

## DAILY PRAYER

*Personal Prayer for use during the COVID-19  
Pandemic whilst at Home*

## THE 4th SUNDAY OF EASTER

3rd May

AD 2020



*Jesus said....*

*“I am the door; if anyone enters by  
me, he will be saved, and will go in  
and out and find pasture.”*

*Can daily prayers change your life? Absolutely! You can develop a fuller relationship with God and live a better life through prayer. You have a better chance at finding fulfillment, from daily prayers than from the many distractions bombarding us these days!*

*Think of all the promises we hear on TV and elsewhere: you'll find happiness if you buy this car, this book, this exercise bike, or this pill (after checking with your doctor first on that last one)! Yet many times our souls feel as empty as our wallets or purses afterwards.*

*Developing a good prayer life can really change you for the better. Praying can become a most satisfying routine in many ways. It might not be an easy habit to start at first, but it's definitely one you won't want to break! Daily prayers can give you a sense of peace and purpose.*

*Prayer has often been called "the raising up of the mind and heart to God". We engage in a literally divine conversation with Him. You get a wonderful opportunity from prayer to strengthen and deepen your relationship with our Creator and with your fellow human beings by praying for their needs as well as your own.*

*"Those who have truly decided to serve the Lord God should practice the remembrance of God and uninterrupted prayer to Jesus Christ, mentally saying: "Lord Jesus Christ, Son of God, have mercy on me a sinner." ' (St. Seraphim of Sarov)*

## THE SEAL

Through the prayers of our holy Fathers and Mothers,  
Lord Jesus Christ our God, have mercy on us and save us.

## TRISAGION PRAYERS

O Heavenly King, the Paraclete, the Spirit of Truth,  
who are present everywhere, filling all things,  
Treasury of Good and Giver of Life, come and dwell in us,  
cleansing us of every stain, and save our souls, O Good One.

✠ Holy God, Holy Mighty, Holy Immortal have mercy on us.  
(three times)

✠ Glory be to the Father, and to the Son, and to the Holy Spirit.  
Now and ever and to the ages of ages. Amen.

All-Holy Trinity, have mercy on us.  
Lord forgive us our sins.  
Master, pardon our transgressions.  
Holy One, visit and heal our infirmities for your name's sake.

Kyrie eleison, Kyrie eleison, Kyrie eleison.

✠ Glory be to the Father, and to the Son, and to the Holy Spirit.  
Now and ever and to the ages of ages. Amen.

Our Father, Who art in Heaven, hallowed be Thy name;  
Thy Kingdom come, Thy will be done on earth as it is in Heaven.  
Give us this day our daily bread;  
and forgive us our trespasses as we forgive those who trespass  
against us;  
and lead us not into temptation, but deliver us from evil.  
(for 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  
to the ages of ages.) ✠ Amen.

Kyrie eleison, Kyrie eleison, Kyrie eleison.  
Kyrie eleison, Kyrie eleison, Kyrie eleison.

✠ Glory be to the Father, and to the Son, and to the Holy Spirit.  
Now and ever and to the ages of ages. Amen.

countenance shineth forever. And I beseech thee also to grant that our present lives may be godly, sober, and blameless, that, we too may be made worthy to enter into thy heavenly Kingdom with those we love but see no longer: for thou art the Resurrection, and the Life, and the Repose of thy departed servants, O Christ our God, and unto thee we ascribe glory: to the Father, and to the Son, and to the Holy Spirit; now and ever, and unto ages of ages. Amen.

#### A General Intercession

O Lord Jesus Christ our God, who in thy mercy and loving-kindness dost regard the prayers of all who call upon thee with their whole heart, incline thine ear and hear my prayer, now humbly offered unto thee:

Be mindful, O Lord, of thy One, Holy Catholic and Apostolic Church; confirm and strengthen it, increase it and keep it in peace, and preserve it unconquerable forever;

Be mindful, O Lord, of our Bishop *Jonathan*, and of every Bishop of the Church: of Priests and Deacons, the Religious, and Lay Ministers of thy Church, which thou has established to feed the flock of the Word: and by their prayers have mercy upon me and save me, a sinner.

Be mindful, O Lord, of all civil Authorities, of our Armed Forces, of this city in which we dwell, and of every city and land; grant us peaceful times, that we may lead a calm and tranquil life in all godliness and sanctity.

Be mindful, O Lord, of my parents, my brothers and sisters, my relatives and friends, and all who are near and dear to me, (*name those whom you wish to remember*), and grant them mercy, life, peace, health, salvation and visitation, and pardon and remission of sins; that they may evermore praise and glorify thy holy Name.

Be mindful, O Lord, of those who travel by land, and sea, and air; of the young and the old; orphans and widows; the sick and the suffering, the sorrowing and the afflicted, all captives, and the needy poor; upon them all send forth thy mercies, for thou art the Giver of all good things.

Be mindful, O Lord, of me, thy humble servant; grant me thy grace, that I may be diligent and faithful; that I may avoid evil company and influence, and resist all temptation; that I may lead a godly and righteous life, blameless and peaceful, ever serving thee, that I may be accounted worthy at the last to enter into the Kingdom of Heaven.

Be mindful, O Lord, of all those who have fallen asleep in the hope of resurrection unto life eternal, especially *N.*, *NN.*; pardon all their transgressions both voluntary and involuntary, whether in word, or deed, or thought. Shelter them in a place of brightness, a place of verdure, a place of repose, whence all sickness, sorrow and sighing have fled away, and where the sight of thy countenance rejoiceth all thy Saints from all the ages. Grant them thy heavenly Kingdom, and a portion in thine ineffable and eternal blessings, and the enjoyment of thine unending Life.

Hear my prayer, O Lord, for thou art merciful and compassionate, and lovest mankind, and to thee are due all glory, honour, and worship: to the Father, and to the Son, and to the Holy Spirit: now and ever, and unto ages of ages. Amen.

## THE ANGELUS / REGINA CAELI

*Traditionally in the morning, at noon, and in the evening in memory of the Incarnation of God, the faithful recite the Angelus, except during Eastertide, when the Regina caeli is said:*

Ÿ. Joy to thee, O Queen of Heaven. Alleluia!

Ř. He whom Thou wast meet to bear. Alleluia!

Ÿ. As He promised hath arisen. Alleluia!

Ř. Pour for us to God thy prayer. Alleluia!

Ÿ. Rejoice and be glad, O Virgin Mary, alleluia.

Ř. For the Lord is risen indeed, alleluia.

Let us pray:

O God, who through the resurrection of Thy Son our Lord Jesus Christ hast given joy to the whole world: grant, we beseech thee, that with the help of His Mother, the Virgin Mary, we may obtain the joys of everlasting life. Through Christ our Lord. Ř. Amen..

## PRAYER IN THE MORNING - LAUDS

### *The Invitatory*

V/. ✠ Lord, open our lips

R/. And we shall praise your name

### Psalm 95 - said daily

*Antiphon:*

*Sunday + Tuesday - Saturday:*

The Lord has truly risen, alleluia.

*On Monday - Feast of the English Martyrs:*

The Lord is the King of Martyrs:  
come let us adore him, alleluia.

Come, ring out our joy to the Lórd; \*

háil the Gód who sáves us.

Let us cóme before him, giving thánks, \*

with sóngs let us háil the Lórd.

mighty Gód is the Lórd, \*

a gréat king abóve all góds.

In his hánd are the dépths of the éarth; \*

the héights of the móuntains are his.

To hím belongs the séa, for he máde it \*

and the drý land sháped by his hánds.

Come ín; let us bów and bend lów; \*

let us knéel before the Gód who máde us:

for hé is our Gód and wé †

the péople who belóng to his pásture, \*

the flóck that is léd by his hánd.

O that todáy you wóuld listen to his vóice! †

‘Hárden not your héarts as at Meribah, \*

as on that dáy at Mássah in the désert

when your fáthers pút me to the tést; \*

when they tried me, thóugh they saw my wórk.

For forty yéars I was wéaried of these péople †

and I sáid: “Their héarts are astráy, \*

these péople do not knów my wáys.”

Thén I took an óath in my ánger: \*

“Néver shall they énter my rést.”

Glory be to the Father and to the Son and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen.

*Antiphon:*

*Sunday + Tuesday - Saturday:*

The Lord has truly risen, alleluia.

*On Monday - Feast of the English Martyrs:*

The Lord is the King of Martyrs:  
come let us adore him, alleluia.

*The following hymn is sung, or another appropriate for Easter may be sung*

Light's glittering morn bedecks the sky,  
Heav'n thunders forth its victor cry:  
The glad earth shouts her triumph high,  
And groaning hell makes wild reply.

While he, the King of sovereign might,  
Treads down death's strength in death's despite,  
And trampling hell by victor's right,  
Brings forth his sleeping saints to light.

Fast barred beneath the stone of late,  
In watch and ward where soldiers wait,  
Now shining in triumphant state,  
He rises victor from death's gate.

Hell's pains are loosed and tears are fled:  
Captivity is captive led:  
The angel, crowned with light, hath said:  
'The Lord is risen from the dead.'

Author of all, be thou our guide  
In this our joy of Eastertide;  
Whene'er assaults of death impend,  
Thy people strengthen and defend.

To thee who, dead, again dost live,  
All glory, Lord, thy people give:  
All glory, as is ever meet,  
To Father and to Paraclete.

## The Psalms

*Two Psalms with a Canticle are said on Sunday -  
one Psalm on subsequent weekdays*

### Sunday 3rd May - Psalm 118

#### A cry of rejoicing and triumph

*"This is the stone which was rejected by you builders,  
but which has become the cornerstone" (Acts 4:11).*

*Antiphon:* I shall not die, I shall live  
and recount the deeds of the Lord. Alleluia.

Give thanks to the Lórd for he is good, \*  
for his love endures for éver.  
Let the sóns of Ísraél sáy: \*  
'His love endures for éver.'  
Let the sóns of Áaron sáy: \*  
'His love endures for éver.'  
Let those who fear the Lórd sáy: \*  
'His love endures for éver.'  
I called to the Lórd in my distréss; \*  
he answered and fréed me.  
The Lórd is at my side; I do not féar. \*  
What can mán do agáinst me?  
The Lórd is at my side as my hélper; \*  
I shall look dówn on my fóes.  
It is bétter to take réfuge in the Lórd \*  
than to trúst in mén;  
it is bétter to take réfuge in the Lórd \*  
than to trúst in prínces.  
The nátions áll encómpassed me; \*  
in the Lórd's name I crúshed them.  
They cómpassed me, cómpassed me abóut; \*  
in the Lórd's name I crúshed them.  
They cómpassed me abóut like bées; †  
they blázed like a fire among thórns. \*  
In the Lórd's name I crúshed them.  
I was hárd-préssed and was fálling, \*

strength to endure my tribulations with complete submission to Thy Will. Thou knowest my misery and suffering and to Thee, my only hope and refuge, I flee for relief and comfort; trusting to thine infinite love and compassion that in due time, when thou knowest best, thou wilt deliver me from this trouble, and turn my distress into comfort, when I shall rejoice in thy mercy, and exalt and praise thy Holy Name, O Father, Son, and Holy Spirit: now and ever, and unto ages of ages. Amen.

## Thanksgiving After Deliverance From Trouble

Almighty and merciful God, I most humbly and heartily thank thy divine majesty for thy loving kindness and tender mercies, that thou hast heard my humble prayer, and graciously vouchsafed to deliver me from my trouble and misery. Grant me, I beseech thee, thy helping grace, that I may obediently walk in thy holy commandments, and lead a sober, righteous and godly life, ever remembering thy mercies, and the blessings thou hast undeservedly bestowed upon me, that I may continually offer to thee the sacrifice of praise and thanksgiving, O Father, Son, and Holy Spirit.

## A Prayer of a Sick Person

O Lord Jesus Christ, our Saviour, Physician of souls and bodies, who didst become man and suffer death on the Cross for our salvation, and through thy tender love and compassion didst heal all manner of sickness and affliction; do thou O Lord, visit me in my suffering, and grant me grace and strength to bear this sickness with which I am afflicted, with Christian patience and submission to thy will, trusting in thy loving kindness and tender mercy. Bless, I pray thee, the means used for my recovery, and those who administer them. I know O Lord, that I justly deserve any punishment thou mayest inflict upon me for I have so often offended thee and sinned against thee, in thought, word and deed. Therefore, I humbly pray thee, look upon my weakness, and deal not with me after my sins, but according to the multitude of thy mercies. Have compassion on me, and let mercy and justice meet; and deliver me from this sickness and suffering I am undergoing. Grant that my sickness may be the means of my true repentance and amendment of my life according to thy will, that I may spend the rest of my days in thy love and fear: that my soul, being helped by thy grace and sanctified by thy Holy Mysteries, may be prepared for its passage to the Eternal Life, and there, in the company of thy blessed Saints, may praise and glorify thee with thy Eternal Father and Life-giving Spirit. Amen.

## Thanksgiving After Recovery from Sickness

Almighty God, our heavenly Father, Source of life and Fountain of all good things, I bless thy Holy Name, and offer to thee most hearty thanks for having delivered me from my sickness and restored me to health. Grant me thy continuing grace, I pray thee, that I may keep my good resolutions and correct the errors of my past life, and improve in virtue, and live a new life in dutiful fear of thee, doing thy will in all things, and devoting this new life which thou has given me to thy service: that thus living for thee, I may be found ready when it pleaseth thee to call me to thee, O heavenly Father, to whom with thine Only-begotten Son, our Lord Jesus Christ, and thine all-holy and Life-giving Spirit, is due all honor, praise, glory, and thanksgiving: now and ever, and unto ages of ages. Amen.

## A Prayer for the Sick

O holy Father, heavenly Physician of our souls and bodies, who hast sent thine Only-begotten Son our Lord Jesus Christ to heal all our ailments and deliver us from death: do thou visit and heal thy servant N., granting him/her release from pain and restoration to health and vigour, that he/she may give thanks unto thee and bless thy holy Name, of the Father, and of the Son, and of the Holy Spirit: now and ever, and unto ages of ages. Amen.

## A Prayer for the Dead

Into thy hands, O Lord, I commend the souls of thy servants, NN., and beseech thee to grant them rest in the place of thy rest, where all thy blessed Saints repose, and where the light of thy

dom come; thy will be done on earth, as it is in heaven. Give us this day our daily bread; and forgive us our trespasses, as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil.

For thine is the kingdom, and the power, and the glory, of the Father, and of the Son, and of the Holy Spirit: now and ever, and unto ages of ages. Amen.

*Glory to the Father, and to the Son, and to the Holy Spirit: now and ever, and unto ages of ages. Amen.*

*Lord, have mercy. (Thrice)*

*Then*

O Christ our God, bless the food and drink of thy servants, for thou art Holy always; now and ever, and unto ages of ages. Amen.

*Or*

They that hunger shall eat and be satisfied, they that seek after the Lord shall praise him; their hearts shall live forever. Amen.

*Or*

Bless us, O Lord, and these thy gifts of which we are about to partake, for thou art blessed and glorified; now and ever, and unto ages of ages. Amen.

#### **After Meals**

*Glory to the Father, and to the Son, and to the Holy Spirit: now and ever, and unto ages of ages. Amen.*

*Lord, have mercy. (Thrice)*

*Then*

Blessed is God, who is merciful unto us and nourisheth us from His bounteous gifts by His Grace and compassion, always, now and ever, and unto ages of ages. Amen.

*Or*

We thank thee, O Christ our God, that thou hast satisfied us with thy earthly gifts, deprive us not of thy Heavenly Kingdom; but as thou entered into the midst of thy disciples, O Saviour, and gave them peace, enter also among us and save us. Amen.

*Or*

We thank thee, O God, the Giver of all good things, for these gifts and all thy mercies, and we bless thy Holy Name, always, now and ever, and unto ages of ages. Amen.

#### **A Prayer of Repentance**

O Lord our God, good and merciful, I acknowledge all my sins which I have committed every day of my life, in thought, word and deed; in body and soul alike. I am heartily sorry that I have ever offended thee, and I sincerely repent; with tears I humbly pray thee, O Lord: of thy mercy forgive me all my past transgressions and absolve me from them. I firmly resolve, with the help of Thy Grace, to amend my way of life and to sin no more; that I may walk in the way of the righteous and offer praise and glory to the Name of the Father, Son, and Holy Spirit. Amen.

#### **Prayer Before a Journey**

O Lord Jesus Christ our God, the true and living way, be thou, O Master, my companion, guide and guardian during my journey; deliver and protect me from all danger, misfortune and temptation; that being so defended by Thy divine power, I may have a peaceful and successful journey and arrive safely at my destination. For in thee I put my trust and hope, and to thee, together with thy Eternal Father, and the All-holy Spirit, I ascribe all praise, honour and glory: now and ever, and unto ages of ages. Amen.

#### **A Prayer in Time of Trouble**

O God, our help and assistance, who art just and merciful, and who heareth the supplications of thy people; look down upon me, a miserable sinner, have mercy upon me, and deliver me from this trouble that besets me, for which, I know, I am deservedly suffering. I acknowledge and believe, O Lord, that all trials of this life are given by Thee for our chastisement, when we drift away from thee, and disobey thy commandments; deal not with me after my sins, but according to thy bountiful mercies, for I am the work of Thy hands, and thou knowest my weakness. Grant me, I beseech thee, thy divine helping grace, and endow me with patience and

but the Lórd came to hélp me.

The Lórd is my stréngth and my sóng; \*  
hé is my sáviour.

There are shóuts of jóy and victóry \*  
in the ténts of the júst.

The Lórd's right hánd has triúmphed; †  
his right hand ráised me. \*

The Lórd's right hánd has triúmphed;  
I shall not díe, I shall líve \*

and recóunt his déeds.

I was púnished, I was púnished by the Lórd, \*  
but nótdoomed to díe.

Ópen to mé the gates of hóliness: \*

I will énter and gíve thánks.

This is the Lórd's ówn gáte \*  
where the júst may énter.

I will thánk you for yóu have ánswered \*  
and yóu are my sáviour.

The stóne which the búilders réjécted \*  
has becóme the córner stóne.

This is the wórk of the Lórd, \*

a márvel in our éyes

This day was máde by the Lórd; \*

we réjóice and are glád.

O Lórd, gránt us salvátion; \*

O Lórd, gránt succéss.

Bléssed in the náme of the Lórd \*

is hé who cómes.

We bléss you from the hóuse of the Lórd; \*  
the Lord Gód is our líght.

Go fórwárd in prócession with bránches \*  
éven to the áltar.

Yóu are my Gód, I thánk you. \*

My Gód, I práise you

Gíve thánks to the Lórd for he is góod; \*  
for his lóve endures for éver.

Glory be to the Father and to the Son and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen.

*Antiphon:* I shall not die, I shall live  
and recount the deeds of the Lord. Alleluia.

*Psalm-prayer:*

Lord God, you have given us the great day of rejoicing: Jesus Christ, the stone rejected by the builders, has become the cornerstone of the Church, our spiritual home. Shed upon your Church the rays of your glory, that she may be seen as the gate of salvation open to all nations. Let cries of joy and exultation ring out from her tents, to celebrate the wonder of Christ's resurrection.

#### **Canticle - Daniel 3: 52-57**

##### **Let every creature praise the Lord**

*"The Creator is blessed for ever" (Rom 1:25).*

*Antiphon:* Blessed be your glorious and holy name. Alleluia.

You are blest, Lord God of our fathers. \*

To you glory and praise for evermore.

Blest your glorious holy name. \*

To you glory and praise for evermore.

You are blest in the temple of your glory. \*

To you glory and praise for evermore.

You are blest who gaze into the depths. \*

To you glory and praise for evermore.

You are blest in the firmament of heaven. \*

To you glory and praise for evermore.

You who walk on the wings of the wind. \*

To you glory and praise for evermore.

May they bless you, the saints and the angels. \*

To you glory and praise for evermore.

From the heavens, the earth and the sea. \*

To you glory and praise for evermore.  
You are blest, Lord God of our fathers. \*  
To you glory and praise for evermore.

Glory be to the Father and to the Son and to the Holy Spirit,  
as it was in the beginning, is now, and ever shall be,  
world without end. Amen.

*Antiphon:* Blessed be your glorious and holy name. Alleluia.

**Psalm 150**  
**Praise the Lord**

*“Sing praise in your spirit, sing praise with your soul, that is:  
give glory to God in both your soul and your body” (Hesychius).*

*Antiphon:* Tell the greatness of our God.  
The works of God are perfect  
and all his ways are right. Alleluia.

Práise Gód in his hóly pláce, \*  
práise him in his míghty héavens.  
Práise him for his pówerful déeds, \*  
práise his surpássing gréatness.  
O práise him with sóund of trúmpet, \*  
práise him with lúte and hárp.  
Práise him with tímbrél and dánce, \*  
práise him with strings and pípes.  
O práise him with resóunding cýmbals, \*  
práise him with cláshing of cýmbals.  
Let éverything that líves and that bréathes \*  
give práise to the Lórd.

Glory be to the Father and to the Son and to the Holy Spirit,  
as it was in the beginning, is now, and ever shall be,  
world without end. Amen.

*Antiphon:* Tell the greatness of our God.  
The works of God are perfect  
and all his ways are right. Alleluia.

*Psalm-prayer:*

Lord God, through your saving plan all things are ours, and we  
are Christ's and Christ is yours. Accept the praises of your  
Church. By these praises, through Christ, with him and in him,  
all your honour and glory is celebrated, all-powerful Father, in the  
Holy Spirit, now and for ever.

**Monday 4th May - The English Martyrs - Psalm 63**  
**Thirsting for God**

*“Let the man who has put away the deeds of the night watch for God.”*

*Antiphon:* While the martyrs of Christ were in torment  
they fixed their minds on heavenly things,  
and said: ‘Lord, come to our help.’ Alleluia.

O Gód, you are my Gód, for you I lóng; \*  
for yóu my sóul is thírsting.  
My bódy pínes for yóu \*  
like a drý, weary lánd without wáter.  
So I gáze on yóu in the sánctuary \*  
to sée your stréngth and your glóry.  
For your lóve is bétter than lífe, \*  
my líps will spéak your práise.  
So I will bléss you áll my lífe, \*  
in your náme I will líft up my hánds.  
My sóul shall be filled as with a bânquet, \*  
my móuth shall práise you with jóy.  
On my béd I reméber yóu. \*  
On yóu I múse through the níght  
for yóu have béen my hélp; \*  
in the shádw of your wíngs I rejóice.  
My sóul clíngs to yóu; \*  
your ríght hand hólds me fást.

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

that we may keep watch with Christ  
and rest with him in peace. Alleluia.

✠ At lást, all-pówerful Mástér, †  
you give léave to your sérvant \*  
to go in péace, accórding to your prómise.  
For my éyes have séen your sálvation \*  
which you have prépared for all nátions,  
the líght to enlighten the Géntiles \*  
and give glóry to Ísrael, your péople.

Glory be to the Father and to the Son and to the Holy Spirit,  
as it was in the beginning, is now, and ever shall be,  
world without end. Amen.

*Antiphon:* Save us, Lord, while we are awake;  
protect us while we sleep;  
that we may keep watch with Christ  
and rest with him in peace. Alleluia.

Let us pray.

God our Father,  
as we have celebrated today  
the mystery of the Lord's resurrection,  
grant our humble prayer:  
free us from all harm  
that we may sleep in peace  
and rise in joy to sing your praise.  
Through Christ our Lord.  
Amen.

✠ The Lord grant us a quiet night and a perfect end. Amen.

*The Final Anthem to Our Lady follows:*

**Regina Caeli**

Queen of Heaven, rejoice, alleluia!  
for he whom you were worthy to bear, alleluia!  
has risen as he said, alleluia!  
Pray for us to God, alleluia!

*Regina caeli, lætare, allelúia,  
quia quem meruisti portare, allelúia,  
resurrexit sicut dixit, allelúia;  
ora pro nobis Deum, allelúia.*

## OCCASIONAL PRAYERS

### Prayer on Entering the Church

I will come into thy house in the multitude of thy mercy: and in  
thy fear I will worship toward thy holy temple. Lead me, O Lord,  
in thy righteousness because of mine enemies; make thy way  
straight before me, that with a clear mind I may glorify thee forev-  
er, One Divine Power worshipped in three persons: Father, Son,  
and Holy Spirit. Amen.

### Prayer on Leaving a Church

Lord, now lettest thou thy servant depart in peace, according to  
thy word: for mine eyes have seen thy salvation, which thou hast  
prepared before the face of all people; a light to lighten the Gen-  
tiles, and the glory of thy people Israel.

### The "Jesus" Prayer

O Lord Jesus Christ, Son of God, have mercy on me, a sinner.

### A Prayer to Your Guardian Angel

O Angel of Christ, holy guardian and protector of my soul and  
body, forgive me everything wherein I have offended thee every  
day of my life, and protect me from all influence and temptation  
of the evil one. May I nevermore anger God by any sin. Pray for  
me to the Lord, that He may make me worthy of the grace of the  
All-holy Trinity, and of the Most Blessed Virgin Mary, and of all  
the Saints. Amen.

### Prayers at the Table

*In the Name of the Father, and of the Son, and of the Holy Spirit. Amen.*  
Our Father, who art in heaven, hallowed be thy Name; thy king-

## Psalm

### Psalm 91

#### The protection of the Most High

*“Behold, I have given you power to tread under foot both serpents and scorpions” (Lk 10:19).*

*Antiphon:* Alleluia. Alleluia. Alleluia.

He who dwélls in the shéltér of the Most High \*  
and abides in the sháde of the Almighty  
sáys to the Lórd: ‘My réfuge, \*  
my stróngthold, my Gód in whom I trúst!’  
It is hé who will fréé you from the snáre \*  
of the fówler who séeks to destróy you;  
hé will concéal you with his pínions \*  
and únder his wings you will find réfuge.  
You will not féar the térror of the níght \*  
nor the árrow that flies by dáy,  
nor the plágue that prówls in the dárkness \*  
nor the scóurge that lays wáste at nóon.  
A thóusand may fáll at your side, \*  
tén thousand fáll at your right,  
yóu, it will néver appróach; \*  
his fáithfulness is búckler and shield.  
Your éyes have óny to lóok \*  
to sée how the wicked are repáid,  
yóu who have said: ‘Lórd, my réfuge!’ \*  
and have máde the Most High your dwélling.  
Upon yóu no évil shall fáll, \*  
no plágue appróach where you dwéll.  
For yóu has he commáded his ángels, \*  
to kéeep you in áll your wáys  
They shall béar you upón their hánds \*  
lest you strike your fóot against a stóne.  
On the líon and the víper you will tréad \*  
and trámples the young líon and the drágon.  
Since he clíngs to me in lóve, I will fréé him; \*  
protéct him for he knóws my náme.  
When he cálls I shall ánsWER: ‘I am with you,’ \*  
I will sáve him in distréss and give him glóry.  
With léngth of life I will contént him; \*  
I shall lét him see my sáving pówer.

Glory be to the Father and to the Son and to the Holy Spirit,  
as it was in the beginning, is now, and ever shall be,  
world without end. Amen.

*Antiphon:* Alleluia. Alleluia. Alleluia.

*Psalm-prayer:*

Lord Jesus Christ, when tempted by the devil, you remained loyal to your Father whose angels watched over you at his command. Guard your Church and keep us safe from the plague of sin so that we may remain loyal to the day we enjoy your salvation and your glory.

#### Short Reading

Sunday: Apocalypse 22: 4-5  
Monday: 1 Thessalonians 5: 9-10  
Tuesday: 1 Peter 5: 8-9  
Wednesday: Ephesians 4: 26-27  
Thursday: 1 Thessalonians 5: 23  
Friday: Jeremiah 14: 9  
Saturday: Deuteronomy 6: 4-7

#### Short Responsory

This is the day which was made by the Lord:  
let us rejoice and be glad, alleluia.

#### Canticle - Nunc Dimittis

Christ is the light of the nations and the glory of Israel

*Antiphon:* Save us, Lord, while we are awake;  
protect us while we sleep;

as it was in the beginning, is now, and ever shall be,  
world without end. Amen.

*Antiphon:* While the martyrs of Christ were in torment  
they fixed their minds on heavenly things,  
and said: ‘Lord, come to our help.’ Alleluia.

*Psalm-prayer:*

Father, creator of unfailing light, give that same light to those who call to you. May our lips praise you; our lives proclaim your goodness; our work give you honour, and our voices celebrate you for ever.

### Tuesday 5th May - Psalm 101

#### The declaration of a just ruler

*“If you love me, keep my commandments” (Jn 14:15).*

*Antiphon:* The man who does the will of my Father  
will enter the kingdom of heaven. Alleluia.

My sóng is of mércy and jústice; \*  
I síng to you, O Lórd.  
I will wálk in the wáy of perféctíon. \*  
O whén, Lord, will you cóme?  
I will wálk with blámeless héart \*  
withín my hóuse;  
I will not sèt befóre my éyes \*  
whátéver is báse.  
I will háte the wáys of the cróoked; \*  
they sháll not be my fríends.  
The false-héarted must kéeep far awáy; \*  
the wicked I dísówn.  
The man who slánders his néíghbour in sécrét \*  
I will bríng to sílence.  
The mán of prou d lóoks and haught y héart \*  
I will néver endúre.  
I lóok to the fáithful in the lánd \*  
that they may dwéll with mé.  
He who wálk s in the wáy of perféctíon \*  
sháll bé my fríend.  
No mán who práctises decéit \*  
sháll líve withín my hóuse.  
No mán who utters líes sháll stánd \*  
befóre my éyes.  
Mórning by mórning I will sílence \*  
all the wicked in the lánd,  
upróoting from the city of the Lórd \*  
áll who do évil.

Glory be to the Father and to the Son and to the Holy Spirit,  
as it was in the beginning, is now, and ever shall be,  
world without end. Amen.

*Antiphon:* The man who does the will of my Father  
will enter the kingdom of heaven. Alleluia.

*Psalm-prayer:*

So that your people might walk in innocence, you came to us, Lord Jesus, and told us to be holy as your Father is holy. Help your children to love what is truly perfect, so that we may neither speak what is evil nor do what is wrong. Let us stand in your sight and celebrate with you the Father’s love and justice.

### Wednesday 6th May - Psalm 108

#### Praise of the Lord and a plea for help

*“Since the Son of God has been exalted above the heavens,  
his glory is preached all over the earth” (Amobius).*

*Antiphon:* O God, arise above the heavens. Alleluia.

My héart is réady, O Gód; \*  
I will síng, síng your práise.  
Awáke, my sóul; †  
awáke, lýre and hárp, \*  
I will awáke the dáwn.

I will thank you, Lórd, among the péoples, \*  
among the nátions I will praise you,  
for your love réaches to the héavens \*  
and your trúth to the skies.  
O Gód, arise above the héavens; \*  
may your glóry shine on éarth!  
O cóme and deliver your friends; \*  
hélp with your ríght hand and replý.  
From his hólý place Gód has made this prómise; †  
‘I will tríumph and dívide the land of Shéchem, \*  
I will méasure out the válley of Súccoath.  
Gílead is míne and Manásseh, \*  
Éphraim I táke for my hélmet,  
Júdah for my commánder’s stáff. \*  
Móab I will úse for my wáshbowl,  
on Édom I will plánt my shóe. \*  
Over the Philistines I will shóut in tríumph.’  
But who will léad me to cónquer the fórtress? \*  
Who will bring me face to fáce with Édom?  
Will you útterly rejéct us, O Gód, \*  
and no lónger márch with our ármies?  
Give us hélp agáinst the fóe, \*  
for the hélp of mán is váin.  
With Gód wé shall do brávely \*  
and hé will trámples down our fóes.

Glory be to the Father and to the Son and to the Holy Spirit,  
as it was in the beginning, is now, and ever shall be,  
world without end. Amen.

*Antiphon:* O God, arise above the heavens. Alleluia.

*Psalm-prayer:*

You are exalted over heaven and earth, Lord Jesus, since with a strong right hand you struck down our enemies. Teach us to make your name known among men and to celebrate your resurrection at dawn with new songs, until the faith that overcomes the world brings us through our own resurrection to the everlasting homeland.

**Thursday 7th May - Psalm 143**

**A prayer in time of trouble**

*“A man is made righteous not by obedience to the Law,  
but by faith in Jesus Christ” (Gal 2:16).*

*Antiphon:* For your name’s sake, Lord, give me life. Alleluia.

Lórd, listen to my práyer: †  
túrn your éar to my appéal. \*  
You are fáithful, you are júst; give ánswer.  
Do not cáll your sérvant to júdgement \*  
for nó one is júst in your síght.  
The ényemy pursúes my sóul; \*  
he has crúshed my life to the gróund;  
he has máde me dwéll in dárkness \*  
like the déad, lóng forgóttén.  
Thérefore my spírit fáils; \*  
my héart is númb wíthín me.  
I reméber the dáys that are pást: \*  
I pónder áll your wórks.  
I múse on what your hánd has wróught †  
and to yóu I strétch out my hánds. \*  
Like a párchéd land my sóul thírsts for yóu.  
Lórd, make háste and ánswer; \*  
for my spírit fáils wíthín me.  
Dó not híde your fáce \*  
lest I becóme like thóse in the gráve.  
In the mórníng let me knów your love \*  
for I pút my trúst in yóu.  
Make me knów the wáy I should wálk: \*  
to yóu I líft up my sóul.  
Réscue me, Lórd, from my ényemies; \*  
I have fléd to yóu for réfuge.

Thy kingdom come.  
Thy will be done on earth, as it is in heaven.  
Give us this day our daily bread,  
and forgive us our trespasses,  
as we forgive those who trespass against us,  
and lead us not into temptation,  
but deliver us from evil.

**Concluding Prayer**

*Sunday + Tuesday - Saturday:*

Almighty, ever-living God, bring us to the joy of your heavenly city: so that we, your little flock, may follow where Christ, our Good Shepherd, has gone before us by the power of his resurrection. Who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever. Amen.

*On Monday - Feast of the English Martyrs:*

God our Father, you raised up martyr-saints among our countrymen from every walk of life. They vindicated the authority of your Church in teaching and worship. Through their prayers may our whole nation be gathered once again to celebrate the same sacraments under one Pastor. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever. Amen.

✠ May the Lord bless us, and keep us from all evil,  
and bring us to everlasting life. **Amen.**

**NIGHT PRAYERS -  
COMPLINE**

**INTRODUCTION**

✠ O God, come to our aid.  
O Lord, make haste to help us.  
Glory be to the Father and to the Son and to the Holy Spirit,  
as it was in the beginning, is now, and ever shall be,  
world without end. Amen. Alleluia.

**Examination of Conscience**

*This is an excellent moment for an examination of conscience. In a communal celebration of Compline, one of the penitential acts given in the Missal may be recited.*

**Hymn**

Jesu, the world’s redeeming Lord,  
The Father’s co-eternal Word,  
Of light invisible true Light,  
Thine Israel’s Keeper day and night.  
Our great Creator and our Guide,  
Who times and seasons dost divide,  
Refresh at night with quiet rest,  
Our limbs by daily toil oppressed.  
We pray thee, while we dwell below,  
Preserve us from our ghostly foe;  
Nor let his wiles victorious be  
O’er them that are redeemed by thee.  
That while in this frail house of clay  
A little longer here we stay,  
Our flesh in thee may sweetly sleep,  
Our souls with thee their vigils keep.  
All praise be thine, O risen Lord,  
From death to endless life restored;  
All praise to God the Father be,  
And Holy Ghost eternally.



I have come so that they may have life  
and have it to the full Alleluia.

*On Monday - Feast of the English Martyrs:*

Rejoice, you saints, before the Lamb:  
the kingdom was prepared for you  
from the beginning of the world, alleluia.

#### Prayers and intercessions

*On Sunday + Tuesday - Saturday:*

Let us pray to God the Father, who raised Jesus to life and exalted  
him at his own right hand.

- Lord, protect your people through the glory of Christ.  
Father, through the victory of the cross you have lifted up Jesus  
from the earth;

may he draw all men to himself

- Lord, protect your people through the glory of Christ.

Through the exaltation of Christ send your Spirit into the  
Church;

make her the sign of unity for the whole human family.

- Lord, protect your people through the glory of Christ.

You have become the Father of men through water and the Spirit;  
keep them faithful to their baptism until they enter eternal life.

- Lord, protect your people through the glory of Christ.

Through the exaltation of your Son raise up the sorrowful, set  
prisoners free, heal the sick;

may the whole world rejoice in your wonderful gifts.

- Lord, protect your people through the glory of Christ.

You nourished the faithful departed with Christ's body and  
blood;

let them share in his glory on the day of resurrection.

- Lord, protect your people through the glory of Christ .

*On Monday - Feast of the English Martyrs:*

Let us give thanks to the king of martyrs, for this is the hour when  
he offered himself in the last supper and laid down his life on the  
cross.

- We praise you, Christ the Lord.

We praise you, Christ our Saviour, example and strength of the  
martyrs, because you have loved us to the end;

- We praise you, Christ the Lord.

Because you have promised repentant sinners the reward of eter-  
nal life,

- We praise you, Christ the Lord.

Because you have called the Church to offer the blood of the new  
and eternal covenant, the blood shed for the remission of sins,

- We praise you, Christ the Lord.

Because you have brought us to this day with the gift of faith in-  
tact,

- We praise you, Christ the Lord.

Because of the many brothers who today have come to share in  
your saving death,

- We praise you, Christ the Lord.

*To these is added this prayer for those suffering at this time*

O God Almighty, Lord of heaven and earth, and of all creation  
visible and invisible, in thine ineffable goodness, look down upon  
us, thy people gathered in thy Holy Name. Be our helper and  
defender in this day of affliction. Thou knowest our weakness.  
Thou hearest our cry in repentance and contrition of heart. O  
Lord who lovest mankind, deliver us from the impending threat  
of the Corona Virus. Send thine angel to watch over us and pro-  
tect us. Grant health and recovery to those suffering from this  
virus. Guide the hands of physicians and preserve those who are  
healthy. Enable us to continue to serve our suffering brothers and  
sisters in peace that together we may glorify thy most honourable  
and majestic name of the Father and of the Son and of the Holy  
Spirit, now and ever and unto ages of ages. Amen

Our Father, who art in heaven,  
hallowed be thy name.

Téach me to dó your will \*  
for yóu, O Lórd, are my Gód.

Let yóur good spírit guíde me \*  
in wáys that are lével and smóoth.

For your náme's sake, Lórd, save my life; \*  
in your jústice save my sóul from distréss.

Glory be to the Father and to the Son and to the Holy Spirit,  
as it was in the beginning, is now, and ever shall be,  
world without end. Amen.

*Antiphon:* For your name's sake, Lord, give me life. Alleluia.

*Psalm-prayer:*

Lord Jesus, early in the morning of your resurrection, you made  
your love known and brought the first light of dawn to those who  
dwell in darkness. Your death has opened a path for us. Do not  
enter into judgement with your servants; let your Holy Spirit  
guide us together into the land of justice.

#### Friday 1st May - Psalm 51

##### God, have mercy on me

*"You must be made new in mind and spirit,  
and put on the new nature of God's creating" (Eph 4:23,24).*

*Antiphon:* Christ gave himself up for us as a fragrant offering  
and a sacrifice to God. Alleluia.

Have mércy on me, Gód, in your kindnêss. \*

In your compássiôn blot óut my offénce.

O wásh me more and móre from my guílt \*

and cléanse me fróm my sín.

My offénces trúly I knów them; \*

my sín is álways befóre me.

Against yóu, you álóne, have I sínned; \*

what is évil in your sight I have dóne.

That you may be jústified whén you give séntence \*

and be withóut repróach when you júdge,

O sée, in guílt I was bórn, \*

a sinner was Í concéived.

Índéed you love trúth in the héart; \*

then in the sécret of my héart teach me wisdom.

O púrfify me, thén I shall be cléan; \*

O wásh me, I shall be whítter than snów.

Make me héar réjóicing and gládness, \*

that the bónes you have crúshed may revíve.

From my síns turn awáy your fáce \*

and blót out ál my guílt.

A púre héart créate for me, O Gód, \*

put a stéadfast spírit withín me.

Do not cást me awáy from your présence, \*

nor depríve me of your hólý spírit

Give me agáin the jóy of your hélp; \*

with a spírit of férvour sustáin me,

that I may téach transgréssors your wáys \*

and sinners may rétúrn to yóu.

O réscue me, Gód, my hélper, \*

and my tóngue shall ríng out your góodness.

O Lórd, ópen my líps \*

and my móuth shall déclare your práise.

For in sácrifice you táke no délight, \*

burnt óffering fróm mé you wóuld refúse,

my sácrifice, a cóntrite spírit. \*

A húmbléd, cóntrite héart you wíll not spúrn.

In your góodness, show fávour to Síon: \*

rebúild the wálls of Jerúsalem.

Thén you wíll be pléased with lawful sácrifice, \*

hólocausts óffered on your áltar.

Glory be to the Father and to the Son and to the Holy Spirit,  
as it was in the beginning, is now, and ever shall be,  
world without end Amen.

*Antiphon:* Christ gave himself up for us as a fragrant offering

and a sacrifice to God. Alleluia.

*Psalm-prayer:*

Father, he who knew no sin was made sin for us, to save us and restore us to your friendship. Look upon our contrite heart and afflicted spirit and heal our troubled conscience, so that in the joy and strength of the Holy Spirit we may proclaim your praise and glory before all the nations.

**Saturday 25th March - Psalm 92**

**Praise of God, the Creator**

*"The deeds of God's only Son are praised" (St Athanasius).*

*Antiphon:* O Lord, how great are your works. Alleluia.

It is good to give thanks to the Lórd, \*  
to make músic to your náme, O Most High,  
to procláim your lóve in the mórning \*  
and your trúth in the wátches of the níght,  
on the tén-stringed lýre and the lúte, \*  
with the múrmuring sóund of the hárp.  
Your déeds, O Lórd, have made me glád; \*  
for the wórk of your hánds I shout with jóy.  
O Lórd, how gréat are your wórk! \*  
How déep are yóur désigns!  
The fóolish man cánnót knów this \*  
and the fóol cánnót understánd.  
Though the wicked spring úp like gráss \*  
and áll who do évil thríve,  
they are dóomed to be etérnally destróyed. \*  
But yóu, Lord, are etérnally on high.  
Sée how your énemíes pèrish; \*  
all dóers of évil are scáttèred.  
To mé you give the wild ox's stréngth; \*  
you anóint me with the púrest óil.  
My éyes looked in triúmph on my fóes; \*  
my éars heard gládly of their fáll.  
The júst will flóurish like the pálm-tree \*  
and grów like a Lébanon cédar.  
Plánted in the hóuse of the Lórd \*  
they will flóurish in the cóurts of our Gód,  
still bearing frúit when they are óld, \*  
still full of sáp, still gréen,  
to procláim that the Lórd is júst. \*  
In hím, my róck, there is no wróng.

Glory be to the Father and to the Son and to the Holy Spirit,  
as it was in the beginning, is now, and ever shall be,  
world without end. Amen.

*Antiphon:* O Lord, how great are your works. Alleluia.

*Psalm-prayer:*

Lord Jesus Christ, you taught your disciples that the Father is glorified by good works. Uproot your enemies even if they should grow as thick as weeds, and make us flourish in your courts and always remain in you as you are in the Father. May we bring forth a rich harvest in the radiance of your light.

**Scripture Reading:**

Sunday	Revelation 12: 1-18
Monday	Revelation 13: 1-18
Tuesday	Revelation 14: 1-13
Wednesday	Revelation 14: 14 - 15: 4
Thursday	Revelation 15: 5 - 16: 21
Friday	Revelation 17: 1-18
Saturday	Revelation 18: 1-20

**Short Responsory:**

The Lord has risen from the dead, alleluia, alleluia.  
*The Lord has risen from the dead, alleluia, alleluia.*  
For our sake he died on the cross, alleluia, alleluia.  
*The Lord has risen from the dead, alleluia, alleluia.*

in yóu I take réfuge; spáre my sóul!  
From the tráp they have láid for me kéepe me sáfe: \*  
kéepe me from the snáres of thóse who do évil.

Glory be to the Father and to the Son and to the Holy Spirit,  
as it was in the beginning, is now, and ever shall be,  
world without end. Amen.

*Antiphon:* Let the raising of my hands in prayer  
please you like the evening oblation. Alleluia.

*Psalm-prayer:*

Lord, you never reject the prayer of those who cry to you. Listen to the pleading of your Church and defend your people. Make them strong in faith against the evil one who would devour them. After they have overcome the brief ordeals of this life, may they enter into your glory with Christ Jesus.

**Short Reading**

Sunday:	1 Peter 2: 9-10
Monday:	Revelation 7: 14-17
Tuesday:	1 Peter 2: 4-5
Wednesday:	Hebrew 7: 24-27
Thursday:	1 Peter 3: 18-22
Friday:	Hebrews 5: 8-10
Saturday:	1 Peter 2: 9-10

**Short Responsory**

The disciples rejoiced, alleluia, alleluia.  
– *The disciples rejoiced, alleluia, alleluia.*  
They saw the Lord, alleluia, alleluia.  
– *The disciples rejoiced, alleluia, alleluia.*  
Glory be to the Father and to the Son and to the Holy Spirit.  
– *The disciples rejoiced, alleluia, alleluia.*

**Canticle - Magnificat**

*My soul rejoices in the Lord*

*Antiphon:*

*Sunday + Tuesday - Saturday:*

I am the good shepherd.  
I have come so that they may have life  
and have it to the full Alleluia.

*On Monday - Feast of the English Martyrs:*

Rejoice, you saints, before the Lamb:  
the kingdom was prepared for you  
from the beginning of the world, alleluia.

☒ My soul glórifíes the Lórd, \*  
my spírit rejóices in Gód, my Sáviour.  
He looks on his sérvant in her lówliness; \*  
henceforth all áges will cáll me bléssed.  
The Almighty wórk márvèls for me. \*  
Hóly his náme!  
His mércy is from age to age, \*  
on thóse who féar hím.  
He púts forth his árm in stréngth \*  
and scáttèrs the prou-dhéarted.  
He casts the míghty from their thrónes \*  
and ráises the lówly.  
He fills the stárving with good things, \*  
sends the rích away émpy.  
He protects Ísrael, his sérvant, \*  
remémbering his mércy,  
the mércy prómised to our fáthers, \*  
to Ábraham and his sóns for éver.

Glory be to the Father and to the Son and to the Holy Spirit,  
as it was in the beginning, is now, and ever shall be,  
world without end. Amen.

*Antiphon:*

*Sunday + Tuesday - Saturday:*

I am the good shepherd.

They will sp  ak of your t  rrible d  eds, \*  
 rec  unt your gr  atness and might.  
 They will recall your ab  ndant g  odness; \*  
 age to   ge shall ring out your j  stice.  
 The Lord is kind and full of comp  ssion, \*  
 slow to   nger, ab  ounding in l  ve.  
 How g  od is the L  rd to   ll, \*  
 comp  ssionate to   ll his cr  atures  
 All your cr  atures shall thank you, O L  rd, \*  
 and your friends shall rep  at their bl  ssing.  
 They shall sp  ak of the gl  ry of your r  ign \*  
 and decl  re your might, O G  d,  
 to make kn  wn to m  n your mighty d  eds \*  
 and the gl  rious spl  ndour of your r  ign.  
 Y  urs is an   verlasting kingdom; \*  
 your r  le lasts from   ge to   ge.  
 The L  rd is f  ithful in all his w  rds \*  
 and l  ving in   ll his d  eds.  
 The L  rd supp  rts all who fall \*  
 and r  ises   ll who are bowed d  wn.  
 The   yes of all cr  atures look to y  u \*  
 and you give them their f  od in due time.  
 You   pen wide your h  nd, \*  
 grant the des  ires of   ll who live.  
 The Lord is j  st in   ll his w  ys \*  
 and l  ving in   ll his d  eds.  
 He is cl  se to   ll who c  ll him, \*  
 who c  ll on him from their h  arts.  
 He gr  nts the desires of those who f  ar him, \*  
 he h  ars their cr  y and he s  ves them.  
 The L  rd prot  cts all who l  ve him; \*  
 but the wicked he will   tterly destr  y.  
 Let me sp  ak the pr  ise of the L  rd, †  
 let all mankind bl  ss his holy n  me \*  
 for   ver, for   ges un  nding.

Glory be to the Father and to the Son and to the Holy Spirit,  
 as it was in the beginning, is now, and ever shall be,  
 world without end. Amen.

*Antiphon:* God so loved the world  
 that he gave his only Son. Alleluia.

*Psalm-prayer:*

Lord Jesus Christ, you have revealed to the sons of men the wonders of your love and your Father's faithfulness from all time. Listen to our hymn of joy: we praise you for all the things you have done; give all men bread at the right season, give them food for this life, and the mystery of eternal life .

**Saturday 9th May - 1st Vespers of Sunday - Psalm 140 (141)**

**Prayer in time of danger**

*"The smoke of incense rose before God with the prayers of the saints from the hand of the angel" (Rev 8:4).*

*Antiphon:* Let the raising of my hands in prayer  
 please you like the evening oblation. Alleluia.

I have called to you, L  rd; h  sten to h  lp me! \*  
 H  ar my v  ice when I cr  y to y  u.  
 Let my pr  yer arise before you like incense, \*  
 the r  ising of my h  nds like an   vening oblation.  
 S  t, O L  rd, a guard   ver my m  uth; \*  
 keep w  tch, O L  rd, at the d  or of my lips!  
 Do not t  rn my h  art to things that are wr  ng, \*  
 to   vil d  eds with m  n who are sinners.  
 N  ver allow me to sh  re in their f  asting. \*  
 If a g  od man strikes or repr  ves me it is kindness;  
 but let the   il of the wicked not an  int my h  ad. \*  
 Let my pr  yer be   ver ag  inst their m  lice.  
 Their princes were thrown d  wn by the side of the r  ck; \*  
 th  n they underst  od that my w  rds were kind.  
 As a millstone is sh  ttered to pieces on the gr  und, \*  
 so their b  nes were str  wn at the m  uth of the gr  ve.  
 To y  u, Lord G  d, my   yes are t  rned: \*

Glory be to the Father and to the Son and to the Holy Spirit.  
 The Lord has risen from the dead, alleluia, alleluia.

**Canticle - Benedictus**

The Messiah and the one who was sent before him

*Antiphon:*

*Sunday +    Tuesday - Saturday:*

*'I am the gate. Anyone who enters through me  
 will be safe and be sure of finding pasture,'  
 says the Lord. Alleluia .*

*On Monday - Feast of the English Martyrs:*

Rejoice, all you saints, and be glad,  
 for your reward is great in heaven, alleluia.

   Bl  ssed be the L  rd, the G  d of   srael! \*  
 He has visited his p  ople and red  emed them.  
 He has raised   p for us a mighty s  viour \*  
 in the h  use of D  vid his s  rvant,  
 as he pr  mised by the lips of holy m  n, \*  
 th  se who were his pr  phets from of   ld.  
 A s  viour who would fr  e us from our f  es, \*  
 from the h  nds of   ll who h  te us.  
 So his l  ve for our f  thers is fulfilled \*  
 and his h  ly covenant remembered.  
 He sw  re to   braham our f  ther to gr  nt us, \*  
 that fr  e from f  ar, and s  ved from the h  nds of our f  es,  
 we might s  rve him in h  liness and j  stice \*  
 all the d  ys of our life in his pr  sence.  
 As for y  u, little child, \*  
 you shall be called a pr  phet of G  d, the Most High.  
 You shall go ahead of the L  rd \*  
 to pr  pare his w  ys before him,  
 To make kn  wn to his p  ople their salv  tion \*  
 through forgiveness of all their sins,  
 the loving-kindness of the h  art of our G  d \*  
 who visits us like the d  wn from on high.  
 He will give light to those in d  rkness, †  
 those who dwell in the sh  dow of death, \*  
 and g  ide us into the w  y of p  ace.

Glory be to the Father and to the Son and to the Holy Spirit,  
 as it was in the beginning, is now, and ever shall be,  
 world without end. Amen.

*Antiphon:*

*Sunday +    Tuesday - Saturday:*

*'I am the gate. Anyone who enters through me  
 will be safe and be sure of finding pasture,'  
 says the Lord. Alleluia .*

*On Monday - Feast of the English Martyrs:*

Rejoice, all you saints, and be glad,  
 for your reward is great in heaven, alleluia.

**Prayers and intercessions**

*Sunday + Tuesday - Saturday:*

Let us pray to the Father, the all-powerful God, who raised up Jesus, our prince and our Saviour.  
 - Glorify us, Lord, with the glory of Christ.  
 Father, you brought your beloved Son from the darkness of death to the light of glory;  
 let us enter into the regions of your own wonderful light.  
 - Glorify us, Lord, with the glory of Christ.  
 You saved us through faith in Jesus Christ;  
 help us to live today in the grace of our baptism.  
 - Glorify us, Lord, with the glory of Christ.  
 You have told us to seek the things that are in heaven;  
 enable us to resist the attraction of sin.  
 - Glorify us, Lord, with the glory of Christ.  
 Reveal the riches of our hidden life in Christ

that men may see the signs of the new heaven and the new earth.  
- Glorify us, Lord, with the glory of Christ .

*On Monday - Feast of the English Martyrs:*

Through the martyrs who were slain for God's word, let us give glory to our Saviour, the faithful and true witness.

- You redeemed us by your precious blood.

Through the martyrs, who bore witness to your love, set us free to live for you.

- You redeemed us by your precious blood.

Through the martyrs, who proclaimed your saving death, give us a deep and constant faith.

- You redeemed us by your precious blood.

Through the martyrs, who took up your cross, grant us courage for every trial.

- You redeemed us by your precious blood.

Through the martyrs, washed in the blood of the Lamb, give us grace to conquer our weakness.

- You redeemed us by your precious blood.

*To these is added this prayer for those suffering at this time*

O God Almighty, Lord of heaven and earth, and of all creation visible and invisible, in thine ineffable goodness, look down upon us, thy people gathered in thy Holy Name. Be our helper and defender in this day of affliction. Thou knowest our weakness. Thou hearest our cry in repentance and contrition of heart. O Lord who lovest mankind, deliver us from the impending threat of the Corona Virus. Send thine angel to watch over us and protect us. Grant health and recovery to those suffering from this virus. Guide the hands of physicians and preserve those who are healthy. Enable us to continue to serve our suffering brothers and sisters in peace that together we may glorify thy most honourable and majestic name of the Father and of the Son and of the Holy Spirit, now and ever and unto ages of ages. Amen.

Our Father, who art in heaven,  
hallowed be thy name.

Thy kingdom come.

Thy will be done on earth, as it is in heaven.

Give us this day our daily bread,

and forgive us our trespasses,

as we forgive those who trespass against us,

and lead us not into temptation,

but deliver us from evil. Amen.

### The Concluding Prayer

*Sunday + Tuesday - Saturday:*

Almighty, ever-living God, bring us to the joy of your heavenly city: so that we, your little flock, may follow where Christ, our Good Shepherd, has gone before us by the power of his resurrection. Who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever. Amen.

*On Monday - Feast of the English Martyrs:*

God our Father, you raised up martyr-saints among our countrymen from every walk of life. They vindicated the authority of your Church in teaching and worship. Through their prayers may our whole nation be gathered once again to celebrate the same sacraments under one Pastor. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever. Amen.

### The Dismissal

✠ May the Lord bless us, and keep us from all evil,  
and bring us to everlasting life. Amen.

*The Seal & The Trisagion Prayers may be added as an additional devotion, and be concluded with this Final Morning Prayer:*

Holy Lord, who dwell on high and with an all-seeing eye look on the whole of creation, having regard for the humble of heart, we

who prepares my hands for war.

Hé is my love, my fortress; \*

hé is my stronghold, my saviour

my shield, my place of refuge. \*

He brings peoples under my rule.

Lórd, what is man that you care for him, \*

mortal man, that you keep him in mind;

man, who is merely a breath \*

whose life fades like a shadow?

Lówer your heavens and come down; \*

touch the mountains; wrathe them in smoke.

Flash your lightnings; rout the foe, \*

shoot your arrows and put them to flight.

Reach down from heaven and save me; †

draw me out from the mighty waters, \*

from the hands of alien foes

whose mouths are filled with lies, \*

whose hands are raised in perjury.

To you, O Gód, will I sing a new song; \*

I will play on the ten-stringed harp

to you who give kings their victory, \*

who set Dávid your servant free.

You set him free from the evil sword; \*

you rescued him from alien foes

whose mouths were filled with lies, \*

whose hands were raised in perjury.

Let our sons then flourish like saplings \*

grown tall and strong from their youth,

our daughters graceful as columns, \*

adorned as though for a palace.

Let our barns be filled to overflowing \*

with crops of every kind;

our sheep increasing by thousands, †

myriads of sheep in our fields, \*

our cattle heavy with young,

no ruined wall, no exile, \*

no sound of weeping in our streets.

Happy the people with such blessings; \*

happy the people whose Gód is the Lórd.

Glory be to the Father and to the Son

and to the Holy Spirit,

as it was in the beginning,

is now, and ever shall be,

world without end.

Amen.

*Antiphon:* The Lord is my stronghold  
and my saviour, alleluia.

*Psalm-prayer:*

Lord, every day we remember the abundance of your gifts. Grant that we may share with our brothers all the fruits of the earth, and leave an ample provision for those yet to live in the world. At the end, having shared the gifts of this earth with others, may we also share with them an everlasting fellowship with you.

### Friday 8th May - Psalm 145

#### The greatness and goodness of God

*"You, O Lord, are the One*

*who was and who is, the Just One" (Rev 16:5)*

*Antiphon:* God so loved the world  
that he gave his only Son. Alleluia.

I will give you glory, O Gód my King, \*

I will bless your name for ever.

I will bless you day after day \*

and praise your name for ever.

The Lord is great, highly to be praised, \*

his greatness cannot be measured.

Age to age shall proclaim your works, \*

shall declare your mighty deeds,

shall speak of your splendour and glory, \*

tell the tale of your wonderful works.

Wednesday 6th May - Psalm 139

The Lord knows all things

*"Who could ever know the mind of the Lord?*

*Who could ever be his counsellor?" (Rom 11:34)*

*Antiphon:* Night will be as clear as the day. Alleluia.

O Lórd, you séarch me and you knów me, †  
you knów my résting and my rising, \*  
you discern my púrpose from afár.  
You márk when I wálk or lie dówn, \*  
all my wáys lie ópen to yóu.  
Before éver a wórd is on my tóngue \*  
you knów it, O Lórd, through and through.  
Behind and befóre you besiege me, \*  
your hánd ever láid upón me.  
Too wónderful for mé this knówledge, \*  
too high, beyónd my réach.  
O whére can I gó from your spírit, \*  
or whére can I flée from your fáce?  
If I climb the héavens, you are thére. \*  
If I lie in the gráve, you are thére.  
If I táke the wings of the dáwn \*  
and dwéll at the séa's furthest énd,  
even thére your hánd would léad me, \*  
your right hand would hólđ me fást.  
If I sáy: 'Let the dárkness híde me \*  
and the light aróund me be níght,'  
even dárkness is not dárk for yóu \*  
and the níght is as cléar as the dáy.  
For it was yóu who créated my béing, \*  
knit me togéther in my móther's wómb.  
I thánk you for the wónder of my béing, \*  
for the wónders of áll your création.  
Alréady you knéw my sóul, \*  
my bódy held no sécret from yóu  
when Í was being fáshioned in sécret \*  
and móulded in the dépths of the éarth.  
Your éyes saw áll my áctions, \*  
they were áll of them wríten in your bóok;  
every óne of my dáys was decreéd \*  
before óne of them cáme into béing.  
To mé, how mystérious your thóughts, \*  
the súm of them nó't to be númeroed!  
If I cóunt them, they are móre than the sánd; \*  
to finish, I must be etérnal, like yóu.  
O séarch me, Gód, and know my héart. \*  
O tést me and knów my thóughts.  
See that I fóllo'w not the wróng páth \*  
and léad me in the páth of life etérnal.

Glory be to the Father and to the Son and to the Holy Spirit,  
as it was in the beginning, is now, and ever shall be,  
world without end. Amen.

*Antiphon:* Night will be as clear as the day. Alleluia.

Psalm-prayer:

Lord Jesus Christ, when you descended among the dead, you brought them the light of day; when you ascended into heaven, you brought it new radiance. May you remain with us and lead us along the paths of life until we come to rest with your friends in your holy dwelling place.

Thursday 7th May - Psalm 144

For victory and peace

*"I can do all things with the help of the One  
who gives me strength" (Phil 4:13).*

*Antiphon:* The Lord is my stronghold  
and my saviour, alleluia.

Bléssed be the Lórd, my róck, †  
who tráins my árms for báttle, \*

have bowed down body and soul before you. We beseech you, Holy of Holies, to stretch out your unseen hand from your holy dwelling place and bless us all. And if we have sinned in any way, whether voluntarily or involuntarily, forgive us; for you are a good God who loves mankind, who unfailingly grants to us your earthly and heavenly benefits and ceaselessly shows us your mercy and saves us; and to you we ascribe glory, to the Father, and to the Son, and to the Holy Spirit, now and ever and to the ages of ages. Amen.

## MASS READINGS FOR THE SECOND WEEK OF EASTER

*The reading of Holy Scripture forms an important part of the life of Christians. Whilst there are Psalms and readings in the forms of prayer in this booklet it would be beneficial to read the Mass readings set for each day - especially in the knowledge that these are being read or heard by Christians throughout the world on the day we read them. Having read them, please follow the example of Our Lady and 'ponder them in your heart.'*

Sunday	Acts of the Apostles 2: 14a - 36-41 Psalm 23 1 Peter 2: 20b-25 John 10: 1-10
Monday	Acts of the Apostles 7: 55-60 Psalm 31 Matthew 10: 17-20
Tuesday	Acts of the Apostles 11: 19-26 Psalm 87 John 10: 22-30
Wednesday	Acts of the Apostles 12: 24 - 13: 5 Psalm 67 John 12: 44-50
Thursday	Acts of the Apostles 13: 13-25 Psalm 89 John 13: 16-20
Friday	Acts of the Apostles 13: 26-33 Psalm 2 John 14: 1-6
Saturday	Acts of the Apostles 13: 44-52 Psalm 98 John 14: 7-14

## PRAYERS FOR MIDDAY - SEXT

### Introduction

✠ O God, come to our aid.

O Lord, make haste to help us.

Glory be to the Father and to the Son and to the Holy Spirit,  
as it was in the beginning, is now, and ever shall be,  
world without end. Amen. Alleluia.

### Hymn

Lord God and Maker of all things,  
Creation is upheld by you.  
While all must change and know decay,  
You are unchanging, always new.

You are man's solace and his shield,  
His Rock secure on which to build.  
You are the spirit's tranquil home,  
In you alone is hope fulfilled.

To God the Father and the Son  
And Holy Spirit render praise:  
Blest Trinity, from age to age  
The strength of all our living days.

## PSALMS OF THE DAY

### Psalm 23

#### The good shepherd

*“The Lamb is their king, who leads them to the source of the water of life” (Rev 7:17).*

*Antiphon:* Alleluia Alleluia. Alleluia.

The Lórd is my shépherd; \*  
there is nóthing I shall wánt.  
Frésh and gréen are the pástures \*  
where he gives me répose.  
Near réstful wáters he léads me, \*  
to revíve my drooping spírit.  
He gúides me alóng the right páth; \*  
he is trúe to his náme.  
If I should wálk in the válléy of dárkness \*  
no évil would I féar  
You are thére with your cróok and your stáff; \*  
with thése you give me cómfort.  
You have prépared a bánquet for mé \*  
in the sight of my fóes.  
My héad you have anóinted with óil; \*  
my cúp is overflówing.  
Surely góodness and kindness shall fóllow me \*  
all the dáys of my life.  
In the Lórd’s own hóuse shall I dwéll \*  
for éver and éver.

Glory be to the Father and to the Son and to the Holy Spirit,  
as it was in the beginning, is now, and ever shall be,  
world without end. Amen.

### Psalm 76

#### Thanksgiving after victory

*“They will see the Son of Man coming on the clouds of heaven” (Mt 24:30).*

Gód is made knówn in Júdah; \*  
in Ísrael his náme is gréat.  
He sét up his tént in Jerúsalem \*  
and his dwélling pláce in Sion.  
It was thére he bróke the flashing árrows, \*  
the shíeld, the swórd, the ármour.  
Yóu, O Lórd, are respléndent, \*  
more majéstic than the éverlasting móuntains.  
The wárriors, despóiled, slept in déath; \*  
the hánds of the sóldiers were pówerless.  
At your thréat, O Gód of Jácob, \*  
hóirse and ríder lay stúnned.

Glory be to the Father and to the Son and to the Holy Spirit,  
as it was in the beginning, is now, and ever shall be,  
world without end. Amen.

### Psalm 76

Yóu, you alóne, strike térror. \*  
Who shall stánd when your ánger is róused?  
You úttered your séntence from the héavens; \*  
the éarth in térror was still  
when Gód aróse to júdge, \*  
to sáve the húmble of the éarth.  
Men’s ánger will sérve to práise you; \*  
its survívors surróund you in jóy.  
Make vóws to your Gód and fulfil them. \*  
Let all pay tribúte to him who strikes térror,  
who cúts short the bréath of prínces, \*  
who strikes térror in the kíngs of the éarth.

Glory be to the Father and to the Son and to the Holy Spirit,  
as it was in the beginning, is now, and ever shall be,  
world without end. Amen.

*Antiphon:* Alleluia. Alleluia. Alleluia.

and wén I sáid in my alárm: \*  
‘No mán can be trústed.’  
How cán I repáy the Lórd \*  
for his góodness to mé?  
The cúp of salvátion I will ráise; \*  
I will cáll on the Lórd’s náme.  
My vóws to the Lórd I will fulfil \*  
befóre all his péople.  
O précious in the éyes of the Lórd \*  
is the déath of his fáithful.  
Your sérvant, Lord, your sérvant am Í; \*  
you have lóosened my bónds  
A thánkgiving sácrifice I máke; \*  
I will cáll on the Lórd’s náme.  
My vóws to the Lórd I will fulfil \*  
befóre all his péople,  
in the cóurts of the hóuse of the Lórd, \*  
in your mídst, O Jerúsalem.

Glory be to the Father and to the Son and to the Holy Spirit,  
as it was in the beginning, is now, and ever shall be,  
world without end. Amen.

*Antiphon:* The bodies of the saints  
have been buried in peace,  
and their name lives on for all generations.  
Alleluia.

*Psalm-prayer:*

Father, precious in your sight is the death of the saints, but precious above all is the love with which Christ suffered to redeem us. In this life we fill up in our own flesh what is still lacking in the sufferings of Christ; accept this as our sacrifice of praise, and we shall even now taste the joy of the new Jerusalem.

### Tuesday 5th May - Psalm 137

#### By the rivers of Babylon

*“This bodily captivity of the people must be understood as pointing to their spiritual captivity” (St Hilary).*

*Antiphon:* Sing us one of the songs of Sion. Alleluia.

By the rivers of Bábylon †  
thére we sat and wépt, \*  
remémbering Sion;  
on the póplars that gréw there \*  
we húng up our hárps.  
For it was thére that they ásked us, †  
our cáptors, for sóngs, \*  
our opprèssors, for jóy.  
‘Sing to us,’ they sáid, \*  
‘one of Sion’s sóngs.’  
O hów could we sing †  
the sóng of the Lórd \*  
on álien sóil?  
If I forgét you, Jerúsalem, \*  
let my ríght hand wíther!  
O lét my tóngue †  
cléave to my móuth \*  
if I remémber you nótt,  
if I príze not Jerúsalem \*  
abóve all my jóys!

Glory be to the Father and to the Son and to the Holy Spirit,  
as it was in the beginning, is now, and ever shall be,  
world without end. Amen.

*Antiphon:* Sing us one of the songs of Sion. Alleluia.

*Psalm-prayer:*

Our Father in heaven, you willed to make us citizens of your country and singers of your kind mercy. Do not abandon us in the land of exile to weep at the streams of an earthly Babylon, but bring us to the heavenly Jerusalem chanting your songs.

*Antiphon:* He has risen as a light in the darkness,  
for the upright of heart. Alleluia.

*Psalm-prayer:*

Lord Jesus, you are the light rising in darkness for the just. To show your love for us you offered yourself in our place as a victim to God. Teach us to love one another as you love us, that our love may bring peace and joy to the world and enable us to find the happiness of your home.

**Canticle**  
**(Apocalypse 19)**

*The wedding of the Lamb*

*Antiphon:* Alleluia. Victory and glory and power to our God!  
Alleluia.

Alleluia.

Salvation and glory and power belong to our God, \*  
his judgements are true and just.

Alleluia.

Alleluia.

Praise our God, all you his servants, \*  
you who fear him, small and great.

Alleluia.

Alleluia.

The Lord our God, the Almighty, reigns, \*  
let us rejoice and exult and give him the glory.

Alleluia.

Alleluia.

The marriage of the Lamb has come, \*  
and his bride has made herself ready.

Alleluia.

Glory be to the Father and to the Son and to the Holy Spirit,  
as it was in the beginning, is now, and ever shall be,  
world without end. Amen.

*Antiphon:* Alleluia. Victory and glory and power to our God!  
Alleluia.

**Monday 4th May - Feast of the English Martyrs - Psalm 116**  
**Thanksgiving**

*"We must experience many hardships  
before we can enter the kingdom of God" (Acts 14:22).*

*Antiphon:* The bodies of the saints  
have been buried in peace,  
and their name lives on for all generations.  
Alleluia.

I love the Lórd for hé has héard \*  
the crý of my appéal;  
for he túrned his éar to mé \*  
in the dáy when I cálléd him.  
They surróunded me, the snáres of déath, \*  
with the ánguish of the tómb;  
they cáught me, sórrów and distréss. †  
I cálléd on the Lórd's name. \*  
O Lórd, my Gód, deliver me!  
How grácious is the Lórd, and júst; \*  
our Gód has compásson.  
The Lórd protécts the simple héarts; \*  
I was hélpless so he sáved me.  
Turn báck, my sóul, to your rést \*  
for the Lórd has been góod;  
he has képt my sóul from déath, †  
my éyes from téars, \*  
and my féet from stúmbling.  
I will wálk in the présence of the Lórd \*  
in the lánd of the living.  
I trústed, éven when I sáid: \*  
'I am sórely afflicted,'

*Psalm-prayer:*

Your power is awesome, Father, and wonderful is your holiness. In your presence the earth both trembles and stands still, for you shattered death's power by the cross. Rise to help your people: give your light, and grant salvation to the meek of the earth, that they may praise your name in heaven.

**Short Reading**

Sunday: Ephesians 2: 4-6  
Monday: Revelation 3:21  
Tuesday: 1 Peter 3: 21-22  
Wednesday: 1 John 5: 5-6  
Thursday: Titus 3: 5-7  
Friday: Galatians 3: 27-28  
Saturday: 1 Corinthians 15: 20-22

Ÿ. The disciples rejoiced, alleluia.

Ř. When they saw the Lord, alleluia.

*On each day continue the prayers at Midday with:*

**The Great Litany**

In peace let us pray to the Lord.

Lord, have mercy.

For the peace from above, and the salvation of our souls,  
let us pray to the Lord.

Lord, have mercy.

For the peace of the whole world, the good estate of the holy churches of God, and the union of all, let us pray to the Lord.

Lord, have mercy.

For this holy temple, and for them that with faith, reverence, and fear of God enter herein, let us pray to the Lord.

Lord, have mercy.

That He may deliver His people from enemies both visible and invisible, and confirm in us oneness of mind, brotherly love, and piety, let us pray to the Lord.

Lord, have mercy.

For this land, its authorities, and Armed Forces,  
let us pray to the Lord.

Lord, have mercy.

Deacon: For this city (or town, or holy monastery),  
every city and country and the faithful that dwell therein,  
let us pray to the Lord.

Lord, have mercy.

For seasonable weather, abundance of the fruits of the earth,  
and peaceful times, let us pray to the Lord.

Lord, have mercy.

For travellers by sea, land, and air; for the sick, the suffering; the imprisoned and for their salvation, let us pray to the Lord.

Lord, have mercy.

That we may be delivered from all tribulation, wrath,  
and necessity, let us pray to the Lord.

Lord, have mercy.

Help us, save us, have mercy on us,  
and keep us, O God, by Thy grace.

Lord, have mercy.

Calling to remembrance our most holy, most pure, most blessed,  
glorious Lady Mother of God and Ever-Virgin Mary, with all the Saints, let us commit ourselves and one another, and all our life unto Christ our God.

We Commit Ourselves To Thee O Lord

*To these is added this prayer for those suffering at this time*

O God Almighty, Lord of heaven and earth, and of all creation visible and invisible, in thine ineffable goodness, look down upon us, thy people gathered in thy Holy Name. Be our helper and

defender in this day of affliction. Thou knowest our weakness. Thou hearest our cry in repentance and contrition of heart. O Lord who lovest mankind, deliver us from the impending threat of the Corona Virus. Send thine angel to watch over us and protect us. Grant health and recovery to those suffering from this virus. Guide the hands of physicians and preserve those who are healthy. Enable us to continue to serve our suffering brothers and sisters in peace that together we may glorify thy most honourable and majestic name of the Father and of the Son and of the Holy Spirit, now and ever and unto ages of ages. Amen.

*The 'Lord's Prayer' follows:*

Our Father, who art in heaven,  
hallowed be thy name.  
Thy kingdom come.  
Thy will be done on earth, as it is in heaven.  
Give us this day our daily bread,  
and forgive us our trespasses,  
as we forgive those who trespass against us,  
and lead us not into temptation,  
but deliver us from evil. Amen.

### The Concluding Prayer

Let us pray.

Almighty, ever-living God, bring us to the joy of your heavenly city: so that we, your little flock, may follow where Christ, our Good Shepherd, has gone before us by the power of his resurrection. Who lives and reigns for ever and ever. Amen.

Let us praise the Lord.  
Thanks be to God.

## EVENING PRAYERS AT DUSK - VESPERS

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

Glory be to the Father and to the Son and to the Holy Spirit,  
as it was in the beginning, is now, and ever shall be,  
world without end. Amen. Alleluia.

*The following hymn is sung, or another appropriate for Easter may be sung*

The Lamb's high banquet we await,  
In snow-white robes of royal state;  
And now, the Red Sea's channel past,  
To Christ our Prince we sing at last.

Upon the altar of the Cross  
His body hath redeemed our loss;  
And tasting of his scarlet blood,  
Our life is hid with him in God.

Now Christ our paschal Lamb is slain,  
The Lamb of God that knows no stain,  
The true oblation offered here,  
Our own unleavened bread sincere.

O thou, from whom hell's monarch flies,  
O great, O very Sacrifice,  
Thy captive people are set free,  
And endless life restored in thee.

To thee who, dead, again dost live,  
All glory, Lord, thy people give:  
All glory, as is ever meet,  
To Father and to Paraclete.

### The Psalms:

*Two Psalms with a Canticle are said on Sunday -  
one Psalm on subsequent weekdays*

### Sunday 3rd May - Psalm 110

#### The Messiah, king and priest

"He must be king so that he may put all his enemies  
under his feet" (1 Cor 15:25).

*Antiphon:* You must look for the things of heaven,  
where Christ is, sitting at God's right hand.  
Alleluia.

The Lórd's revelátiún to my Máster: †  
'Sit on my right: \*  
your fóes I will pút beneath your féet.'  
The Lórd will wield from Sion †  
your scéptre of pówer: \*  
rúle in the mídst of all your fóes.  
A prince from the dáy of your bírth †  
on the hóly móuntains; \*  
from the wómb before the dáwn I begót you.  
The Lórd has sworn an óath he will not chángé. †  
'You are a priest for éver, \*  
a priest like Melchizedek of óld.'  
The Máster stánding at your right hand \*  
will shatter kings in the dáy of his wráth.  
He shall drink from the stréam by the wáyside \*  
and thérefore he shall líft up his héad.

Glory be to the Father and to the Son and to the Holy Spirit,  
as it was in the beginning, is now, and ever shall be,  
world without end. Amen.

*Antiphon:* You must look for the things of heaven,  
where Christ is, sitting at God's right hand.  
Alleluia.

*Psalm-prayer:*

Almighty God, bring the kingdom of Christ, your anointed one,  
to its fullness. May the perfect offering of your Son, eternal priest  
of the new Jerusalem, be offered in every place to your name and  
make all nations a holy people for you.

### Psalm 112

#### How blessed are the just

*"Be like the children of the light; for the fruits of the light  
are seen in complete goodness and right living and truth" (Eph 5:8,9).*

*Antiphon:* He has risen as a light in the darkness,  
for the upright of heart. Alleluia.

Happy the mán who féars the Lórd, \*  
who tákes delight in all his commánds.  
His sóns will be pówerful on éarth; \*  
the children of the úpright are bléssed.  
Riches and wéalth are in his hóuse; \*  
his jústice stands firm for éver.  
He is a líght in the dárkness for the úpright: \*  
he is génerous, mérciful and júst.  
The góod man takes píty and lénds, \*  
he condúcts his affáirs with hóunour.  
The júst man will néver wáver: \*  
hé will be remémbered for éver.  
He has no féar of évil néws; \*  
with a firm héart he trústs in the Lórd.  
With a stéadfast héart he will not féar; \*  
he will sée the dównfall of his fóes.  
Open-hánded, he gíves to the póor; †  
his jústice stands firm for éver. \*  
His héad will be ráised in glóry.  
The wicked man sées and is ángry, †  
grinds his téeth and fádes áwáy; \*  
the desire of the wicked leads to dóom.

Glory be to the Father and to the Son and to the Holy Spirit,  
as it was in the beginning, is now, and ever shall be,  
world without end. Amen.