

**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,  
we have celebrated today  
the mystery of the rising of Christ to new life.  
May we now rest in your 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.**

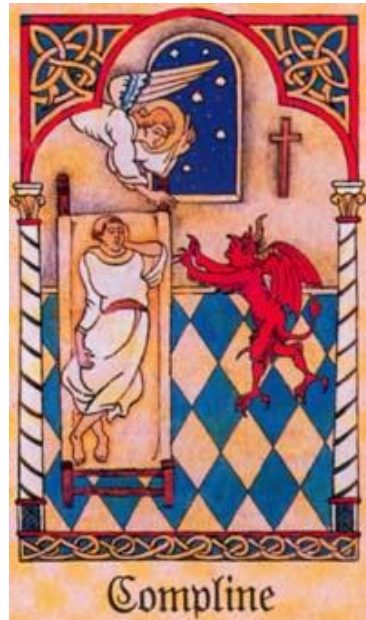
**BLESSING**

<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 SUNDAY 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.*

*Kýrie, eléison*

**Kýrie, eléison**

*Christé, eléison*

**Christé, eléison**

*Kýrie, eléison*

**Kýrie, eléison**

<Please stand>

**HYMN: God of Day and God of Darkness #859 Verses 1 & 2**

God of day and God of darkness, now we stand before the night;  
As the shadows stretch and deepen, come and make our darkness bright.  
All creation still is groaning for the dawning of your might,  
When the Sun of peace and justice fills the earth with radiant light.

Still the nations curse the darkness, still the rich oppress the poor;  
Still the earth is bruised and broken by the ones who still want more.  
Come and wake us from our sleeping, so our hearts cannot ignore  
All your people lost and broken, all your children at our door.

<Please be seated>

**PSALMODY**

**Ant. 1** Night holds no terrors for me sleeping under God's wings.

**Psalm 91** Safe in God's sheltering care  
I have given you the power to tread upon serpents and scorpions  
(Luke 10:19).

<Please turn the page>

*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;  
—his faithfulness is buckler and shield.

Your eyes have only to look  
to see how the wicked are repaid,  
—you who have said: “Lord, my refuge!”  
—and have made the Most High your dwelling.

Upon you no evil shall fall,  
no plague approach where you dwell.  
—For you has he commanded his angels,  
—to keep you in all your ways.

They shall bear you upon their hands  
lest you strike your foot against a stone.  
—On the lion and the viper you will tread  
—and trample the young lion and the dragon.

Since he clings to me in love, I will free him;  
protect him for he knows my name.  
—When he calls I shall answer: “I am with you,”  
—I will save him in distress and give him glory.

With length of life I will content him;  
I shall let him see my saving power. <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. Night holds no terrors for me sleeping under God’s wings.**

**READING** *A Reading from the Book of 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.**

*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.