: *Be not far from me, O Lord.*

My God, my God, why have/ You for-/saken me, * why are You so far from my salvation, and from the words of/ my dis-/tress?

O my God, I cry in the daytime, but You/ do not/ answer; * and by night also, but I/ find no/ rest.

Yet You/ are the/ Holy One, * enthroned upon the/ praises of/ Israel.

Our forebears trust-/ed in/ You; * they trusted, and/ You de-/livered them.

They cried out to You and/ were de-/livered; * they put their trust in You and were/ not con-/founded.

But as for me, I am a worm/ and no/ man, * scorned by all and despised/ by the/ people.

All who see me laugh/ me to/ scorn; * they curl their lips and wag/ their heads,/ saying,

'He trusted in the Lord, let/ Him de-/liver him; * let Him deliver him, if/ He de-/lights in him.'

But it is You that took me/ out of' the/ womb * and laid me safe upon my/ mo-ther's/ breast.

On You was I cast ever since/ I was/ born; * You are my God, even from my/ mo-ther's/ womb.

Be not far from me, for trouble is/ near at/ hand * and there is/ none to/ help.

Mighty oxen come/ round a-/bout me; * fat bulls of Bashan close me in on/ eve-ry/ side.

They gape upon me/ with their/ mouths, * as it were a ramping and a/ roar-ing/ lion.

I am poured out like water; all my bones are/ out of/ joint; * my heart has become like melting wax in the depths/ of my/ body.

My mouth is dried up like a potsherd, my tongue cleaves/ to my/ gums; * You have laid me in the/ dust of/ death.

For the hounds are all about me, the pack of evil-/doers close/ in on me; * they pierce my hands/ and my/ feet.

I can count/ all my/ bones; * they stand staring and/ looking up-/on me.

They divide my/ garments a-/mong them; * they cast lots/ for my/ clothing.

Be not far from/ me, O/ Lord; * You are my strength; hast-/en to/ help me.

Deliver my soul/ from the/ sword, * my poor life from the power/ of the/ dog.

Save me from the lion's mouth, from the horns/ of wild/ oxen. * You, O/ Lord have/ answered me!

I will proclaim Your name/ to my/ people; * in the midst of the congregation/ I will/ praise You.

Praise the Lord,/ you that/ fear Him; * O seed of Jacob, glorify Him; stand in awe of Him, O/ seed of/ Israel.

For He has not despised nor abhorred the suffering of the poor, neither has He hid-/den His/ face from them; * but when they cried to/ Him He/ heard them.

From You comes my praise in the great/ con-greg-/ation; * I will perform my vows in the presence of/ those that/ fear You.

The poor shall eat/ and be/ satisfied; * those who seek the Lord shall praise Him; their hearts shall/ live for/ ever.

All the ends of the earth shall remember and turn/ to the/ Lord, * and all the families of the nations shall/ bow be-/fore Him.

For the kingdom/ is the/ Lord's, * and He rules/ over the/ nations.

How can those who sleep in the earth bow/ down in/ worship, * or those who go down to the dust/ kneel be-/fore Him?

He has saved my life for Himself; my descend-/ants shall/ serve Him. * This shall be told of the Lord for gene-/rations to/ come.

They shall come and make known His salvation, to a people/ yet un-/born, * declaring that He, the/ Lord, has/ done this.

Glory to the Father...

Ant: *Be not far from me, O Lord.*

SUNDAY: Matins

Psalm 23

Ant: *The Lord is my shepherd.*

The Lord/ is my/ shepherd, * there is nothing/ I shall/ want.

He will make me to lie down/ in green/ pastures, * and lead me be-/side still/ waters.

He will re-/vive my/ soul, * and guide me in the right way, for/ His Name's/ sake.

Though I walk through the valley of the shadow of death, I will/ fear no/ evil, * for You are with me, and Your rod and staff/ are my/ comfort.

You spread a table before me in the face of/ those that/ trouble me. * You have anointed my head with oil, and my cup/ o-ver-/flows.

Surely Your goodness and loving kindness will follow me all the days/ of my/ life, * and I shall dwell in the house of the/ Lord for/ ever.

Glory to the Father...

Ant: *The Lord is my shepherd.*

Psalm 24

Ant: Lift up your heads, O you gates.

The earth is the Lord's and all/ that is/ in it; * the compass of the world and those who/ dwell there-
/in.

For He founded it up-/on the/ seas, * and established it u-/pon the/ waters.

Who shall ascend the/ hill of' the/ Lord, * or who shall stand in His/ ho-ly/ place?

He that has clean hands and/ a pure/ heart; * who has not set his soul upon idols nor sworn his/
oath' to a/ lie.

He shall receive blessings/ from the/ Lord, * and recompense from the God of/ his sal-/vation.

Of such a kind as this are/ those who/ seek Him, * those who seek Your face, O/ God of/ Jacob.

Lift up your heads, O you gates, and be lifted up you ever-/last-ing/ doors * and the King of glory/
shall come/ in.

Who is the/ King of/ glory? * The Lord, the/ strong and/ mighty.

Lift up your heads, O you gates, and be lifted up you ever-/last-ing/ doors * and the King of glory/
shall come/ in.

Who is this/ King of/ glory? * The Lord of hosts, He is the/ King of/ glory.

Glory to the Father...

Ant: Lift up your heads, O you gates.

SUNDAY: Hours

Psalm 119, 1-8

Ant: Blessed are those who keep His commands.

Blessed are those whose/ way is/ blameless, * who walk in the/ law of' the/ Lord.

Blessed are those who keep/ His com-/mands * and seek Him with/ their whole/ heart;

Those who/ do no/ wrong, * but walk in the ways/ of our/ God.

For You, Lord,/ have com-/manded us ☺ to persevere in/ all Your/ precepts.

If only my ways/ were un-/erring ☺ towards the keeping/ of Your/ statutes!

Then I should not/ be a-/shamed * when I look on all/ Your com-/mandments.

I will praise You with sincerity-/ty of/ heart, * as I learn Your/ right-eous/ judgements.

I will/ keep Your/ statutes; * O forsake/ me not/ utterly.

Glory to the Father...

Ant: Blessed are those who keep His commands.

Psalm 119, 9-16

Ant: *Blessed are You, O Lord our God.*

How shall a young man's/ path be/ pure * unless he/ keep to' Your/ word?
I have sought You with/ my whole/ heart; * let me not stray from/ Your com-/mandments,
I have treasured Your words/ in my/ heart, * that I might not/ sin a-/gainst You.
Blessed are/ You, Lord/ God. * O teach/ me Your/ statutes,
With my lips I/ have been/ telling ☺ all the judgements/ of Your/ mouth;
And I find more joy in the way of/ Your com-/mands: * than in all/ manner of/ riches.
I will meditate/ on Your/ precepts, * and give/ heed to' Your/ ways;
For my delight is wholly/ in Your/ statutes, * and I will not for-/get Your/ word.

Glory to the Father...

Ant: *Blessed are You, O Lord our God.*

Psalm 119, 17-24

Ant: *Your commands are my delight, O Lord.*

O be bountiful to Your servant that/ I may/ live ☺ in obedience/ to Your/ word.
Take away the veil/ from my/ eyes * that I may see the wonders/ of Your/ law.
I am but a stranger/ on the/ earth; * do not hide Your com-/mand-ments/ from me.
My soul is con-/sumed with/ longing ☺ for Your judgements/ day and/ night.
You have re-/buked the/ proud, * and cursed are those who stray from/ Your com-/mandments;
Turn away from me their re-/proach and/ scorn, * for I have kept/ Your com-/mands.
Though princes sit and plot to-/gether a-/gainst me, * Your servant shall meditate/ on Your/ statutes;
For Your commands are/ my de-/light, * and they are counsellors in/ my de-/fence.
Glory to the Father...
Ant: *Your commands are my delight, O Lord.*

MONDAY: Vespers

Psalm 38

Ant: *O Lord, make haste to help me.*

O Lord, do not rebuke me/ nor be/ angry, * neither chasten me in Your/ just dis-/pleasure.
For the sharp arrows of my guilt / have stuck/ fast in me * and I fear that Your hand will press/ hard up-/on me.
My flesh feels weak as I fear Your righteous/ in-dig-/nation; * because of my sin there is no peace/ in my/ being.

For the tide of my iniquities/ has swept/ over me; * the weight is a burden too/ heavy to/ bear.
My wounds/ stink and/ fester * because/ of my/ foolishness.

I am utterly bowed down and brought/ ve-ry/ low; * I go about mourning/ all the' day/ long.
My loins are filled with/ sear-ing/ pain; * there is no health/ in my/ flesh.

I am feeble and ut-/ter-ly/ crushed; * I cry aloud because of the anguish/ of my/ heart.
All my desires are known to/ You, O/ Lord, * and my sighing is not/ hid-den/ from You.

My heart is pounding,/ my strength/ fails me; * gone from me is the/ light of' my/ eyes.
My friends and companions hold aloof from/ my af-/fliction; * my kinsfolk/ stand far/ off.

Those who seek/ my life/ strike at me; * and those who would harm me whisper evil and mutter
slander/ all the' day/ long.

But I am like one who is/ deaf and/ hears not, * like one that is dumb, who does not op-/en his/
mouth.

I have become like one who/ does not/ hear * and from whose mouth comes/ no re-/tort.

For in You, Lord, have I/ put my/ trust; * You will answer me, O/ Lord my/ God.

For I said, 'Let them not/ tri-umph/ over me, * those who exult over me when/ my foot/ slips.'

Truly, I am on the/ verge of/ falling * and my pain is/ e-ver/ with me.

I acknowledge/ my in-/iquity * and I am filled with sorrow/ for my/ sin.

Those that are my enemies without any cause are/ great in/ number, * and those who hate me
wrongful-/ly are/ many.

Those who repay evil for good/ are a-/gainst me, * because I seek/ af-ter/ good.

Forsake me not, O Lord, and be/ not far/ from me. * O Lord God of my salvation, make/ haste to/
help me.

Glory to the Father...

Ant: *O Lord, make haste to help me.*

MONDAY: Matins

Psalm 102

Ant: *My help comes from the Lord.*

O Lord, hear my prayer and let my/ cry come/ unto You. * Hide not Your face from me in the day
of/ my dis-/tress.

Incline Your ear to me when I call; make/ haste to/ answer me; * for my days are consumed in
smoke and my bones burn away as/ in a/ furnace.

My heart is smitten down and with-/ered like/ grass, * so that I forget to/ eat my/ bread.

In my distress I/ groan a-/loud; * I am reduced to/ skin and/ bones.

I am become like a pelican/ in the/ wilderness, * like a screech-owl among the ruins.
 I lie awake/ and keep/ watch, * like a sparrow alone/ on the/ housetop.
 My enemies revile me/ all the' day/ long, * and those who rage at me have sworn to-/gether a-
 /gainst me.
 I have eaten ash-/es for/ bread * and mingled my drink/ with my/ tears,
 Because I fear Your indig-/nation and/ wrath, * lest You take me up and/ cast me/ down.
 My days fade away/ like a/ shadow, * and I am with-/ered like/ grass.
 But You, O Lord, are en-/throned for/ ever, * and Your Name shall be known throughout all/ gen-er-
 /ations.
 You will arise and have pit-/y on/ Zion; * for it is time to have mercy upon her, the appointed/ time
 has/ come.
 For Your servants love her/ ve-ry/ stones, * and feel compassion even/ for her/ dust.
 The nations will fear the Name/ of the/ Lord, * and all the kings of the earth will re-/vere Your/ glory.
 When the Lord has/ built up/ Zion * and shown Him-/self in/ glory;
 When He has heeded the prayer/ of the/ destitute * and has not des-/pised their/ plea.
 This shall be written for those/ that come/ after, * and a people yet unborn shall/ praise the/ Lord.
 For He has looked down from His/ ho-ly/ height; * from the heavens He has be-/held the/ earth,
 That He might hear the groaning/ of the/ prisoner * and release those who are con-/demned to/ die;
 That the Name of the Lord may be proclaimed in Zion, and His praises/ in Je-/rusalem, * when
 peoples and kingdoms are gathered together to/ serve the/ Lord.
 He has broken my strength a-/long the/ way. * He has cut/ short my/ days.
 I pray, 'O my God, do not take me in the midst/ of my/ days; * You Whose years endure throughout
 all/ ge-ner-/ations.
 'In the beginning you laid the foundations/ of the/ earth, * and the heavens are the work/ of Your/
 hands;
 'They shall perish, but You/ will en-/dure; * they shall all wear out/ like a/ garment.
 Like clothing You will change them, and they shall/ pass a-/way; * but You remain the same for ever,
 and Your years/ will not/ fail.
 'The children of Your servants/ shall con-/tinue, * and their descendants shall be established/ in
 Your/ sight.'
 Glory to the Father...
 Ant: *My help comes from the Lord.*

MONDAY: Hours

Psalm 119, 25-32

Ant: I shall meditate on Your marvellous works.

I am humbled/ to the/ dust; * O give me life according/ to Your/ word.

If I examine my ways surely/ You will/ answer me: * O teach/ me Your/ statutes!

Make me to understand the way/ of Your/ precepts, * and I shall meditate on Your/ marvel-lous/
works.

My soul pines a-/way for/ sorrow; * O raise me up according/ to Your/ word.

Keep me far from the/ way of' de-/ception, * and grant me the grace/ of Your/ law.

I have chosen the/ way of/ truth, * and have set Your judge-/ments be-/fore me.

I hold fast to/ Your com-/mands; * O Lord, let me never/ be con-/founded.

Let me run the way of/ Your com-/mandments, * for You will liber-/ate my/ heart.

Glory to the Father...

Ant: I shall meditate on Your marvellous works.

Psalm 119, 33-40

Ant: I long for Your precepts, O Lord.

Teach me, O Lord, the way/ of Your/ statutes * and I will honour it/ to the/ end.

Give me understanding, that I may/ keep Your/ law, * that I may keep it with/ my whole/ heart.

Guide me in the path of/ Your com-/mandments, * for therein is/ my de-/light.

Incline my heart to/ Your com-/mands * and not to/ sel-fish/ gain.

Turn away my eyes from/ looking on/ vanities * as I walk in Your way/ give me/ life.

Make good Your promise/ to Your/ servant, * the promise that endures for/ all who/ serve You.

Turn aside the taunts/ that I/ dread, * for Your judgements are/ ve-ry/ good.

Lord, I long/ for Your/ precepts; * in Your righteousness/ give me/ life.

Glory to the Father...

Ant: I long for Your precepts, O Lord.

Psalm 119, 41-48

Ant: Let Your loving mercy come to me, O Lord.

Let Your loving mercy come to/ me, O/ Lord, * and Your salvation, according/ to Your/ word.

Then I shall have an answer for those/ who re-/proach me, * for I trust/ in Your/ word.

Do not take the word of truth utterly/ out of' my/ mouth. * for in Your judgements/ is my/ hope.

Let me keep Your law continually, O let me keep/ it for/ ever, * and so I shall walk at liberty because I have/ sought Your/ precepts.

I shall speak of Your commands/ be-fore/ kings, * and shall not be/ put to/ shame.

My delight shall be in/ Your com-/mandments * which I have/ great-ly/ loved;

I shall worship You with/ out-stretched/ hands * and I shall meditate/ on Your/ statutes.

Glory to the Father...

Ant: Let Your loving mercy come to me, O Lord.

TUESDAY: Vespers

Psalm 51

Ant: Have mercy on me, O God, have mercy.

Have mercy on me O, God, in Your en-/during/ goodness; * according to the fullness of Your compassion blot out/ my of-/fences.

Wash me thoroughly/ from my/ wickedness, * and cleanse me/ from my/ sin.

For I acknowledge/ my re-/bellion, * and my sin is/ ever be-/fore me.

Against You only have I sinned and done what is evil/ in Your/ eyes; * so You will be just in Your sentence and blameless/ in Your/ judging.

Surely in wickedness I was/ brought to/ birth * a sinner was/ I con-/ceived.

You that desire truth in the/ inward/ parts; * O teach me wisdom in the secret places/ of the/ heart.

Purge me with hyssop and/ I shall' be/ clean; * wash me and I shall be/ whiter than/ snow.

Make me hear of/ joy and/ gladness; * let the bones which You have brok-/en re-/joice.

Hide Your face/ from my/ sins, * and blot out all/ my in-/iquities.

Create in me a clean/ heart, O/ God; * and renew a right/ spirit with-/in me.

Do not cast me out/ from Your/ presence; * do not take Your Holy/ Spi-rit/ from me.

O give me the gladness/ of Your/ help again, * and support me with a/ willing/ spirit.

Then will I teach transgress-/sors Your/ ways, * and sinners shall turn to/ You a-/gain.

O Lord God of my salvation, deliver me/ from grave/ sin, * and my tongue shall/ sing of' Your/ righteousness.

O Lord o-/pen my/ lips * and my mouth shall pro-/claim Your/ praise.

You take no pleasure in sacrifice, or/ I would/ give it; * burnt-offerings You/ do not/ want.

The sacrifice of God is a/ broken/ spirit; * a broken and contrite heart, O God, You will/ not de-/spise.

In Your graciousness do good/ to Your/ people; * and establish the/ New Je-/rusalem.

Then will You delight in right sacrifices – the offerings/ of our/ hearts; * then shall true worship be offered/ at Your/ altar.

Glory to the Father.....

Ant: Have mercy on me, O God, have mercy.

TUESDAY: Matins

Psalm 6

Ant: Turn again, O Lord, and deliver my soul.

O Lord, do not rebuke me/ in Your/ wrath; * nor chasten me in Your/ just dis-/pleasure.

Have mercy on me, Lord, for/ I am/ weak; * O Lord, heal me, for my/ bones are/ racked.

Also, my soul is/ shaking in/ terror; * how long, O/ Lord, how/ long?

Turn again, O Lord, and de-/liver my/ soul; * save me for the sake of Your/ lov-ing/ mercy.

I am weary/ with my/ groaning; * every night I drench my pillow and soak my bed/ with my/ tears.

My eyes are wasted a-/way with/ grief * and grow dim because of/ all my/ enemies.

Depart from me, all you/ that do/ evil, * for the Lord has heard the/ voice of' my/ weeping.

The Lord has heard my/ sup-li-/cation; * the Lord will re-/ceive my/ prayer.

All my enemies shall be put to shame/ and con-/fusion; * they shall suddenly turn back/ in their/ shame.

Glory to the Father...

Ant: Turn again, O Lord, and deliver my soul.

Psalm 32

Ant: Be glad, you righteous, and rejoice in the Lord.

Happy the one whose transgression/ is for-/given, * and whose/ sin is/ covered.

Happy the one to whom the Lord im-/putes no/ guilt, * and in whose spirit there/ is no/ guile.

For I/ held my/ tongue; * my bones wasted away through my groaning through/-out the/ day.

Your hand was heavy upon me/ day and/ night; * my moisture was dried up like a/ drought in/ summer.

Then I acknowledged to/ You my/ sin, * and I did not hide/ my in-/iquity.

I said, 'I will confess my transgressions/ to the/ Lord,' * and You forgave the greatness/ of my/ sin.

Therefore let all the faithful make their prayers to You in/ time of/ trouble; * in the time of the great water floods, it/ shall not/ reach them.

You are a place in which I may hide; You preserve/ me from/ trouble; * You surround me with/ songs of' de-/liverance.

'I will instruct you and teach you in the way that/ you should/ go; * I will watch over/ you and/ guide you.

'Be not like horse or mule which have no/ un-der-/standing, * and whose course must be checked with/ bit and/ bridle.'

Great tribulations remain/ for the/ wicked, * but mercy embraces those who trust/ in the/ Lord.

Be glad, you righteous, and rejoice/ in the/ Lord; * shout for joy, all who are/ true of/ heart.
Glory to the Father...

Ant: *Be glad, you righteous, and rejoice in the Lord.*

TUESDAY: Hours

Psalm 119, 49-56

Ant: *Your statutes, O Lord, have become my songs.*

Remember Your word/ to Your/ servant, * on which You have/ built my/ hope.

This has been my comfort in/ my af-/fliction, * for Your word has/ brought me/ life.

Though the proud have laughed/ me to/ scorn, * I have not turned aside/ from Your/ law;

But I called to mind, O Lord, Your judge-/ments of/ old, * and in them I have found/ con-so-/lation.

I am seized with indignation/ at the/ wicked, * for they have forsa-/ken Your/ law.

But Your statutes have be-/come my/ songs * in the house/ of my/ pilgrimage.

I think on Your Name, O Lord,/ in the/ night, * and I ob-/serve Your/ law;

This has been/ my re-/ward, * because I have/ kept Your/ precepts.

Glory to the Father...

Ant: *Your statutes, O Lord, have become my songs.*

Psalm 119, 57-64

Ant: *The earth, O Lord, is full of Your loving mercy.*

The Lord/ is my/ portion; * I have promised to/ keep Your/ words.

I have sought Your favour with/ my whole/ heart; * O be gracious to me according/ to Your/ word.

I have taken stock/ of my/ ways * and have turned back my feet to/ Your com-/mands.

I made haste and did/ not de-/lay ☩ to keep/ Your com-/mandments.

The snares of the wick-/ed en-/compassed me, * but I did not for-/get Your/ law;

At midnight I rise to/ give You/ thanks ☩ for the righteousness/ of Your/ judgements.

I am a friend to/ all who/ fear You, * to those who/ keep Your/ precepts.

The earth, O Lord, is full of Your/ lov-ing/ mercy; * O teach/ me Your/ statutes.

Glory to the Father...

Ant: *The earth, O Lord, is full of Your loving mercy.*

Psalm 119, 65-72

Ant: *O teach me right judgement and knowledge*

Lord, You have done good/ to Your/ servant, * in accordance/ with Your/ word.

O teach me right judge-/ment and/ knowledge, * for I trust in/ Your com-/mandments.

Before I was afflicted I/ went a-/stray, * but now I/ keep Your/ word.

You are good,/ and You/ do good, * O teach/ me Your/ statutes.

I will keep Your precepts with/ my whole/ heart, * for my delight is/ in Your/ law.

It is good for me that I/ was af-/flicted, * so I might/ learn Your/ statutes.

The law of Your mouth is dear-/er to/ me ☺ than a wealth of/ gold and/ silver.

Glory to the Father...

Ant: *O teach me right judgement and knowledge.*

WEDNESDAY: Vespers

Psalm 130

Ant: *O Lord, hear my voice.*

Out of the depths have I cried to You, O Lord; Lord,/ hear my/ voice; * let Your ears consider well the voice of my/ sup-ply-/cation.

If You, Lord, were to mark what is/ done a-/miss, * O Lord,/ who could/ stand?

But with You there/ is for-/giveness, * so shall/ You be/ feared.

I wait for the Lord;/ my soul/ waits for Him; * in His word/ is my/ hope.

My soul waits for the Lord, more than the night watchmen/ for the/ morning, * yes, more than the night watchmen/ for the/ morning.

O Israel, wait/ for the/ Lord, * for with the Lord/ there is/ mercy;

With Him is/ plenteous re-/demption * and He shall redeem Israel from/ all their/ sins.

Glory to the Father...

Ant: *O Lord, hear my voice.*

Psalm 143

Ant: *Show me, O Lord, the way in which I should walk.*

Hear my prayer, O Lord, and in Your faithfulness give ear to my/ sup-ply-/cations; * answer me/ in Your/ righteousness.

Enter not into judgement/ with Your/ servant, * for in Your sight no one living/ shall be/ justified.

For the enemy has pursued me, crushing my life/ to the/ ground, * making me sit in darkness like/ those long/ dead.

My spirit/ faints with-/in me; * my heart within/ me is/ desolate.

I remember the time past; I muse upon/ all Your/ deeds; * I consider the works/ of Your/ hands.

I stretch/ out my/ hands to You; * my soul gasps for You like a/ thirs-ty/ land.

Be swift to hear me, O Lord, for my/ spir-it/ fails; * hide not Your face from me lest I be like those who go down/ to the/ Pit.

Let me hear of Your loving-kindness in the morning, for in You I/ put my/ trust; * show me the way in which I should walk, for I lift/ up my/ soul to You.

Deliver me, O Lord,/ from my/ enemies, * for I flee to/ You for/ refuge.

Teach me to do that which pleases You, for You/ are my/ God; * let Your kindly Spirit lead me on an/ e-ven/ path.

For Your name's sake, O/ Lord, re-/vive me; * for Your righteousness' sake, bring me/ out of/ trouble.

Glory to the Father...

Ant: *Show me, O Lord, the way in which I should walk.*

WEDNESDAY: Matins

Psalm 90

Ant: *O Lord my God, in you I take refuge.*

Lord, You have/ been our/ refuge * from one generation/ to an-/other.

Before the mountains were brought forth, or the earth and the/ world were/ formed, * from everlasting to everlasting/ You are/ God.

You turn us back/ to dust/ saying: * 'Turn back, O child-/ren of/ earth.'

For a thousand years in Your sight are/ but as/ yesterday, * which passes like a watch/ in the/ night.

You sweep them away/ like a/ dream; * they fade away suddenly/ like the/ grass.

In the morning it is/ green and/ flourishes; * in the evening it is dried/ up and/ withered.

For we consume away in/ Your dis-/pleasure; * we are afraid at Your wrathful/ in-dig-/nation.

You have set our mis-/deeds be-/fore You * and our secret sins in the light/ of Your/ countenance.

When You are angry, all our/ days are/ gone; * our years come to an end/ like a/ sigh.

The days of our life are three score years and ten, or if our strength endures, ev-/en four/ score; * yet the sum of them is but labour and sorrow, for they soon pass away and/ we are/ gone.

Who regards the power/ of Your/ wrath ☹ and indignation like/ those who/ fear You?

So, teach us to num-/ber our/ days, * that we may apply our/ hearts to/ wisdom.

Turn again, O Lord; how long will/ You de-/lay? * Have compassion/ on Your/ servants.

In the morning, satisfy us with Your/ lov-ing-/kindness; * that we may rejoice and be glad/ all our/ days.

Give us gladness for the days You/ have af-/flicted us, * and for the years in which we have/ seen ad-/versity.

Show Your ser-/vants Your/ works, * and let Your glory be up-/on our/ children.

May the gracious favour of the Lord our God/ be up-/on us; * prosper our handiwork; O prosper the/work of' our/ hands.

Glory to the Father...

Ant: *O Lord my God, in you I take refuge.*

WEDNESDAY: Hours

Psalm 119, 73-80

Ant: *Your law is my delight, O Lord.*

Your hands have made/ me and/ fashioned me, * O give me understanding, that I may learn/ Your com-/mandments.

Those who fear You shall see me/ and re-/joice, * for my hope is/ in Your/ word.

I know, Lord, that your judge-/ments are/ right, * and that in faithfulness You/ have af-/flicted me.

Let Your merciful kindness/ be my/comfort, * according to Your promise/ to Your/ servant.

O let Your mercy come to me that/ I may/ live, * for Your law is my delight, and I will meditate/ on Your/ precepts.

Let those who fear You/ turn to/ me, * and they shall know/ Your com-/mands.

O let my heart be sound/ in Your/ statutes * that I may never be/ put to/ shame.

Glory to the Father...

Ant: *Your law is my delight, O Lord.*

Psalm 119, 81-88

Ant: *My hope is in Your word, O Lord.*

My soul languishes for/ Your sal-/vation, * but my hope is/ in Your/ word;

My eyes fail with watching/ for Your/ promise * saying 'O when/ will You/ comfort me?'

I am parched as a wineskin/ in the smoke/, * yet I do not for-/get Your/ statutes.

How many are the days/ of Your/ servant, * when all seems trou-/ble and/ strife?

Pride creates pitfalls for me, O help me in the keeping/ of Your/ law; * for all Your commandments are true, but they are broken/ day by/ day.

Though temptation and/ sin sur-/round me * give me strength to/ keep Your/ precepts.

In Your merciful goodness/ give me/ life * that I may keep the commands/ of Your/ mouth.

Glory to the Father...

Ant: *My hope is in Your word, O Lord.*

Psalm 119, 89-96

Ant: *Your commandment has no bounds, O Lord.*

Lord, Your word is for ever, it stands firm/ in the/ heavens; * Your faithfulness abides from one generation to another, firm as the earth which/ You have/ made.

As for Your judgements, they stand/ fast this/ day, * for all things/ are Your/ servants.

If Your law had not been/ my de-/light * I would have perished in/ my af-/fliction.

I will never for-/get Your/ precepts, * for by them You have giv-/en me/ life.

I am Yours, O save me, for I have/ sought Your/ precepts; * in temptation let me think on/ Your com-/mands.

I have seen that all perfection comes/ to an/ end; * only Your commandment/ has no/ bounds.

Glory to the Father...

Ant: *Your commandment has no bounds, O Lord.*

THURSDAY: Vespers

Psalm 2

Ant: *Blessed are all who take refuge in the Lord.*

Why are the/ nations in/ tumult, * and why do the peoples plot to-/gether in/ vain?

The kings of the earth rise up, and the rulers take/ counsel to-/gether, * against the Lord and against/ His a-/nointed.

They cry, 'Let us break their/ bonds a-/sunder * and cast a-/way their/ cords from us.'

He who dwells in heaven shall/ laugh them' to/ scorn; * the Lord shall hold them/ in de-/rision.

Then He shall speak to them/ in His/ wrath * and terrify them/ in His/ fury:

'Yet I have/ set my/ king * upon my holy/ hill of/ Zion.'

I will proclaim the de-/cree of' the/ Lord; * He said to me: 'You are My Son; this day I/ have be-/gotten you.

'Ask of Me and I will give you the nations for/ your in-/heritance * and the ends of the earth for/ your pos-/session.

Now therefore be/ wise, O/ kings; * be prudent, you judges/ of the/ earth.

Serve the/ Lord in/ awe * and celebrate His/ rule with/ trembling.

Kiss His son, or/ He will' be/ angry * for His wrath is quickly kindled.

But blessed/ are all/ they * who take refuge/ in the/ Lord.

Glory to the Father...

Ant: *Blessed are all who take refuge in the Lord.*

Psalm 3

Ant: *You, Lord, are a shield about me.*

Lord, how many/ are my/ adversaries; * there are many who rise/ up a-/gainst me.
Many are those who say/ to my/ soul, * 'There is no help for you/ in your/ God.'
But You, Lord, are a/ shield a-/bout me; * You are my glory, and lift/ high my/ head.

When I cry a-/loud' to the/ Lord, * He will answer me from His/ ho-ly/ hill;
I lie down and sleep and/ rise a-/gain, * because the/ Lord su-/stains me.

I will not be afraid of the hordes of people/ all a-/round ☺ who have set them-/selves a-/gainst me.

Salvation belongs/ to the/ Lord; * may Your blessing be u-/pon Your/ people.

Glory to the Father...

Ant: *You, Lord, are a shield about me.*

THURSDAY: Matins

Psalm 5

Ant: *You, O Lord, will bless the righteous.*

Give ear to my/ words, O/ Lord; * consider my/ la-men-/tation.

Hearken to the voice of my crying, my King/ and my/ God, * for to You I/ make my/ prayer.

In the morning, O Lord, You will/ hear my/ voice; * early in the morning I look up and make my ap-/peal to/ You.

For You are the God who takes no/ pleasure in/ wickedness; * no evil can/ dwell with/ You.

The boastful cannot stand/ in Your/ sight; * You will not/ tole-rate/ wickedness.

You silence those/ who speak/ lies; * the bloodthirsty and deceitful the Lord/ will ab-/hor.

But as for me, through the greatness of Your mercy, I will come in-/to Your/ house; * I will bow down towards Your holy/ temple in/ awe of You.

Lead me, Lord,/ in Your/ righteousness, * despite my enemies, make Your way straight be-/fore my/ face.

For there is no truth in their mouth, and in their heart/ is de-/struction, * their throat is an open sepulchre, and they flatter/ with their/ tongue.

Those who transgress deserve to/ be cast/ out, * for they have re-/belled a-/gainst You.

But let all who take refuge in/ You be/ glad * let them sing out their/ joy for/ ever.

You,/ Lord, will/ shelter them, * so that those who love Your Name/ may e-/xult in You.

For You, O Lord, will/ bless the/ righteous; * and in Your graciousness You will defend them as/ with a/ shield.

Glory to the Father...

Ant: *You, O Lord, will bless the righteous.*

Psalm 61

Ant: I will always sing praise to Your Name.

Hear my cry-/ing, O/ God, * and listen/ to my/ prayer.

From the ends of the earth I call to You with/ faint-ing/ heart; * O set me on the rock that is/ higher than/ I am.

For You/ are my/ refuge, * a strong tower a-/gainst the/ enemy.

Let me dwell in Your/ tent for/ ever * and take refuge under the shelter/ of Your/ wings.

For You, O God, will/ hear my/ vows; * You will grant the request of those who/ fear Your/ Name.

You will add length of days to the/ life of' the/ king, * that his years may endure throughout all/ ge-ner-/ations.

May he sit enthroned before/ God for/ ever; * may steadfast love and/ truth watch/ over him.

So I will always sing praise/ to Your/ Name, * and day by day ful-/fil my/ vows.

Glory to the Father...

Ant: I will always sing praise to Your Name.

THURSDAY: Hours

Psalm 119, 97-104

Ant: How sweet are Your words to my tongue.

Lord how I/ love Your/ law, * it is my meditation/ all the' day/ long.

Your commandments have made me wiser/ than my/ adversaries, * for they remain with/ me for/ ever.

I have more understanding than/ all my/ teachers, * for I study/ Your com-/mands.

I am wiser/ than the/ aged * because I have/ kept Your/ precepts.

I have held back my feet from every/ ev-il/ path * that I might/ keep Your/ word;

I have not turned aside/ from Your/ judgements * for You Yourself/ are my/ teacher.

How sweet are Your words/ to my/ tongue, * sweeter than honey/ to my/ mouth.

Through Your precepts I gain/ un-der-/standing, * therefore I spurn all/ ly-ing/ ways.

Glory to the Father...

Ant: How sweet are Your words to my tongue.

Psalm 119, 105-112

Ant: Your word, O Lord, is a lantern to my feet.

Your word is a lantern/ to my/ feet * and a light/ to my/ path.

I have vowed and/ sworn an/ oath * to keep Your/ right-eous/ judgements.

I have been afflicted/ be-yond/ measure: * Lord, give me life according/ to Your/ word.
Accept, O Lord, the freewill offerings/ of my/ mouth * and teach/ me Your/ judgements.
I take my life in my/ hands con-/tinually, * yet I do not for-/get Your/ law.
The wicked have/ laid a/ snare for me * but I have not strayed/ from Your/ precepts.
Your commands are my inheri-/tance for/ ever, * they are the joy/ of my/ heart.
I have set my heart to ful-/fil Your/ statutes, * always, even/ to the/ end.
Glory to the Father...

Ant: *The Lord has made known his salvation.*

Psalm 119, 113-120

Ant: *You are my shelter and my shield, O Lord.*

I beware those who are/ dou-ble/ minded, * but Your law/ do I/ love.
You are my shelter/ and my/ shield * and in Your word/ is my/ hope.
Away from/ me, all/ evil; * I will keep the commandments/ of my/ God.
Be my stay, according to Your word, that/ I may/ live, * and do not disappoint me/ in my/ hope.
Hold me up, and I/ shall be/ safe, * and I will ever delight/ in Your/ statutes.
Turn the hearts of those who swerve/ from Your/ statutes; * may everyone res-/pect Your/ Law.
Let the ungodly of the earth/ turn to/ You, * and learn to love/ Your com-/mands.
Glory to the Father...

Ant: *You are my shelter and my shield, O Lord.*

FRIDAY: Vespers

Psalm 7

Ant: *I will give thanks to the Lord and make music to His name.*

O Lord my God, in You/ I take/ refuge; * save me and deliver me from all/ who pur-/sue me.
Lest they rend me like a lion and tear/ me in/ pieces * while there is/ none to/ help me.

Lord my God, if I have/ done these/ things: * if there is wicked-ness/ in my/ hands,
If I have repaid my/ friend with/ evil, * or plundered my enemy with-/out a/ cause,
Then let my enemy pursue me and/ o-ver-/take me, * trample my life to the ground, and lay my
honour/ in the/ dust.

Rise up, O Lord, and protect me from the fury/ of my/ enemies. * Awaken, my God, and/ de-cree/
justice.

Let the assembly of the peoples/ ga-ther/ round you; * be seated high above them, O Lord, and/
judge the/ nations.

Give judgement for me according to my righteous-/ness, O/ Lord; * vindicate me according to/ my in-/tegrity

Let the malice of the wicked come to an end, but e-/stablish the/ righteous; * for You test the mind and heart, O/ righ-eous/ God.

God Most High/ is my/ shield; * He saves the up-/right of/ heart.

God is a/ righ-teous/ judge; * and He is provoked/ all the' day/ long.

Behold, those who are in la-/bour with/ wickedness, * who conceive evil and give/ birth to/ lies;

They dig a pit and/ make it/ deep * and fall into the hole that they have/ made for/ others.

The trouble they cause re-/coils on/ them; * their violence descends/ on their' own/ heads.

I will give thanks to the Lord/ for His/ righteousness, * and I will make music to the Name of the/ Lord Most/ High.

Glory to the Father...

Ant: I will give thanks to the Lord and make music to His name.

Psalm 64

Ant: The righteous shall rejoice in the Lord.

Hear the voice of my com-/plaint, O/ God; * preserve my life from/ fear of' the/ enemy.

Hide me from the conspiracy/ of the/ wicked, * from the gather-/ing of/ evildoers.

They sharpen their tongue/ like a/ sword * and aim their bitter/ words like/ arrows,

That they may shoot suddenly/ at the/ blameless * from the places/ where they/ hide.

They hold fast to their/ e-vil/ course; * they talk of laying snares, saying,/ 'Who will/ see us?'

They plot injustice and say, 'We have devised a/ per-fect/ plan!' * Surely the human mind and/ heart are/ cunning.

But/ God will/ thwart them, * and suddenly they/ shall be/ halted.

Their own tongues shall/ be their/ downfall, * and all who see them shall toss their/ heads in/ scorn.

Then, in awe, all peoples shall tell what/ God has/ done, * and they will ponder/ all His/ works.

The righteous shall rejoice in the Lord and/ put their/ trust in Him, * and all that are true of heart/ shall ex-/ult.

Glory to the Father...

Ant: The righteous shall rejoice in the Lord.

FRIDAY: Matins

Psalm 88

Ant: Early in the morning my prayer shall come before You, O Lord.

O Lord, God of/ my sal-/vation, * I have cried day and/ night be-/fore You.

Let my prayer come in-/to Your/ presence;* incline Your/ ear to' my/ cry.
 For my soul is/ full of/ troubles * my life draws/ near to/ death.
 I am counted as one gone/ down' to the/ Pit; * I am like one that/ has no/ strength,
 Lost among the dead, like the slain who/ lie in' the/ grave, * I am laid in the lowest pit, in a place of
 darkness/ in the' a-/byss.
 Your displeasure lies/ heavy u-/pon me, * and I am afflicted like one/ who is/ drowning.
 My friends/ are far/ from me * and I/ am ab-/horred by them.
 I am so fast in prison that I/ cannot get/ free; * my eyes are/ dim with/ grief.
 Lord, I have called u-/pon You/ daily; * I have stretched/ out my/ hands to You.
 Do You work wonders/ for the/ dead? * Will the spirits rise/ up and/ praise You?
 Shall Your loving-kindness be declared/ in the/ grave, * Your faithfulness in/ de-so-/lation?
 Shall Your wonders be/ known in' the/ dark, * or Your righteous deeds in the land/ of ob-/livion?
 But as for me, O Lord,/ I will/ cry to You; * early in the morning my prayer shall/ come be-/fore You.
 Lord, why is my/ soul re-/jected? * Why can I not/ see Your/ face?
 I have been wretched and at the point of death/ from my/ youth; * I suffer terrors and am/ seen no/
 more.
 All day long horrors come about/ me like/ water; * they close me in on/ eve-ry/ side.
 Friend and neighbour have been/ put far/ from me; * darkness has become my/ clos-est/ friend.
 Glory to the Father...
 Ant: *Early in the morning my prayer shall come before You, O Lord.*

FRIDAY: Hours

Psalm 119, 121-128

Ant: *O Lord, teach me Your statutes.*

I have done what is/ just and/ right, * O do not give me over/ to temp-/tation.
 Stand surety for Your/ ser-vant's/ good; * let not the evil/ one se-/duce me.
 My eyes fail with watching for/ Your sal-/vation, * for the fulfilment of Your/ right-eous/ word.
 O deal with Your servant according to Your/ lov-ing/ mercy * and teach/ me Your/ statutes.
 I am Your servant, O give me/ un-der-/standing * that I may know/ Your com-/mands.
 It is time for the/ Lord to/ act * for Your/ law is/ violated.
 But I love/ Your com-/mandments ☺ more than gold, more than the/ fin-est/ gold;
 Therefore I straighten my paths by/ all Your/ precepts * and I turn from all/ ly-ing/ ways.
 Glory to the Father...

Ant: *O Lord, teach me Your statutes.*

Psalm 119, 129-136

Ant: *Make Your face shine upon Your servant.*

Wonderful are/ Your com-/mands * and therefore/ my soul/ keeps them.

The unfolding of Your/ word gives/ light, * it gives understanding/ to the/ simple.

I open my mouth and draw/ in my/ breath, * for I yearn for/ Your com-/mandments.

O turn to me/ and be/ merciful, * as is Your way with those who/ love Your/ Name.

Order my steps according/ to Your/ word * that no evil may get/ mast-ery/ over me.

Deliver me/ from temp-/tation * that I may/ keep Your/ precepts.

Make Your face shine u-/pon Your/ servant * and teach/ me Your/ statutes.

My eyes gush out with/ streams of/ water * because no heed is paid/ to Your/ law.

Glory to the Father...

Ant: *Make Your face shine upon Your servant.*

Psalm 119, 137-144

Ant: *Your commandments are my delight.*

Righteous are You, Lord God, and just/ are Your/ judgements; * The commands that You have given are exceedingly right-/eous and/ true.

Your word has been tried/ in the/ fire * and therefore Your/ ser-vant/ loves it.

I am small and of/ no ac-/count * but I have not for-/gotten Your/ precepts.

Your righteousness is an ever-/last-ing/ righteousness * and Your/ law is/ truth.

When trouble and an-/guish take/ hold of me * Your commandments are/ my de-/light.

The righteousness of Your commands is/ ev-er-/lasting * O give me understanding, and/ I shall/ live.

Glory to the Father...

Ant: *Your commandments are my delight.*

Psalm 119, 145-152

Ant: *O Lord, I will keep Your statutes.*

I call with my whole heart, hear/ me, O/ Lord, * I will/ keep Your/ statutes.

I cry out to/ You, O/ save me * and I will heed/ Your com-/mands.

Before the morning light I rise/ and I/ call; * for in Your word/ is my/ hope.

Before the night watch/ my eyes/ wake, * that I may meditate up-/on Your/ words.

Hear my voice, O Lord, in Your/ lov-ing/ mercy, * and according to Your judgements,/ give me/ life.

Protect me, O Lord, from all who would draw me/ from Your/ ways; * from all who are far/ from Your/ law.

You, Lord, are/ close at/ hand * and all Your command-/ments are/ true.

I have known long since from /Your com-/mands * that You have founded/ them for/ ever.

Glory to the Father...

Ant: *O Lord, I will keep Your statutes.*

SATURDAY: Vespers

Psalm 18 (part 1)

Ant: *The Lord is my crag, my fortress and my deliverer.*

I love You, O/ Lord my/ strength. * The Lord is my crag, my fortress and/ my de-/liverer;

My God, my rock in whom/ I take/ refuge, * my shield, the horn of my salvation/ and my/ stronghold.

I cried to the/ Lord in' my/ anguish * and I was saved/ from my/ enemies.

The bonds of/ death en-/twined me * and the torrents of destruction/ o-ver-/whelmed me.

The cords of the Pit/ fastened a-/bout me * and the snares of/ death en-/tangled me.

In my distress I called u-/pon the/ Lord * and cried out to my/ God for/ help.

He heard my voice/ in His/ temple * and my cry/ came to' His/ ears.

The earth/ trembled and/ quaked; * the foundations of the mountains shook and reeled at the/ Lord's dis-/pleasure.

Smoke arose from His nostrils and a consuming fire went/ out of' His/ mouth; * burning coals/ blazed be-/fore Him.

He parted the heavens/ and came/ down * and there was thick darkness/ under His/ feet.

He rode upon the cheru-/bim and/ flew; * He came flying on the/ wings of' the/ wind.

He made darkness His covering/ round a-/bout Him, * dark waters and thick/ clouds His/ canopy.

Out of the brightness/ of His/ presence * clouds advanced with hailstones and/ bolts of/ lightning.

The Lord/ thundered from/ heaven; * the voice of the Most/ High re-/sounded.

His arrows/ scattered His/ enemies; * He hurled down bolts of lightning and/ put them' to/ flight.

The springs of the ocean were uncovered, and the foundations of the/ earth laid/ bare; * at Your rebuke, O Lord, at the blast of the breath of/ Your dis-/pleasure.

He reached down from on/ high and/ took me; * He drew me out of the/ migh-ty/ waters.

He delivered me from the/ power' of my/ enemies, * from foes too/ mighty for/ me.

They came upon me in the day of my trouble; * but the Lord upheld me.

He brought me out into a place of liberty; * He rescued me because He delighted in me.

The Lord rewarded me after my/ right-eous/ dealing; * according to the cleanness of my hands He/ re-com-/pensed me,

Because I had kept the/ ways of' the/ Lord * and had not gone away from my/ God in/ wickedness.
For I had an eye to/ all His/ laws, * and did not forsake/ His com-/mandments.
I was blameless before Him * and kept myself from iniquity;
Therefore the Lord rewarded me after my/ right-eous/ dealing, * and according to the cleanness of
my hands/ in His/ sight.
Glory be to the Father...
Ant: The Lord is my crag, my fortress and my deliverer.

SATURDAY: Matins

Psalm 18 (part 2)

Ant: It is God Who girds me about with strength.

To the faithful you show Yourself faithful, * to the blameless You show Yourself blameless,
To the pure You show Yourself pure, * but to the devious You show Yourself shrewd.
For You will save a lowly people * and bring down the haughtiness of the proud.
You also shall light my candle; * the Lord my God shall make my darkness to be bright.
With Your help I can advance against an enemy host; * with the help of my God I can leap a wall.
As for God, His way is perfect; the word of the Lord is tried in the fire; * He is a shield to all who
trust in Him.
For who is God but the Lord, * and who is the rock except our God?
It is God Who girds me about with strength * and makes my way perfect;
Makes my feet like the feet of a deer * so that I tread surely on the heights.
You have given me the shield of Your salvation; * Your right hand upholds me and Your grace has
made me great.
You lengthen my strides beneath me, * yet my feet do not give way.
You have girded me with strength * and You will protect me;
The evildoers will cry out, but there shall be none to help them; * they will cry in vain to the Lord.
The Lord lives, and blessed be my rock! * Praised be the God of my salvation, even the God Who
vindicates me
Therefore I will give You thanks, O Lord, among the nations * and sing praises to your Name,
To the one Who gives great victory to His king * and shows faithful love to His anointed, and to
David's seed for ever.
Glory to the Father...
Ant: It is God Who girds me about with strength.

SATURDAY: Hours

Psalm 119, 153-160

Ant: O give me life, according to Your word.

Consider my affliction/ and de-/liver me, * for I do not for-/get Your/ law.

Plead my cause and/ set me/ free; * O give me life, according/ to Your/ word.

May those who do not/ seek Your/ statutes * turn to You and/ find sal-/vation.

Numberless, O Lord, are Your/ ten-der/ mercies; * according to Your judgements,/ give me/ life.

Despite affliction,/ trials and/ trouble, * I have not swerved from/ Your com-/mands.

I am cut to the heart and filled/ with com-/passion *when I see the faithless, who do not/ keep Your/ word.

Consider, O Lord, how I/ love Your/ precepts, * and in Your mercy,/ give me/ life.

The sum of Your/ word is/ truth, * and all Your righteous judgements/ stand for/ ever.

Glory to the Father...

Ant: O give me life, according to Your word.

Psalm 119, 161-168

Ant: Seven times a day I will praise You, O Lord.

Princes have persecuted me with-/out a/ cause: but my heart stands in/ awe of' Your/ word.

I am as glad of Your word as one who/ finds rich/ spoil. * Lies I hate and abhor, but Your law/ do I/ love.

Seven times a day/ I will/ praise You, * because of Your/ right-eous/ judgements.

Great is the peace of those who/ love Your/ law, * for nothing shall/ make them/ stumble.

I have kept Your precepts/ and com-/mands, * for all my ways are/ open be-/fore You.

Glory to the Father...

Ant: Seven times a day I will praise You, O Lord.

Psalm 119, 169-176

Ant: My tongue shall sing Your praise.

Let my cry come to/ You, O/ Lord; * O give me understanding, according/ to Your/ word;

Let my supplication/ come be-/fore You, * and deliver me according/ to Your/ promise.

My lips shall pour/ forth Your/ praise, * because You teach/ me Your/ statutes;

My tongue shall sing/ of Your/ word, * for all Your command-/ments are/ righteous.

Let Your hand be/ swift to/ help me, * for I have/ chosen Your/ precepts.

Lord, I have longed for/ Your sal-/vation, * and Your law is/ my de-/light.

O let my soul live, that/ I may/ praise You, * and let Your judgements/ be my/ help.

I have gone astray like a sheep/ that is/ lost; * O seek Your servant, for I do not forget/ Your com-
/mandments.

Glory to the Father...

Ant: My tongue shall sing Your praise.

APPENDIX 2

A selection of READINGS

Romans 8.18-25 Glory as our Destiny

I think that what we suffer in this life can never be compared to the glory, as yet un-revealed, which is waiting for us. `The whole creation is eagerly waiting for God to reveal his sons. `It was not for any fault on the part of creation that it was made unable to attain its purpose, it was made so by God; but creation still retains the hope of being freed, like us, from its slavery to decadence, to enjoy the same freedom and glory as the children of God. From the beginning till now the entire creation, as we know, has been groaning in one great act of giving birth; and not only creation, but all of us who possess the first-fruits of the Spirit, we too groan inwardly as we wait for our bodies to be set free. For we must be content to hope that we shall be saved — our salvation is not in sight, we should not have to be hoping for it if it were — but, as I say, we must hope to be saved since we are not saved yet — it is something we must wait for with patience.

Romans 8.26-27 The Holy Spirit aids our Prayer

The Spirit too comes to help us in our weakness. For when we cannot choose words in order to pray properly, the Spirit Himself expresses our plea in a way that could never be put into words, and God Who knows everything in our hearts knows perfectly well what He means, and that the pleas of the saints expressed by the Spirit are according to the mind of God.

Romans 8.28-30 God has called us to share His glory

We know that by turning everything to their good, God co-operates with all those who love Him, with all those that He has called according to His purpose. They are the ones He chose especially long ago and intended to become true images of His Son, so that His Son might be the eldest of many brothers. He called those He intended for this; those He called He justified, and with those He justified He shared His glory.

Romans 8.31-39 Hymn to God's love

After saying this, what can we add? With God on our side who can be against us? Since God did not spare His own Son, but gave Him up to benefit us all, we may be certain, after such a gift, that He will not refuse anything He can give. Could anyone accuse those that God has chosen? When God acquits, could anyone condemn? Could Christ Jesus? No! He not only died for us, He rose from the dead, and there at God's right hand He stands and pleads for us. Nothing, therefore, can come between us and the love of Christ, even if we are troubled or worried, or being persecuted, or lacking food or clothes, or being threatened or even attacked. As scripture promised: For Your sake we are being massacred daily, and reckoned as sheep for the slaughter. These are the trials through

which we triumph, by the power of Him Who loved us. For I am certain of this: neither death nor life, no angel, no prince, nothing that exists, nothing still to come, not any power, or height or depth, nor any created thing, can ever come between us and the love of God made visible in Christ Jesus our Lord.

Romans 11.33-36 Hymn to God's mercy and wisdom

How rich are the depths of God — how deep His wisdom and knowledge — and how impossible to penetrate His motives or understand His methods! Who could ever know the mind of the Lord? Who could ever be His counsellor? Who could ever give Him anything or lend Him anything? All that exists comes from Him; all is by Him and for Him. To Him be glory for ever! Amen.

Romans 12.1-2 Spiritual worship

Think of God's mercy, my brothers, and worship Him, I beg you, in a way that is worthy of thinking beings, by offering your living bodies as a holy sacrifice, truly pleasing to God. Do not model yourselves on the behaviour of the world around you, but let your behaviour change, modelled by your new mind. This is the only way to discover the will of God.

1 Corinthians 13.1-13 Love – the greatest gift

If I have all the eloquence of men or of angels, but speak without love, I am simply a gong booming or a cymbal clashing. If I have the gift of prophecy, understanding all the mysteries there are, and knowing everything, and if I have faith in all its fullness, to move mountains, but without love, then I am nothing at all. If I give away all that I possess, piece by piece, and if I even let them take my body to burn it, but am without love, it will do me no good whatever. Love is always patient and kind; it is never jealous: love is never boastful or conceited; it is never rude or selfish; it does not take offence, and is not resentful. Love takes no pleasure in other people's sins but delights in the truth; it is always ready to excuse, to trust, to hope, and to endure whatever comes. Love does not come to an end. But if there are gifts of prophecy, the time will come when they must fail; or the gift of languages, it will not continue for ever; and knowledge — for this, too, the time will come when it must fail. For our knowledge is imperfect and our prophesying is imperfect; but once perfection comes, all imperfect things will disappear. When I was a child, I used to talk like a child and think like a child and argue like a child, but now I am a man, all childish ways are put behind me. Now we are seeing a dim reflection in a mirror; but then we shall be seeing face to face. The knowledge that I have now is imperfect; but then I shall know as fully as I am known. In short, there are three things that last: faith, hope and love; and the greatest of these is love.

John 10.11-15 The Good Shepherd

[Jesus said,] "I am the good shepherd: the good shepherd is one who lays down his life for his sheep. The hired man, since he is not the shepherd and the sheep do not belong to him, abandons the sheep and runs away as soon as he sees a wolf coming, and then the wolf attacks and scatters the sheep; this is because he is only a hired man and has no concern for the sheep. I am the good shepherd; I know My own and My own know Me. Just as the Father knows Me and I know the Father; and I lay down My life for My sheep.

John 13.34-35 New Commandment of Love

[Jesus said,] "I give you a new commandment: love one another; just as I have loved you, you also must love one another. By this love you have for one another, everyone will know that you are my disciples."

John 14.1-6 The Way, the Truth and the Life

[Jesus said,] "Do not let your hearts be troubled. Trust in God still, and trust in me. There are many rooms in my Father's house; if there were not, I should have told you. I am going now to prepare a place for you, and after I have gone and prepared you a place, I shall return to take you with me: so that where I am you may be too. You know the way to the place where I am going." Thomas said, "Lord, we do not know where you are going, so how can we know the way?" Jesus said: "I am the Way, the Truth and the Life. No one can come to the Father except through me."

John 14.26-27 The Advocate and Gift of Peace

[Jesus said,] "The Advocate, the Holy Spirit, Whom the Father will send in My name, will teach you everything and remind you of all I have said to you. Peace I bequeath to you, my own peace I give you, a peace the world cannot give, this is my gift to you. Do not let your hearts be troubled or afraid."

John 15.1-5 The True Vine

[Jesus said,] "I am the true vine, and my Father is the vinedresser. Every branch in Me that bears no fruit He cuts away, and every branch that does bear fruit He prunes to make it bear even more. You are pruned already, by means of the word that I have spoken to you. Make your home in Me, as I make Mine in you. As a branch cannot bear fruit all by itself but must remain part of the vine, neither can you unless you remain in Me. I am the vine, you are the branches. Whoever remains in Me, with Me in him, bears fruit in plenty.

John 16.13-15 The Spirit of Truth

[Jesus said,] "When the Spirit of truth comes He will lead you to the complete truth, since He will not be speaking as from Himself but will say only what He has learnt: and He will tell you of the things to come. He will glorify Me, since all He tells you will be taken from what is Mine. Everything the Father has is Mine: that is why I said: all He tells you will be taken from what is Mine."

