

Follow along with video tutorials!





LITURGY OF THE HOURS

A Guide to Night Prayer for Lent

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In the Lenten season, Christian communities often take up practices of prayer that form us in love of God and neighbor. This free prayer resource is an abbreviated version of Night Prayer from the Liturgy of the Hours, or the daily prayer of the Catholic Church.

The Liturgy of the Hours has three purposes:

- 1. To offer a sacrifice of praise to consecrate each moment from sunrise to sunset.
- 2. To join in common prayer with the entire Church.
- 3. To let our daily lives enter into Christ's story of salvation.

In Night Prayer, we gather after sunset to offer our lives to God and pray that the Lord will give us another day to sing his praises.

Use the following prayers and music to gather your family or community before bedtime. This resource includes two versions of psalms and hymns that can be used alternatively between Ash Wednesday and the start of the Triduum. Additional versions are included for Holy Thursday, Good Friday, and Holy Saturday.

Learn the music or teach others to sing Night Prayer with video and audio tutorials for all sheet music included in this resource. Tap the play icon next to the music (on digital devices) or search McGrathND on YouTube (for print users).

Liturgy of the Hours

Introduction 3



Praying in the Home

The Christian home is often referred to as the "domestic church." It is meant to be a place that cultivates the life of prayer celebrated in church on Sundays, a place that forms the family into a community of love. Whether one lives alone or with a large extended family, one can make the home a central place of prayer by incorporating a few simple practices.

- Whenever possible, pray at approximately the same time every day.
- If possible, set aside a space in the home that is exclusively intended for prayer. Adorn this space with a crucifix, an icon, or other images of Jesus, Mary, or saints who are personal or familial patrons. If space does not permit this, simply pray in the same place and set up an image temporarily.
- Use lower lighting (a reading lamp is ideal), and mark the beginning of prayer by lighting a candle. This responsibility may be delegated to a child, and rotated among multiple children throughout the week. Then, when the prayer has ended, extinguish the candle (or have a younger child do so).

Liturgy of the Hours Praying in the Home



Singing the Psalms

While the psalms here may be spoken, it is far more preferable that they be sung. When singing these psalms, here are a few things to keep in mind:

- The antiphon should be sung first by the Leader, then immediately repeated by all present.
- The stanzas of the psalm may either be sung straight through as indicated, with the antiphon repeated only after the Doxology (Glory Be), OR, the antiphon may be repeated after each stanza, as in the Responsorial Psalm at Mass.
- The stanzas may be alternately sung by the Leader and by all present, OR, the group may divide into Group A and Group B (with the Leader in Group A) and alternate singing the stanzas accordingly. If the antiphon is repeated after each stanza, the Leader may sing the stanzas alone and invite those present to join in on the antiphon.



Follow along with recorded excerpts of the psalms and other music included in this ebook. Tap the play icon next to the music or search <u>McGrathND</u> on YouTube and click on the "Night Prayer" playlist.

Singing the psalm stanzas to the two psalm tones provided need not be complicated. Young children can learn these melodic patterns with practice. If you are unfamiliar with psalm tones, simply follow these instructions:

- Each line of each psalm stanza is sung to one measure of the psalm tone.
- The beginning words of each line are sung all on the first note; the underlined word or syllable in bold indicates when to change notes.
- When chanting the psalms, allow the natural speech rhythms and inflection to determine the speed with which you sing. Not all notes and syllables are created equal. Sing the stanza the way you would speak it, slowly and reverently.

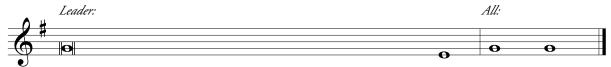
Liturgy of the Hours

Singing the Psalms



Night Prayer One

GREETING (sung or spoken)

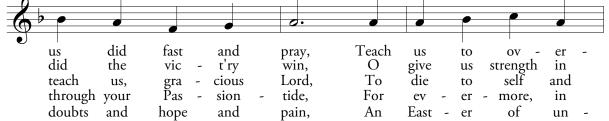


men.

In the name of the Father, and of the Son, and of the Holy Spir-it. A



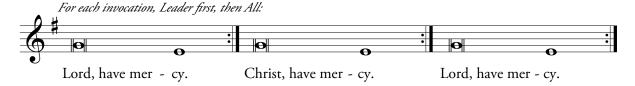
3. As you did hun ger and did thirst, So ťhrough 4. And of And these days pen tence, 5. A bide with that through this life Of us,





PENITENTIAL ACT (sung or spoken)

As this day comes to an end, we reflect on the moments in which we chose to turn away from God. We pause to ask God's forgiveness for our sins and for the grace to follow him more faithfully.



PSALM 51:3-4, 8-9, 12-13, 16-17



Have mercy on me, God in <u>your</u> kindness. In your compassion blot out my <u>of</u>fense. O wash me more and more from my <u>guilt</u> and cleanse me from my <u>sin</u>.

Indeed you love truth in <u>the</u> heart; then in the secret of my heart teach <u>me</u> wisdom. O purify me, then I shall be <u>clean</u>; O wash me, I shall be whiter than **snow**.

A pure heart create for me, **O** God, put a steadfast spirit **with**in me. Do not cast me away from your **presence**, nor deprive me of your holy **spirit**.

O rescue me, God, <u>my</u> helper, and my tongue shall ring out <u>your</u> goodness. O Lord, open my <u>lips</u>, and my mouth shall declare your <u>praise</u>.

Glory be to the Father, and to <u>the</u> Son, and to the Ho<u>ly</u> Spirit, as it was in the beginning, is now, and ever shall <u>be</u>, world without end. A<u>men</u>.

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Repeat Antiphon

READING Joel 2:13–14

Even now, says the LORD, return to me with your whole heart, with fasting, weeping, and mourning. Rend your hearts, not your garments, and return to the LORD, your God, for he is gracious and merciful, slow to anger, abounding in steadfast love, and relenting in punishment.

The Word of the Lord.

Thanks be to God.

ALTERNATE READING Ezekiel 36:25–27, 28b

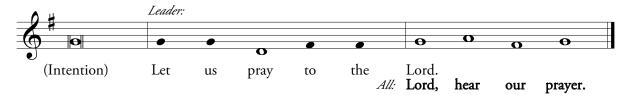
Thus says the Lord GOD: I will sprinkle clean water over you to make you clean; from all your impurities and from all your idols I will cleanse you. I will give you a new heart, and a new spirit I will put within you. I will remove the heart of stone from your flesh and give you a heart of flesh. I will put my spirit within you so that you may walk in my statutes, observe my ordinances, and keep them. You will be my people, and I will be your God.

The Word of the Lord.

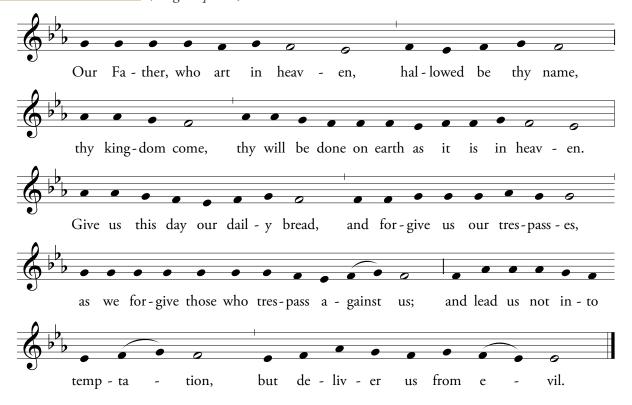
Thanks be to God.

INTERCESSIONS (sung or spoken)

Having pondered God's Word in our hearts, we bring our own needs before him, confident that God will hear our prayers.



THE LORD'S PRAYER (sung or spoken)



CLOSING PRAYER

Lord God,

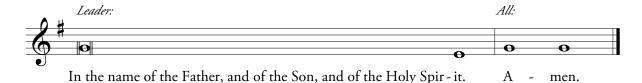
be with us throughout this night.

Protect us from harm, and strengthen our faith,

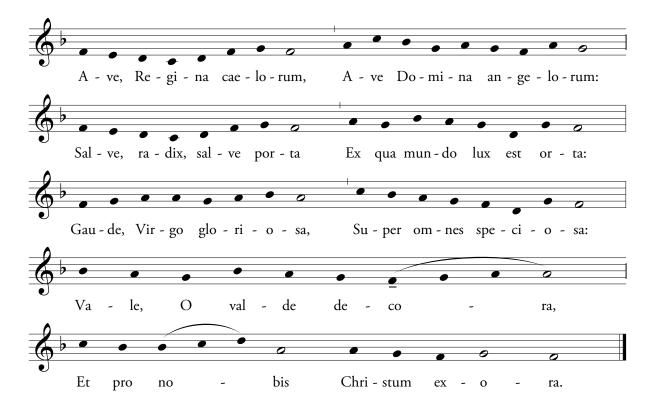
that we may grow closer to you in love

throughout this Lenten season.

We ask this through Christ our Lord. Amen.



We place ourselves under the maternal love and protection of the Blessed Virgin Mary, and we ask her to lead us always to her Son, Jesus.



Hail, O Queen of Heaven, hail, O Lady of Angels:
Hail, thou root, hail, thou gate
From whom unto the world, a light has arisen:
Rejoice, O glorious Virgin, Lovely beyond all others,
Farewell, most beautiful Maiden,
And pray for us to Christ.

ALTERNATE MARIAN ANTIPHON

Hail, Mary, full of grace, the Lord is with thee.

Blessed art thou among women, and blessed is the fruit of thy womb, Jesus.

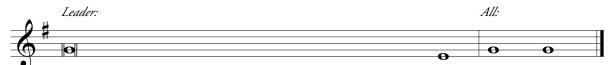
Holy Mary, Mother of God, pray for us sinners,

now and at the hour of our death. Amen.



Night Prayer 2

GREETING (sung or spoken)

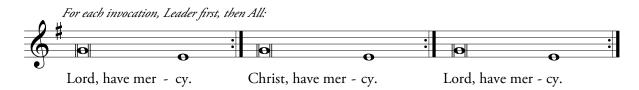


In the name of the Father, and of the Son, and of the Holy Spir-it. A - men.



PENITENTIAL ACT (sung or spoken)

As this day comes to an end, we reflect on the moments in which we chose to turn away from God. We pause to ask God's forgiveness for our sins and for the grace to follow him more faithfully.



PSALM 86:1-6, 12-13





Psalm Tone:



Turn your ear, O Lord, and give <u>answer</u> for I am poor and <u>needy</u>.

Preserve my life, for I am <u>faithful</u>: save the servant who <u>trusts</u> in you.

You are my God; have mercy on me, <u>Lord</u>, for I cry to you all day <u>long</u>.
Give joy to your servant, O <u>Lord</u>, for to you I lift <u>up</u> my soul.

O Lord, you are good and for**giving**, full of love to all who **call**. Give heed, O Lord, to my **prayer** and attend to the sound **of** my voice.

I will praise you, Lord my God, with all my <u>heart</u> and glorify your name for <u>ever</u>; for your love to me has been <u>great</u>: you have saved me from the depths <u>of</u> the grave.

Glory be to the Father, and to the <u>Son</u>, and to the Holy <u>Spirit</u>, as it was in the beginning, is now, and ever shall <u>be</u>, world without <u>end</u>. Amen.

Repeat Antiphon

GOSPEL READING Mark 1:14b-15

Jesus came to Galilee proclaiming the gospel of God: "This is the time of fulfillment. The kingdom of God is at hand. Repent, and believe in the gospel."

The Gospel of the Lord.

Praise to you, Lord Jesus Christ.

ALTERNATE GOSPEL READING

John 11:25-26a

Jesus said to Martha,

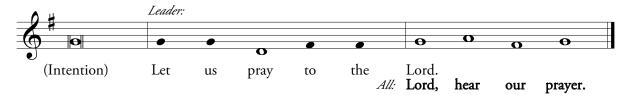
"I am the resurrection and the life; whoever believes in me, even if he dies, will live, and everyone who believes in me will never die."

The Gospel of the Lord.

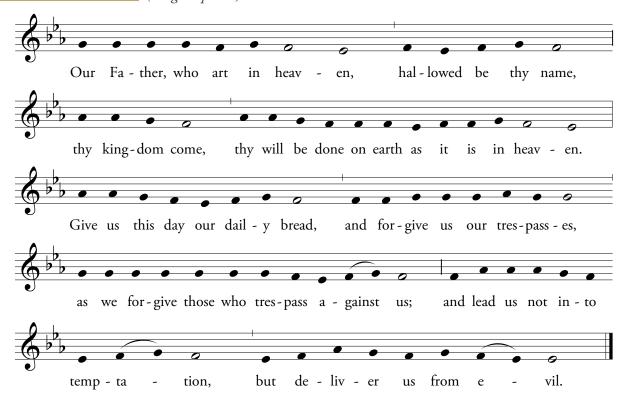
Praise to you, Lord Jesus Christ.

INTERCESSIONS (sung or spoken)

Having pondered God's Word in our hearts, we bring our own needs before him, confident that God will hear our prayers.



THE LORD'S PRAYER (sung or spoken)

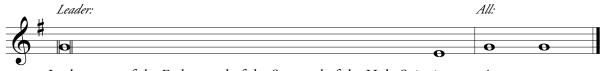


CLOSING PRAYER

Lord God,

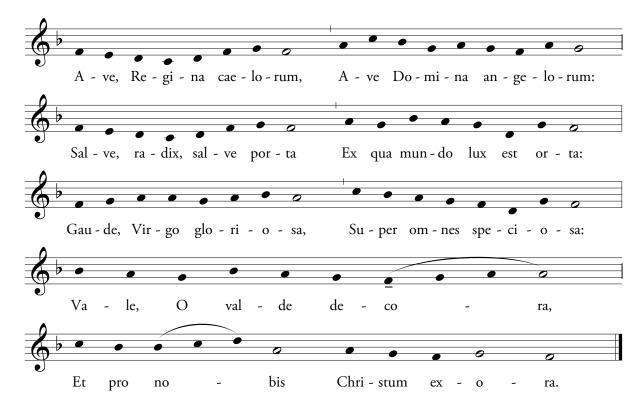
you sent your Son Jesus to preach the Good News and to conquer sin and death by dying on the Cross. Help us to carry our own crosses with courage, and to follow Jesus' example of self-giving love during this Lent and always.

We ask this through Christ our Lord. Amen.



In the name of the Father, and of the Son, and of the Holy Spir-it. A - men.

We place ourselves under the maternal love and protection of the Blessed Virgin Mary, and we ask her to lead us always to her Son, Jesus.



Hail, O Queen of Heaven, hail, O Lady of Angels:
Hail, thou root, hail, thou gate
From whom unto the world, a light has arisen:
Rejoice, O glorious Virgin, Lovely beyond all others,
Farewell, most beautiful Maiden,
And pray for us to Christ.

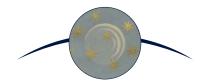
ALTERNATE MARIAN ANTIPHON

Hail, Mary, full of grace, the Lord is with thee.

Blessed art thou among women, and blessed is the fruit of thy womb, Jesus.

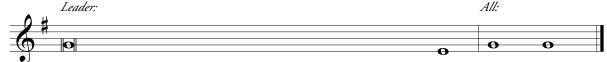
Holy Mary, Mother of God, pray for us sinners,

now and at the hour of our death. Amen.



Night Prayer for Holy Thursday





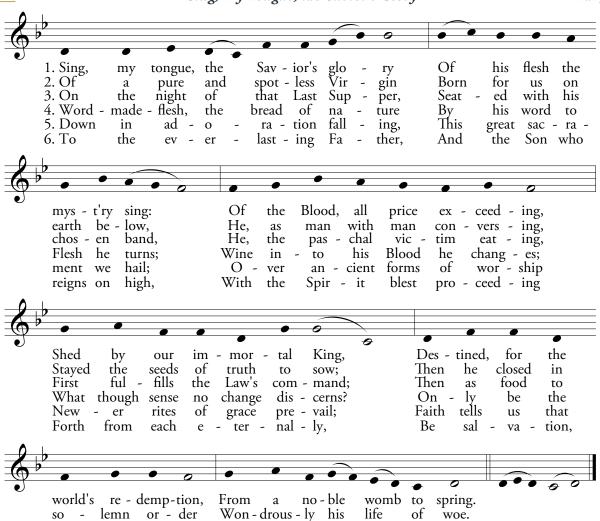
In the name of the Father, and of the Son, and of the Holy Spir - it.

A - men.



Sing, My Tongue, the Savior's Glory

Pange Lingua



Gives him - self with his

les - son

her

Might and end-less

Faith

When our

A - pos - tles

earn - est,

pre - sent

bless - ing,

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heart

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maj - es - ty.

hu-man sens - es

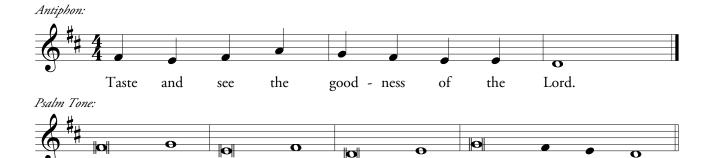
PENITENTIAL ACT (sung or spoken)

As this day comes to an end, we reflect on the moments in which we chose to turn away from God. We pause to ask God's forgiveness for our sins and for the grace to follow him more faithfully.

For each invocation, Leader first, then All:

Lord, have mer - cy. Christ, have mer - cy. Lord, have mer - cy.

PSALM 34:2-9



I will bless the Lord at all **times**, his praise always on my **lips**; in the Lord my soul shall make its **boast**. The humble shall hear **and** be glad.

Glorify the Lord with <u>me</u>.

Together let us praise his <u>name</u>.

I sought the Lord and he <u>answered</u> me; from all my terrors he <u>set</u> me free.

Look towards him and be **radiant**; let your faces not be a**bashed**. This poor man called; the Lord **heard** him and rescued him from all **his** distress.

The angel of the Lord is en<u>camped</u> around those who revere him, to <u>rescue</u> them. Taste and see that the Lord is <u>good</u>. He is happy who seeks re<u>fuge</u> in him.

Glory be to the Father, and to the <u>Son</u>, and to the Holy <u>Spirit</u>, as it was in the beginning, is now, and ever shall <u>be</u>, world without <u>end</u>. Amen.

Repeat Antiphon

READING 1 Corinthians 11:23–26

Brothers and sisters, I received from the Lord what I also handed on to you, that the Lord Jesus, on the night he was handed over, took bread, and, after he had given thanks, broke it and said, "This is my body that is for you. Do this in remembrance of me."

In the same way also the cup, after supper, saying, "This cup is the new covenant in my blood. Do this, as often as you drink it, in remembrance of me."

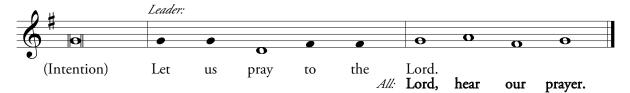
For as often as you eat this bread and drink the cup, you proclaim the death of the Lord until he comes.

The Word of the Lord.

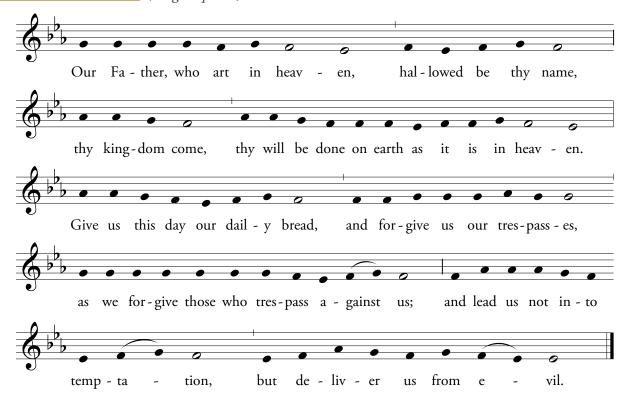
Thanks be to God.

INTERCESSIONS (sung or spoken)

Having pondered God's Word in our hearts, we bring our own needs before him, confident that God will hear our prayers.



THE LORD'S PRAYER (sung or spoken)



CLOSING PRAYER

Loving God,

increase our faith in the mysteries we celebrate

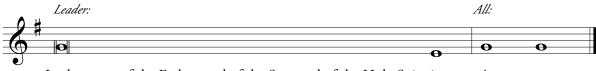
during these holiest of days.

As we recall the saving work of Jesus Christ,

may we revere him all the more in the sacrament of the Eucharist,

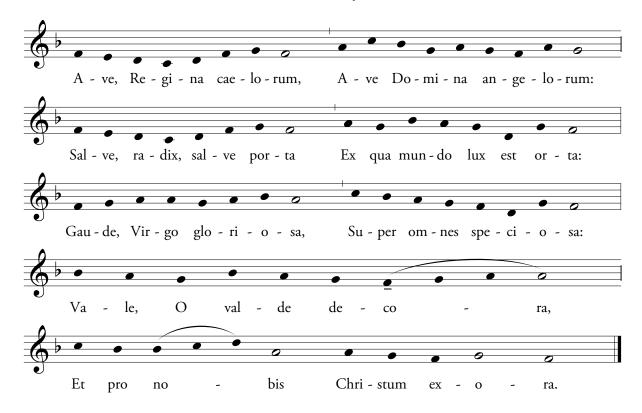
so that we may live with him forever in heaven.

We ask this through Christ our Lord. Amen.



In the name of the Father, and of the Son, and of the Holy Spir-it.

We place ourselves under the maternal love and protection of the Blessed Virgin Mary, and we ask her to lead us always to her Son, Jesus.



Hail, O Queen of Heaven, hail, O Lady of Angels:

Hail, thou root, hail, thou gate
From whom unto the world, a light has arisen:
Rejoice, O glorious Virgin, Lovely beyond all others,
Farewell, most beautiful Maiden,
And pray for us to Christ.

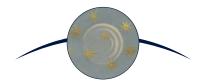
ALTERNATE MARIAN ANTIPHON

Hail, Mary, full of grace, the Lord is with thee.

Blessed art thou among women, and blessed is the fruit of thy womb, Jesus.

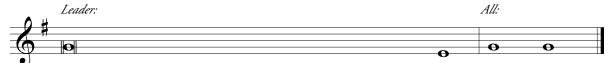
Holy Mary, Mother of God, pray for us sinners,

now and at the hour of our death. Amen.

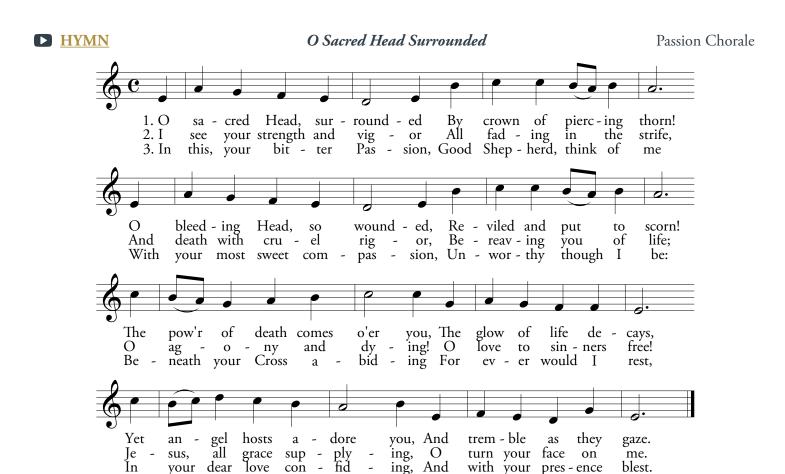


Night Prayer for Good Friday

GREETING (sung or spoken)

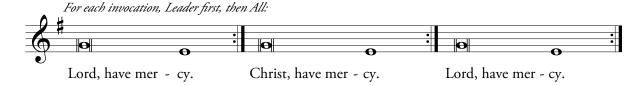


In the name of the Father, and of the Son, and of the Holy Spir-it. A - men.

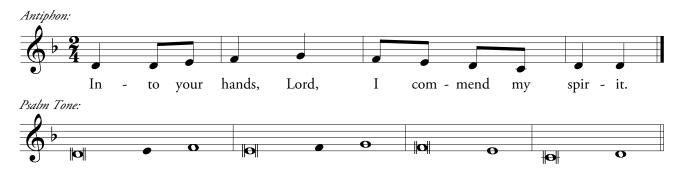


PENITENTIAL ACT (sung or spoken)

As this day comes to an end, we reflect on the moments in which we chose to turn away from God. We pause to ask God's forgiveness for our sins and for the grace to follow him more faithfully.



PSALM 31:1-6



In you, O Lord, I <u>take</u> refuge. Let me never be put <u>to</u> shame. In your justice, set me <u>free</u>, hear me and speedily <u>rescue</u> me.

Be a rock of refuge **for** me, a mighty stronghold **to** save me, for you are my rock, my **stronghold**. For you name's sake, lead me and **guide** me. Release me from the snares they <u>have</u> hidden for you are my re<u>fuge</u>, Lord.

Into your hands I commend my <u>spirit</u>.

It is you who will redeem me, <u>Lord</u>.

Glory be to the Father, and to <u>the</u> Son, and to the Ho<u>ly</u> Spirit, as it was in the beginning, is now, and ever shall <u>be</u>, world without end. Amen.

Repeat Antiphon

READING Isaiah 53:5–8, 10

He was pierced for our sins, crushed for our iniquity. He bore the punishment that makes us whole, by his wounds we were healed. We had all gone astray like sheep, all following our own way; but the LORD laid upon him the guilt of us all. Though harshly treated, he submitted and did not open his mouth; like a lamb led to slaughter or a sheep silent before shearers, he did not open his mouth. Seized and condemned, he was taken away. Who would have thought any more of his destiny? For he was cut off from the land of the living, struck for the sins of his people.

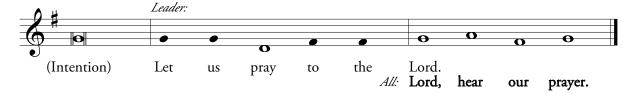
But it was the LORD's will to crush him with pain. By making his life as a reparation offering, he shall see his offspring, shall lengthen his days, and the LORD's will shall be accomplished through him.

The Word of the Lord.

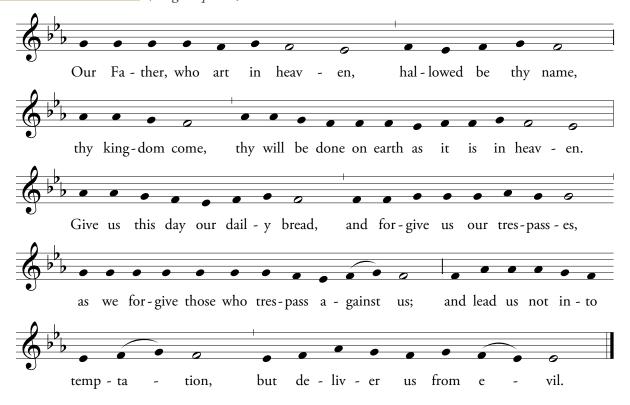
Thanks be to God.

INTERCESSIONS (sung or spoken)

Having pondered God's Word in our hearts, we bring our own needs before him, confident that God will hear our prayers.

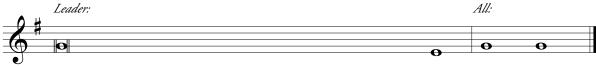


THE LORD'S PRAYER (sung or spoken)



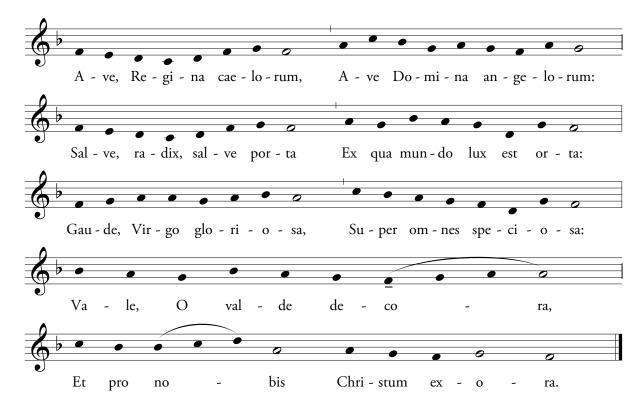
CLOSING PRAYER

God our Father, as we ponder the death of your beloved Son Jesus, we ask you to fill us with his loving obedience that we may turn away from our sins and follow him on the way of the Cross. We ask this through Christ our Lord. **Amen.**



In the name of the Father, and of the Son, and of the Holy Spir-it.

We place ourselves under the maternal love and protection of the Blessed Virgin Mary, and we ask her to lead us always to her Son, Jesus.



Hail, O Queen of Heaven, hail, O Lady of Angels:

Hail, thou root, hail, thou gate
From whom unto the world, a light has arisen:
Rejoice, O glorious Virgin, Lovely beyond all others,
Farewell, most beautiful Maiden,
And pray for us to Christ.

ALTERNATE MARIAN ANTIPHON

Hail, Mary, full of grace, the Lord is with thee.

Blessed art thou among women, and blessed is the fruit of thy womb, Jesus.

Holy Mary, Mother of God, pray for us sinners,

now and at the hour of our death. Amen.

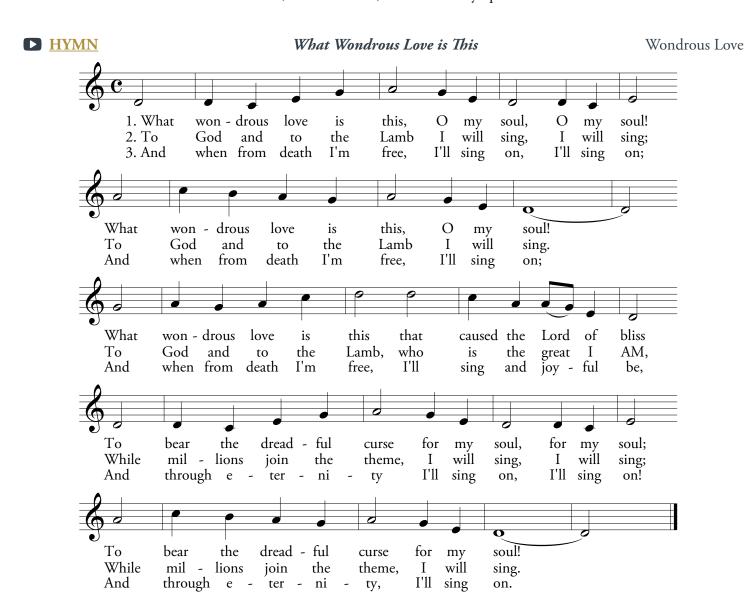


Night Prayer for Holy Saturday

GREETING (sung or spoken)

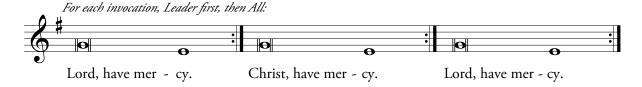


In the name of the Father, and of the Son, and of the Holy Spir-it. A - men.

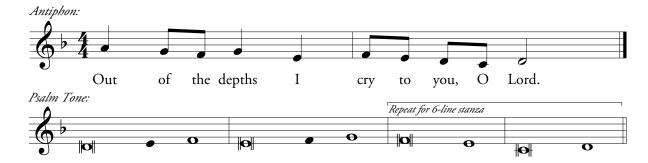


PENITENTIAL ACT (sung or spoken)

As this day comes to an end, we reflect on the moments in which we chose to turn away from God. We pause to ask God's forgiveness for our sins and for the grace to follow him more faithfully.



PSALM 130



Out of the depths I cry to you, **O** Lord, Lord, hear **my** voice!
O let your ears be at**tentive** to the voice of my **pleading**.

If you, O Lord, should mark <u>our</u> guilt, Lord, who would <u>sur</u>vive? But with you is found for<u>giveness</u>: for this we re<u>vere</u> you.

My soul is waiting for <u>the</u> Lord, I count on <u>his</u> word.

My soul is longing for the <u>Lord</u> more than watchman for <u>daybreak</u>.

Let the watchman count on <u>daybreak</u> and Israel on the <u>Lord</u>.

Because with the Lord there <u>is</u> mercy and fullness of <u>re</u>demption, Israel indeed he will re<u>deem</u> from all its in<u>iquity</u>.

Glory be to the Father, and to <u>the</u> Son, and to the Ho<u>ly</u> Spirit, as it was in the beginning, is now, and ever shall <u>be</u>, world without end. Amen.

Repeat Antiphon

READING Romans 8:35–39

What will separate us from the love of Christ? Will anguish, or distress, or persecution, or famine, or nakedness, or peril, or the sword?

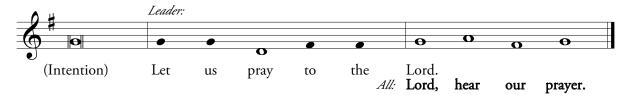
As it is written: "For your sake we are being slain all the day; we are looked upon as sheep to be slaughtered." No, in all these things we conquer overwhelmingly through him who loved us. For I am convinced that neither death, nor life, nor angels, nor principalities, nor present things, nor future things, nor powers, nor height, nor depth, nor any other creature will be able to separate us from the love of God in Christ Jesus our Lord.

The Word of the Lord.

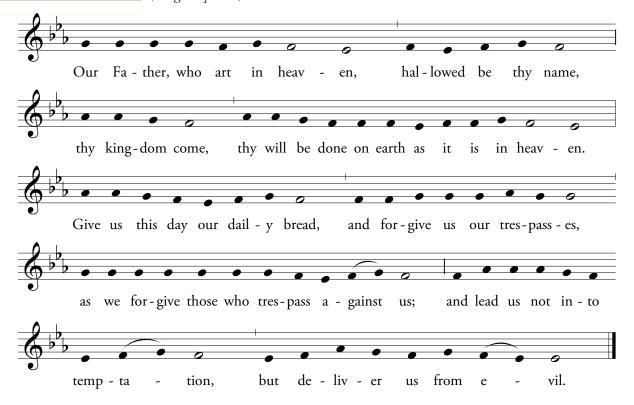
Thanks be to God.

INTERCESSIONS (sung or spoken)

Having pondered God's Word in our hearts, we bring our own needs before him, confident that God will hear our prayers.



THE LORD'S PRAYER (sung or spoken)



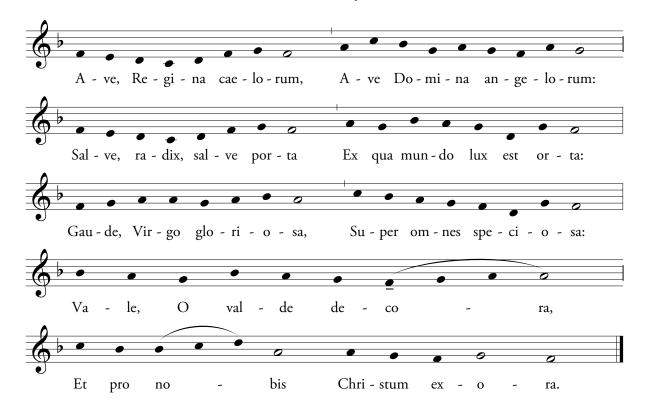
CLOSING PRAYER

God our Father, in the darkness of the tomb, we await the radiance of the Resurrection. Help us to persevere in faith and cling to Jesus our Savior, that we who are united to him in suffering and death may also be united to him in eternal glory. We ask this through Christ our Lord. **Amen.**



In the name of the Father, and of the Son, and of the Holy Spir - it.

We place ourselves under the maternal love and protection of the Blessed Virgin Mary, and we ask her to lead us always to her Son, Jesus.



Hail, O Queen of Heaven, hail, O Lady of Angels:
Hail, thou root, hail, thou gate
From whom unto the world, a light has arisen:
Rejoice, O glorious Virgin, Lovely beyond all others,
Farewell, most beautiful Maiden,
And pray for us to Christ.

ALTERNATE MARIAN ANTIPHON

Hail, Mary, full of grace, the Lord is with thee.

Blessed art thou among women, and blessed is the fruit of thy womb, Jesus.

Holy Mary, Mother of God, pray for us sinners,

now and at the hour of our death. Amen.

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