Night Prayer

Saturday, July 11, 2009

Saint Benedict of Nursia, Abbot

OPENING

O God, come to my assistance.

Lord, make haste to help me.

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

EXAMINATION OF CONSCIENCE

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

Before the Ending of the Day

Before the ending of the day,
Creator of the world, we pray
that, with your wonted favor, you
would be our guard the whole night through.

From all ill dreams defend our eyes,
from nightly fears and fantasies;
tread underfoot our ghostly foe,
that no pollution we may know.

O Father, that we ask be done,
through Jesus Christ, your only Son;
who, with the Holy Spirit and thee,
shall live and reign eternally.

PSALMODY

Psalm 91 *It Is Good to Give Thanks*

> *Ant. He who dwells in the shelter of the Most High will rest in the shadow of the Almighty.*

It is good to confess to the Lord and to sing psalms to your name, O Most High.

To announce your mercy in the morning and your truth throughout the night,

upon a ten-stringed instrument, upon a psaltery, with a canticle on the harp.

For you have delighted me, O Lord, in your works, and in the works of your hands I will rejoice.

How great are your works, O Lord! Your thoughts are exceedingly deep.

The foolish man will not understand this, and the foolish one will not understand these things.

When the sinners spring up like grass, and when all those who work iniquity appear,

it is so that they may fall in eternity and eternity.

But you, O Lord, are Most High forever.

For behold your enemies, O Lord, for behold your enemies will perish; and all those who work iniquity will be dispersed.

And my horn will be exalted like that of the rhinoceros, and my old age in plentiful mercy.

And my eye has looked down upon my enemies; and my ear will hear of the downfall of the malicious who rise up against me.

The just will flourish like a palm tree; he will be multiplied like a cedar of Lebanon.

Those planted in the house of the Lord will flourish in the courts of the house of our God.

They will still be multiplied in a fruitful old age, and they will be patient so that they may announce

that the Lord our God is just and there is no iniquity in him.

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

> *Ant. He who dwells in the shelter of the Most High will rest in the shadow of the Almighty.*

SHORT READING

PROVERBS 3:24

When you lie down, you will not be afraid; when you rest, your sleep will be sweet.

RESPONSORY

V. Into your hands, O Lord, I commend my spirit.

R. You have redeemed us, O Lord, O faithful God.

GOSPEL CANTICLE: NUNC DIMITTIS (LUKE 2:29-32)

THE CANTICLE OF SIMEON (NUNC DIMITTIS) (LUKE 2:29–32)

> *Ant. Guard us, O Lord, while we are awake; protect us while we sleep, that we may keep watch with Christ and rest with him in peace.*

Now you release your servant, O Lord, according to your word, in peace.

Because my eyes have seen your salvation,

which you have prepared before the face of all peoples:

a light of revelation to the Gentiles, and a glory for 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 forever. Amen.

> *Ant. Guard us, O Lord, while we are awake; protect us while we sleep, that we may keep watch with Christ and rest with him in peace.*

THE LORD'S PRAYER

Let us pray as the Lord himself has taught us:

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 thine is the kingdom, and the power, and the glory,

forever and ever. Amen.

CONCLUDING PRAYER

Lord Jesus Christ, before you sleep, take into your hands all those who are suffering this night. Grant rest to the weary, comfort to the grieving, and peace to the dying; who lives and reigns with the Father and the Holy Spirit, one God, forever and ever. Amen.

BLESSING AND DISMISSAL

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

The Lord grant us a restful night and a peaceful death.
Amen.

MARIAN ANTIPHON

SALVE REGINA

Hail, holy Queen, Mother of Mercy; our life, our sweetness, and our hope. To you do we cry, poor banished children of Eve; to you do we send up our sighs, mourning and weeping in this valley of tears. Turn then, most gracious advocate, your eyes of mercy towards us; and after this our exile, show unto us the blessed fruit of your womb, Jesus. O clement, O loving, O sweet Virgin Mary.