

Prayer at Night

O God, come to our assistance.

O Lord, make haste to help us.

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

**as it was in the beginning, is now, and
will be for ever. Amen.**

Let us take a moment to examine our
conscience.

CONFITEOR

I confess to almighty God
and to you, my brothers and sisters,
that I have greatly sinned,
in my thoughts and in my words,
in what I have done
and in what I have failed to do,
through my fault, through my fault,
through my most grievous fault;
therefore I ask blessed Mary ever-Virgin,
all the Angels and Saints,
and you, my brothers and sisters,
to pray for me to the Lord our God.

HYMN

Come, Holy Ghost, Creator blest,
And in our hearts take up Thy rest;
Come with Thy grace and heav'nly aid
To fill the hearts which Thou hast made;
To fill the hearts which Thou hast made.

O Comforter, to Thee we cry,
Thou heav'nly gift of God most high;
Thou font of life and fire of love,
And sweet anointing from above;
And sweet anointing from above.

ANTIPHON

Night holds no terrors for me sleeping under
God's wings.

PSALM 91:1-7

He who dwells in the shelter of the Most High
and abides in the shade of the Almighty

says to the Lord: "My refuge,

my stronghold, my God in whom I trust!"

It is he who will free you from the snare

of the fowler who seeks to destroy you;

he will conceal you with his pinions

and under his wings you will find refuge.

You will not fear the terror of the night

nor the arrow that flies by day,

nor the plague that prowls in the darkness

nor the scourge that lays waste at noon.

A thousand may fall at your side,

ten thousand fall at your right,

you, it will never approach.

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

as it was in the beginning, is now, and will be
for ever. Amen.

**Night holds no terrors for me sleeping
under God's wings.**

SCRIPTURE

Revelation 22:4-5

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

RESPONSORY

Into your hands, Lord, I commend my spirit.

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

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

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spirit.**

ANTIPHON

Protect us Lord, as we stay awake; watch over us as we sleep, that awake, we may keep watch with Christ, and asleep, rest in his peace.

CANTICLE OF SIMEON

Luke 2:29-32

Lord, now 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.
**Glory to the Father, and to the Son, and
to the Holy Spirit,**
as it was in the beginning, is now, and will be
for ever. Amen.

**Protect us Lord, as we stay awake; watch
over us as we sleep, that awake, we
may keep watch with Christ, and
asleep, rest in his peace.**

PRAYER

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

BLESSING

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

MARIAN ANTIPHON

Sal-ve, Re-gi-na, Ma-ter mi-se-ri-cor-di-æ, Vi-ta, dul-ce-do, et spes nos-tra, sal - ve.

Ad te cla - ma - mus ex - su - les fi - li - i He - væ,

Ad te sus-pi-ra-mus, ge-men-tes et flen-tes In hac la-cri-ma-rum val-le.

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Et Je-sum, be-ne-dic-tum fruc-tum ven-tris tu-i, No-bis post hoc ex-si-li-um os-ten - de.

O cle-mens, O pi - a, O dul - cis Vir-go Ma-ri - a.

MONDAY

Prayer at Night

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therefore I ask blessed Mary ever-Virgin,
all the Angels and Saints,
and you, my brothers and sisters,
to pray for me to the Lord our God.

HYMN

Hail, Holy Queen enthroned above, O
Maria!

Hail, Mother of mercy and of love, O
Maria!

Triumph all ye cherubim!

Sing with us ye seraphim!

Heaven and earth resound the hymn!

Salve, salve, salve, Regina!

Salve, Regina coelitum, o Maria!

Sors unica terrigenum, o Maria!

Jubilate, Cherubim!

Exsultate, Seraphim!

Consonate perpetim!

Salve, salve, salve, Regina!

ANTIPHON

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

PSALM 86:1-7

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

Preserve my soul, for I am faithful;
**save the servant who trusts in you, my
God.**

Have mercy on me, O Lord,
for I cry to you all the day long.

Gladden the soul of your servant,
for I lift up my soul to you, O Lord.

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

Give ear, O Lord, to my prayer,
and attend to my voice in supplication.

In the day of distress, I will call to you.

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

as it was in the beginning, is now, and will be
for ever. Amen.

**O Lord, our God, unwearied is your love
for us.**

SCRIPTURE

1 Thessalonians 5: 9-10

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

RESPONSORY

Into your hands, Lord, I commend my spirit.

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

You have redeemed us, Lord God of truth.

I commend my spirit.

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

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ANTIPHON

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CANTICLE OF SIMEON

Luke 2:29-32

Lord, now let your servant go in peace;
your word has been fulfilled:
**my own eyes have seen the salvation
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a light to reveal you to the nations
and the glory of your people Israel.

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for ever. Amen.

**Protect us Lord, as we stay awake; watch
over us as we sleep, that awake, we
may keep watch with Christ, and
asleep, rest in his peace.**

PRAYER

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

Amen.

BLESSING

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

Amen.

MARIAN ANTIPHON

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TUESDAY

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through my most grievous fault;
therefore I ask blessed Mary ever-Virgin,
all the Angels and Saints,
and you, my brothers and sisters,
to pray for me to the Lord our God.

HYMN

Holy God, we praise Thy name;
Lord of all, we bow before Thee!
All on earth Thy scepter claim,
All in Heaven above adore Thee;
*Infinite Thy vast domain,
Everlasting is Thy reign.*

**Hark! the loud celestial hymn
Angel choirs above are raising,
Cherubim and seraphim,
In unceasing chorus praising;
Fill the heavens with sweet accord:
Holy, holy, holy, Lord.**

ANTIPHON

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

PSALM 143:1-6

Lord, listen to my prayer:

turn your ear to my appeal.

You are faithful, you are just; give answer.

Do not call your servant to judgment

for no one is just in your sight.

The enemy pursues my soul;

he has crushed my life to the ground;

he has made me dwell in darkness

like the dead, long forgotten.

Therefore my spirit fails;

my heart is numb within me.

I remember the days that are past:

I ponder all your works.

I muse on what your hand has wrought

and to you I stretch out my hands.

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

as it was in the beginning, is now, and will be
for ever. Amen.

**Do not hide your face from me; in you I
put my trust.**

SCRIPTURE

1 Peter 5:8-9

*Be sober, be watchful. Your adversary the devil
prowls around like a roaring lion, seeking
someone to devour. Resist him, firm in your
faith.*

RESPONSORY

Into your hands, Lord, I commend my spirit.

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

You have redeemed us, Lord God of truth.

I commend my spirit.

*Glory to the Father, and to the Son, and to the
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ANTIPHON

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CANTICLE OF SIMEON

Luke 2:29-32

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a light to reveal you to the nations
and the glory of your people Israel.

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for ever. Amen.

PRAYER

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

BLESSING

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

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HYMN

**Hail, Holy Queen enthroned above, O
Maria!**

**Hail, Mother of mercy and of love, O
Maria!**

Triumph all ye cherubim!

Sing with us ye seraphim!

Heaven and earth resound the hymn!

Salve, salve, salve, Regina!

Salve, Regina coelitum, o Maria!

Sors unica terrigenum, o Maria!

Jubilate, Cherubim!

Exsultate, Seraphim!

Consonate perpetim!

Salve, salve, salve, Regina!

ANTIPHON

Lord God, be my refuge and my strength.

PSALM 31:1–4

In you, O Lord, I take refuge.

Let me never be put to shame.

In your justice, set me free,

hear me and speedily rescue me.

Be a rock of refuge for me,

a mighty stronghold to save me,

for you are my rock, my stronghold.

**For your name's sake, lead me and guide
me.**

Release me from the snares they have hidden.

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

as it was in the beginning, is now, and will be
for ever. Amen.

Lord God, be my refuge and my strength.

SCRIPTURE

Deuteronomy 6:4–7

*Hear, O Israel: the Lord our God is one Lord;
and you shall love the Lord your God with all
your heart, and with all your soul, and with
all your might. And these words which I
command you this day shall be upon your
heart; and you shall teach them diligently to
your children, and shall talk of them when
you sit in your house, and when you walk by
the way, and when you lie down, and when
you rise.*

RESPONSORY

Into your hands, Lord, I commend my spirit.

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over us as we sleep, that awake, we
may keep watch with Christ, and
asleep, rest in his peace.**

PRAYER

Let us pray. Visit this house, we pray you,
Lord: drive far away from it all the snares of
the enemy. May your holy angels stay here
and guard us in peace, and let your blessing
be always upon us. Through Christ our Lord.
Amen.

BLESSING

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

MARIAN ANTIPHON

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THURSDAY

Prayer at Night

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HYMN

Holy God, we praise Thy name;
Lord of all, we bow before Thee!
All on earth Thy scepter claim,
All in Heaven above adore Thee;
*Infinite Thy vast domain,
Everlasting is Thy reign.*

Hark! the loud celestial hymn
Angel choirs above are raising,
Cherubim and seraphim,
In unceasing chorus praising;
*Fill the heavens with sweet accord:
Holy, holy, holy, Lord.*

ANTIPHON

In you, my God, my body will rest in hope.

PSALM 16:1–6

Preserve me, God, I take refuge in you.

I say to you Lord "You are my God.

My happiness lies in you alone."

**You have put into my heart a marvelous
love**

for the faithful ones who dwell in your land.

**Those who choose other gods increase
their sorrows.**

Never will I offer their offerings of blood.

**Never will I take their name upon my
lips.**

O Lord, it is you who are my portion and cup,
it is you yourself who are my prize.

The lot marked out for me is my delight.

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

as it was in the beginning, is now, and will be
for ever. Amen.

**In you, my God, my body will rest in
hope.**

SCRIPTURE

1 Thessalonians 5:23

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

RESPONSORY

Into your hands, Lord, I commend my spirit.

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

You have redeemed us, Lord God of truth.

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*Glory to the Father, and to the Son, and to the
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ANTIPHON

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CANTICLE OF SIMEON

Luke 2:29-32

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over us as we sleep, that awake, we
may keep watch with Christ, and
asleep, rest in his peace.**

PRAYER

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

BLESSING

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

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FRIDAY

Prayer at Night

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HYMN

Come, Holy Ghost, Creator blest,
And in our hearts take up Thy rest;
Come with Thy grace and heav'nly aid
To fill the hearts which Thou hast made;
To fill the hearts which Thou hast made.

O Comforter, to Thee we cry,
Thou heav'nly gift of God most high;
Thou font of life and fire of love,
And sweet anointing from above;
And sweet anointing from above.

ANTIPHON

Lord my God, I call for help by day, I cry at
night before you.

PSALM 88:1-10

Lord my God, I call for help by day;

I cry at night before you.

Let my prayer come into your presence.

O turn your ear to my cry.

For my soul is filled with evils;

my life is on the brink of the grave.

I am reckoned as one in the tomb;

I have reached the end of my strength,

Like one alone among the dead, like the slain
lying in their graves,

like those you remember no more,

cut off, as they are, from your hand.

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

in places that are dark, in the depths.

Your anger weighs down upon me;

I am drowned beneath your waves.

You have taken away my friends

and made me hateful in their sight.

Imprisoned, I cannot escape;

my eyes are sunken with grief.

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

as it was in the beginning, is now, and will be
for ever. Amen.

**Lord my God, I call for help by day, I cry
at night before you.**

SCRIPTURE

Jeremiah 14:9

*Lord, you are in our midst, we are called by
your name. Do not desert us, O Lord our God!*

RESPONSORY

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asleep, rest in his peace.**

PRAYER

Let us pray. All-powerful God, keep us united with your Son in his death and burial so that we may rise to new life with him, who lives and reigns for ever and ever.

Amen.

BLESSING

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

Amen.

MARIAN ANTIPHON



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HYMN

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**Hail, Mother of mercy and of love, O
Maria!**

**Triumph all ye cherubim!
Sing with us ye seraphim!
Heaven and earth resound the hymn!
Salve, salve, salve, Regina!**

**Salve, Regina coelitum, o Maria!
Sors unica terrigenum, o Maria!
Jubilate, Cherubim!
Exsultate, Seraphim!
Consonate perpetim!
Salve, salve, salve, Regina!**

ANTIPHON

Have mercy, Lord, and hear my prayer.

PSALM 4:1–4

When I call, answer me, O God of justice;
**from anguish you released me, have
mercy and hear me!**

O men, how long will your hearts be closed,
**will you love what is futile and seek
what is false?**

It is the Lord who grants favors to those
whom he loves;

the Lord hears me whenever I call him.
Fear him; do not sin: ponder on your bed and
be still.

**Glory to the Father, and to the Son, and
to the Holy Spirit,**
as it was in the beginning, is now, and will be
for ever. Amen.

Have mercy, Lord, and hear my prayer.

SCRIPTURE

Deuteronomy 6:4–7

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

RESPONSORY

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

You have redeemed us, Lord God of truth.

I commend my spirit.

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

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

ANTIPHON

Protect us Lord, as we stay awake; watch over us as we sleep, that awake, we may keep watch with Christ, and asleep, rest in his peace.

Protect us Lord, as we stay awake; watch over us as we sleep, that awake, we may keep watch with Christ, and asleep, rest in his peace.

CANTICLE OF SIMEON

Luke 2:29-32

Lord, now 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.

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

as it was in the beginning, is now, and will be
for ever. Amen.

PRAYER

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

BLESSING

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

MARIAN ANTIPHON



Sal-ve, Re-gi-na, Ma-ter mi-se-ri-cor-di-æ, Vi-ta, dul-ce-do, et spes nos-tra, sal - ve.



Ad te cla - ma - mus ex - su - les fi - li - i He - væ,



Ad te sus-pi-ra-mus, ge-men-tes et flen-tes In hac la-cri-ma-rum val-le.



Ei-a, er-go, ad-vo-ca-ta nos-tra, il-los tu-os Mi-se-ri-cor-des o-cu-los ad nos con-ver - te;



Et Je-sum, be-ne-dic-tum fruc-tum ven-tris tu-i, No-bis post hoc ex-si-li-um os-ten - de.



O cle-mens, O pi - a, O dul - cis Vir-go Ma-ri - a.