

March 22, 2021
Evening Prayer for Monday of the 5th Week of Lent

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.

PSALMODY

Ant. 1 The Lord looks tenderly on those who are poor.

Psalm 11

In the Lord I have taken my refuge.

How can you say to my soul:

“Fly like a bird to its mountain.

**See the wicked bracing their bow;
they are fixing their arrows on the string
to shoot upright men in the dark.
Foundations once destroyed,
what can the just do?”**

The Lord is in his holy temple,
the Lord, whose throne is in heaven.
His eyes look down on the world;
his gaze tests mortal men.

**The Lord tests the just and the wicked:
the lover of violence he hates.
He sends fire and brimstone on the wicked;
he sends a scorching wind as their lot.**

The Lord is just and loves justice:
the upright shall see his face.

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. The Lord looks tenderly on those who are poor.

Ant. 2 Blessed are the pure of heart, for they shall see God.

Psalm 15

Lord, who shall be admitted to your tent
and dwell on your holy mountain?

**He who walks without fault;
he who acts with justice
and speaks the truth from his heart;
he who does not slander with his tongue;**

he who does no wrong to his brother,
who casts no slur on his neighbor,
who holds the godless in disdain,
but honors those who fear the Lord;

**he who keeps his pledge, come what may;
who takes no interest on a loan
and accepts no bribes against the innocent.
Such a man will stand firm forever.**

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. Blessed are the pure of heart, for they shall see God.

Ant. 3 God chose us in his Son to be his adopted children.

Ephesians 1:3-10

Praised be the God and Father
of our Lord Jesus Christ,
who has bestowed on us in Christ
every spiritual blessing in the heavens.

**God chose us in him
before the world began
to be holy
and blameless in his sight.**

He predestined us
to be his adopted sons through Jesus Christ,
such was his will and pleasure,
that all might praise the glorious favor
he has bestowed on us in his beloved.

**In him and through his blood, we have been redeemed,
and our sins forgiven,
so immeasurably generous
is God's favor to us.**

God has given us the wisdom
to understand fully the mystery,
the plan he was pleased
to decree in Christ.

**A plan to be carried out
in Christ, in the fullness of time,
to bring all things into one in him,
in the heavens and on earth.**

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. God chose us in his Son to be his adopted children.

BRIEF READING Romans 5:8-9

It is precisely in this that God proves his love for us: that while we were still sinners, Christ died for us. Now that we have been justified by his blood, it is all the more certain that we shall be saved by him from God's wrath.

RESPONSORY

To you, O Lord, I make my prayer for mercy.
To you, O Lord, I make my prayer for mercy.
Heal my soul, for I have sinned against you.
I make my prayer for mercy.

Glory to the Father, and to the Son, and to the Holy Spirit,
To you, O Lord, I make my prayer for mercy.

CANTICLE OF MARY

Ant. I am my own testimony, says the Lord, and my Father who sent me also testifies on my behalf.

Luke 1:46-55

My soul proclaims the greatness of the Lord,
my spirit rejoices in God my Savior
for he has looked with favor on his lowly servant.

**From this day all generations will call me blessed:
the Almighty has done great things for me,
and holy is his Name.**

He has mercy on those who fear him
in every generation.

**He has shown the strength of his arm,
he has scattered the proud in their conceit.**

He has cast down the mighty from their thrones,
and has lifted up the lowly.

**He has filled the hungry with good things,
and the rich he has sent away empty.**

He has come to the help of his servant Israel
for he has remembered his promise of mercy,
the promise he made to our fathers,
to Abraham and his children forever.

**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. I am my own testimony, says the Lord, and my Father who sent me also testifies on my behalf.

INTERCESSIONS

Our Lord Jesus Christ has saved us from our sins.

As his people let us call out to him:

Jesus, Son of David, have mercy on us.

Lord Christ we pray for your Holy Church, you gave yourself up to make it holy, cleansing it with water and the life-giving word, renew it constantly and purify it by penance

Jesus, Son of David, have mercy on us.

Good Master show young people the way you have chosen for each of them, may they walk in it and find fulfilment

Jesus, Son of David, have mercy on us.

In your compassion you healed all forms of sickness bring hope to the sick and raise them up,

teach us to love and care for them

Jesus, Son of David, have mercy on us.

Make us mindful of the dignity you gave us in baptism, may we live for you at every moment

Jesus, Son of David, have mercy on us.

May the dead rise to glory in your peace, grant us with them a share in your kingdom.

Jesus, Son of David, have mercy on us.

Our Father...

Concluding Prayer

O God,

by whose wondrous grace

we are enriched with every blessing,

grant us so to pass from former ways to newness of life,

that we may be made ready for the glory of the heavenly Kingdom.

Through our Lord Jesus Christ, your Son,

who lives and reigns with you in the unity of the Holy Spirit,

God, for ever and ever.

Amen.

The Liturgy of the Hours

(aka The Divine Office)

(aka Christian Prayer)

(aka The Breviary)

Vatican II, Constitution on the Sacred Liturgy (*Sacrosanctum Concilium*) paragraph 84:

“The Divine Office is truly the voice of the Bride herself addressed to her Bridegroom. It is the very prayer which Christ himself together with his Body addresses to the Father.”

The LOH extends the grace of the Eucharist through the day, sanctifying the whole day.

- The plotline of the Mass continues as the plotline of your day.
- The conversation established in the Eucharist continues and diversifies.
- The offering we make in the Mass is kept fresh and continued through the day.
- The union of the whole Church in prayer continues through the day.
- The two-fold sending with which Mass concludes (our prayer is sent to God, God sends us into the world) continues.

There are five Hours, five parts in the LOH in a day:

The Office of Readings (which can be prayed at any time)

The first long reading is from Sacred Scripture.

The second long reading is from the writings of popes, Church councils, Doctors of the Church, a wide variety of witnesses to Sacred Tradition through the ages...

- Morning Prayer (aka Lauds)
 - Daytime Prayer
 - Evening Prayer (aka Vespers)
 - Night Prayer (aka Compline)
- Night Prayer includes an examination of conscience and a Penitential Rite. Preparing to end the day well is tied to preparing well for death.
- Morning Prayer and Evening Prayer are the “hinges” of the LOH. They are the most important Hours.
- There is an ancient custom in the Church of praying the Lord’s Prayer three times a day (Mass, MP, EP).

- For centuries, people would gather in their parish church or local monastery for the celebration of the LOH.
- It was often sung (and often still is).
- Through the LOH, Ordinary people were:
 - nourished with communal prayer and beauty.
 - formed in Sacred Scripture and catechized.
 - included and involved as members of the praying Church.