

**Ant.** 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.

### Concluding Prayer

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

<Make the Sign of the Cross>

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

Antiphon or song in honor of the Blessed Virgin Mary:  
Hail, Queen of Heaven # 880

**Hail, Queen of Heaven, hail our Mother compassionate,  
True life and comfort and our hope, we greet you!  
To you we exiles, children of Eve, raise our voices.  
We send up sighs to you, as mourning and weeping,  
We pass through this vale of sorrow.  
Then turn to us, O most gracious Woman,  
Those eyes of yours, so full of love and tenderness, so full of pity.  
And grant us after these, our days of lonely exile,  
the sight of your blest Son and Lord, Christ Jesus.  
O gentle, O loving, O holy, sweet Virgin Mary.**



### LITURGY OF THE HOURS: NIGHT PRAYER FOR MONDAY IN LENT

<Please stand and make the Sign of the Cross>

+ O God, come to my assistance.

**Lord, make haste to help me.**

<Profound bow>

**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.**

<Please kneel for a brief examination of conscience>

### Examination of conscience:

*We are called to have a clear conscience toward God and toward men, in our hearts and in our minds, in our actions and inactions. To do so, it is vital that we examine our conscience daily and to ask for God's mercy as we fall short and to ask for His strength to do better.*

*Lord Jesus, you came to reconcile us to one another and to the Father:  
Lord, have mercy.*

— Lord, have mercy.

*Lord Jesus, you heal the wounds of sin and division:  
Christ, have mercy.*

— Christ, have mercy.

*Lord Jesus, you intercede for us with your Father:  
Lord, have mercy.*

— Lord, have mercy.

<Please stand>

### HYMN: God of Day and God of Darkness #859 Verses 3 & 4

You shall be the path that guides us, you the light that in us burns;  
Shining deep within all people, yours the love that we must learn.  
For our hearts shall wander restless, 'til they safe to you return;  
Finding you in one another, we shall all your face discern.

Praise to you in day and darkness, you our source and you our end;  
Praise to you who love and nurture as a father, mother, friend.  
Grant us all a peaceful resting, let each mind and body mend,  
So we rise refreshed tomorrow, hearts renewed to kingdom tend.

<Please be seated>

### PSALMODY

**Ant. 1** O Lord, our God, unwearied is your love for us.

Psalm 86 Poor man's prayer in trouble

Blessed be God who comforts us in all our trials (2 Corinthians 1:3, 4).

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

—Preserve my life, for I am faithful;  
—save the servant who trusts in you.

You are my God, have mercy on me, Lord,  
for I cry to you all day long.

—Give joy to your servant, O Lord,  
—for to you I lift up my soul.

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

—Give heed, O Lord, to my prayer  
—and attend to the sound of my voice.

In the day of distress, I will call  
and surely you will reply.

—Among the gods there is none like you, O Lord;  
—nor work to compare with yours.

All the nations shall come to adore you  
and glorify your name, O Lord:

—for you are great and do marvelous deeds,  
—you who alone are God.

Show me, Lord, your way  
so that I may walk in your truth.

Guide my heart to fear your name.

—I will praise you, Lord my God, with all my heart  
—and glorify your name for ever;

for your love to me has been great:  
you have saved me from the depths of the grave.

—The proud have risen against me;  
—ruthless men seek my life;  
—to you they pay no heed.

But you, God of mercy and compassion,  
slow to anger, O Lord,

—abounding in love and truth,  
—turn and take pity on me.

O give your strength to your servant  
and save your handmaid's son.

—Show me the sign of your favor  
—that my foes may see to their shame  
—that you console me and give me your help. <Head bow>

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

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

**READING** *A Reading from the first letter to the 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.**

<Head bow>

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

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

<After a brief pause, please stand>

**CANTICLE OF SIMEON**

**Ant.** *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.*

**Luke 2:29-32**

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

*Lord, now you let your servant go in peace;  
your word has been fulfilled:*

—my own eyes have seen the salvation  
—which you have prepared in the sight of every people:

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

<Profound bow>

—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.