

FRANCISCAN OFFICE OF THE PASSION OF THE LORD

—A devotional Office written by St. Francis of Assisi himself. It consists of 15 “psalms” which are composites of various verses, mostly from the Davidic psalms but also from other parts of Sacred Scripture and pious sentiment.



PRAYERS SAID BEFORE THE LITTLE OFFICE AT ALL HOURS

Our Father, . . .

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.

PRAISES

Holy, holy, holy Lord God Almighty,
Who is and Who was and Who is to come
Let us praise and glorify Him above all forever.

Lord our God, You are worthy to receive
praise and glory and honor and blessing
Let us praise and glorify Him above all forever.
The Lamb Who was slain is worthy to receive
power and divinity and wisdom and strength,
and honor and glory and blessing
Let us praise and glorify Him above all forever.

Let us bless the Father and the Son
with the Holy Spirit:
Let us praise and glorify Him above all forever.

Bless the Lord, all you works of the Lord
Let us praise and glorify Him above all forever.

Sing praise to our God, all you His servants
and you who fear God, the small and the great.
Let us praise and glorify Him above all forever.

Let heaven and earth praise Him Who is glorious
Let us praise and glorify Him above all forever.

And every creature that is in heaven
and on earth and under earth
and in the sea and those which are in them.
Let us praise and glorify Him above all forever.

Glory to the Father and to the Son
and to the Holy Spirit:
Let us praise and glorify Him above all forever.

As it was in the beginning, is now,
and will be for ever. Amen.
Let us praise and glorify Him above all forever.

Let us pray

All-powerful, most holy,
most high, and supreme God:
all good, supreme good, totally good,
You Who alone are good;
May we give You
all praise, all glory, all thanks, all honor:
all blessing, and all good things.
So be it. So be it.
Amen.

*Then before beginning the appropriate psalm,
the following antiphon is recited:*

Antiphon

Holy Virgin Mary, among women,
there is no one like you born into the world:
you are the daughter
and the servant of the most high
and supreme King and Father of heaven,
you are the mother of our most holy Lord Jesus
Christ, you are the spouse of the Holy Spirit.
Pray for us
with Saint Michael the Archangel
and all the powers of the heavens
and all the saints
to your most holy beloved Son,
the Lord and Master.

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.

PRAYERS SAID AFTER THE LITTLE OFFICE AT ALL HOURS

Antiphon

Holy Virgin Mary, among women,
there is no one like you born into the world:
you are the daughter
and the servant of the most high
and supreme King and Father of heaven,
you are the mother of our most holy Lord Jesus
Christ, you are the spouse of the Holy Spirit.
Pray for us
with Saint Michael the Archangel
and all the powers of the heavens
and all the saints
to your most holy beloved Son,
the Lord and Master.

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.

Then follows the dismissal

Let us bless the Lord,
the living and true God;
to Him let us always render praise,
glory, honor, blessing,
and every good.

Amen. Amen.
So be it. So be it.

St. Francis' Prayer Before the Crucifix

Most High, glorious God,
enlighten the darkness of my heart;
Give me right faith,
sure hope,
and perfect charity.
Fill me with understanding and knowledge,
that I may fulfill Your command.



PSALM 1

God, I have told You of my life
You have placed my tears in Your sight
(Ps 55:8b-9).
All my enemies were planning evil things against
me (Ps 40:8a)
and they have taken counsel together
(cf. Ps 70:10c).

They repaid me evil for You
and hatred for my love (cf. Ps 108:5).
In return for my love they slandered me
but I kept praying (Ps 108:4).

My holy Father (Jn 17:11),
King of heaven and earth, do not leave me
since trouble is near
and there is no one to help (Ps 21:12).
Let my enemies be turned back
on whatever day I shall call upon You;
for now I know that You are my God (Ps 55:10).

My friends and my neighbors have drawn near
and have stood against me
and those who were close to me
have stayed far away (Ps 37:12).
You have driven my acquaintances far from me
they have made me an abomination to them,
I have been handed over and I have not fled!
(Ps 87:9).

Holy Father (Jn 17:11), do not remove
Your help from me (Ps 21:20);
my God, look to my assistance (cf. Ps 70:12).
Come to my help
Lord, God of my salvation (Ps 37:23).

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.

Return to the Antiphon

*The following schemas are proposed in
"The Geste of the Great King" by Laurent
Gallant, OFM and Andre Cirino, OFM*

In Ordinary Time

For those who pray 7 times a day:

Weekdays:

Night Prayer (Compline): 1
Vigil Praises (Matins-Lauds) : 2
Morning Prayer (Prime) : 3
Mid-morning Prayer (Terce) : 4
Midday Prayer (Sext) : 5
Midafternoon Prayer (None) : 6
Evening Prayer (Vespers) : 7

Sundays, Solemnities and Feasts:

Night Prayer (Compline) : 8
Vigil Praises (Matins-Lauds) : 9
Morning Prayer (Prime) : 3
Mid-morning Prayer (Terce) : 10
Midday Prayer (Sext) : 11
Midafternoon Prayer (None) : 12
Evening Prayer (Vespers) : 7

For those who pray thrice a day

(M= Morning; N = Afternoon; E = Evening)

Sundays, Solemnities and Feasts:

9 (M) 10/11/12 (N) 7 (E)
Monday: 1 (M) 2 (N) 4 (E)
Tuesday: 3 (M) 5 (N) 6 (E)
Wednesday: 7 (M) 1 (N) 2 (E)
Thursday: 3 (M) 4 (N) 5 (E)
Friday: 6 (M) 7 (N) 1 (E)
Saturday: 3 (M) 5 (N) 6 (E)

For those who pray twice a day

(M= Morning; E = Evening)

Sundays, Solemnities and Feasts: 9 (M) 7 (E)
Monday: 1 (M) 2 (E)
Tuesday: 3 (M) 4 (E)
Wednesday: 5 (M) 6 (E)
Thursday: 7 (M) 1 (E)
Friday: 2 (M) 4 (E)
Saturday: 5 (M) 6 (E)

THE OFFICE OF THE PASSION

(Traditional Office of Tertiaries)

AT MATINS

1. O Lord Jesus Christ, Who on the eve of Thy suffering instituted the Blessed Sacrament, Have mercy on us.

An Our Father, Hail Mary and Glory after each of these twelve invocations.

2. O Lord Jesus Christ, Who, sorrowful unto death, prayed to Thy heavenly Father, Have mercy on us.

3. O Lord Jesus Christ, Whose Sacred Body during Thine Agony was bathed in sweat, Have mercy on us.

4. O Lord Jesus Christ, Who on being betrayed by Judas was taken captive, Have mercy on us.

5. O Lord Jesus Christ, Who was led bound to Annas and Chaiphas, Have mercy on us.

AT LAUDS

6. O Lord Jesus Christ, Who was declared by the high priest guilty of death, Have mercy on us.

AT PRIME

7. O Lord Jesus Christ, Who at the first hour of the day was delivered up to the heathen judge Pilate, Have mercy on us.

AT TIERCE

8. O Lord Jesus Christ, Who at the third hour was cruelly scourged and crowned with thorns, Have mercy on us.

AT SEXT

9. O Lord Jesus Christ, Who at the sixth hour was fastened to the Cross with heavy nails, Have mercy on us.

AT NONE

10. O Lord Jesus Christ, Who at the ninth hour gave up Thy spirit into the hands of the Father, Have mercy on us.

AT VESPERS

11. O Lord Jesus Christ, Who at vesper time was taken down from the Cross and placed in the arms of Thy Mother, Have mercy on us.

AT COMPLINE

12. O Lord Jesus Christ, Who was borne to the tomb by Thy most afflicted Mother and Thy dearest friends, Have mercy on us.

†...†...†

PSALM 2

Lord, God of my salvation

I cry to You by day and by night (Ps 87:2).

Let my prayer enter into Your sight

incline Your ear to my prayer (Ps 87:3).

Look to my soul and free it

ransom me from my enemies (Ps 68:19).

Since it is You Who drew me out of the womb,

You, my hope from my mother's breasts,

I am cast upon You from the womb (Ps 21:10).

From the womb of my mother You are my God
do not depart from me (Ps 21:11).

You know my disgrace, and my confusion,
and my shame (Ps 68:20).

All those who trouble me are in Your sight
and my heart has expected abuse and misery
(Ps 68:21a-b).

And I looked for someone who would grieve
together with me and there was none
and for someone who would console me
and I found none (Ps 68:21 c-d).

O God, the wicked have risen against me
and they have sought my life
in the assembly of the mighty
and they have not placed You in their sight
(Ps 85:14).

I am numbered among those
who go down into the pit;
I have become as a man without help,
free among the dead (Ps 87:5-6a).

You are my most holy Father
my King and my God (cf. Ps 43:5a).
Come to my help
Lord, God of my salvation (Ps 37:23).

Glory to the Father ...

Return to the Antiphon

PSALM 3

Have mercy on me, O God, have mercy on me
since my soul places its trust in You (Ps 56:2a).
And I will hope as I stay
under the shadow of Your wings
until wickedness passes by (Ps 56:2b).

I will cry to my most holy Father, the most high,
to the Lord, Who has done good to me
(cf. Ps 56:3).
He has sent from heaven and delivered me
He has disgraced those who have trampled upon
me (Ps 56:4a-b).

God has sent His mercy and His truth
He has snatched my life (Ps 56:4c-5a)
from the strongest of my enemies
and from those who hated me since they were
too strong for me (Ps 17:18).

They have prepared a trap for my feet
and have bowed down my soul (Ps 56:7a-b).
They have dug a pit before my face
and themselves have fallen into it (Ps 56:7c-d).

My heart is ready, O God, my heart is ready
I will sing and recite a psalm (Ps 56:8).
Arise, my glory, arise psalter and harp,
I will arise at dawn (Ps 56:9).

I will praise You among the peoples, O Lord,
I will say a psalm to You among the nations
(Ps 56:10).
Since Your mercy is exalted even to the skies
and Your truth even to the clouds (Ps 56:11).

Be exalted above the heavens, O God,
and may Your glory be above all the earth!
(Ps 56:12).

Glory to the Father ...

Return to the Antiphon

PSALM 4

Have mercy on me, O God,
for man has trampled me underfoot
all the day long they have afflicted me
and they fight against me (Ps 55:2).

My enemies trample upon me all the day long
since those who wage war against me are many
(Ps 55:3).

All my enemies have been thinking evil things
against me
they set an evil plan against me (Ps 40:8b-9a).

Those who guarded my life
have conspired together (Ps 70:10b).
They went forth
and spoke together (Ps 40:7).

All those who see me laugh at me
and they have spoken with their lips
and have shaken their heads (Ps 21:8).

I am a worm and no man,
the scorn of men and the outcast of the people
(Ps 21:7).

I have been made a reproach to my neighbors
exceeding all of my enemies
and a fear for my acquaintances (Ps 30:12a-b).

O holy Father (Jn 17:11), do not keep
Your help from me
but look to my defense (Ps 21:20).
Come to my help,
Lord, God of my salvation (Ps 37:23).

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.

Return to the Antiphon

PSALM 5

I cried to the Lord with my voice
with my voice I made supplication to the Lord
(Ps 141:2).
I pour out my prayer in His sight
and I speak of my trouble before Him (Ps 141:3).

When my spirit failed me
You knew my ways (Ps 141:4a-b).
On the path on which I walked
the proud have hidden a trap for me
(Ps 141:4c-d).

I looked to my right and I saw
and there was no one who knew me
(Ps 141:5a-b).
I have no means of escape
and there is no one who cares for my life
(Ps 141:5c-d).

Because of You I have sustained abuse
while confusion covers my face (Ps 68:8).
I have been made an outcast to my brothers
and a stranger to the children of my mother
(Ps 68:9).

Holy Father (Jn 17:11), zeal for Your house has
consumed me
and the abuses of those who have attacked You
have fallen upon me (Ps 68:10).

And against me they have rejoiced
and have united together
and many scourges were heaped upon me
and I knew not why (Ps 34:15).

More numerous than the hairs of my head
are those who hate me without cause
(Ps 68:5a-b).
Those who persecute me unjustly,
my enemies, have been strengthened
must I then restore what I did not steal?
(Ps 68:5c-d).

For the Lord is great and worthy of all praise
He is awesome, beyond all gods (Ps 95:4)!

Give to the Lord, you families of nations,
give to the Lord glory and praise
give to the Lord the glory due His name
(Ps 95:7-8a).

Offer your bodies and take up His holy cross
and follow His most holy commands even to the
end (cf. Lk 14:27; 1 Pt 2:21).

Glory to the Father . . .

Antiphon

Holy Virgin Mary, among women,
there is no one like you born into the world:
you are the daughter
and the servant of the most high and supreme
King and Father of heaven,
you are the mother of our most holy Lord Jesus
Christ, you are the spouse of the Holy Spirit.
Pray for us
with Saint Michael the Archangel
and all the powers of the heavens
and all the saints
to your most holy beloved Son,
the Lord and Master.

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.

Then follows the dismissal

Let us bless the Lord,
the living and true God;
to Him let us always render praise,
glory, honor, blessing, and every good.

Amen. Amen.
So be it. So be it.

PSALM 15

Ring out your joy to God our help
and shout with cries of gladness
to the Lord God living and true (cf. Ps 46:2b).

For the Lord, the most high,
the awesome, is the great king over all the earth
(Ps 46:3).

For the most holy Father of heaven,
our King before all ages (Ps 73:12a),
has sent His beloved Son from on high
and He was born of the Blessed Virgin Holy
Mary.

He called upon me: you are my Father
(Ps 88:27a),
and I will enthrone Him as the firstborn,
the highest,
above the kings of the earth (Ps 88:28).

On that day the Lord sent His mercy
and at night His song was heard (Ps 41:9a-b).

This is the day the Lord has made
let us rejoice and be glad in it (Ps 117:24).

For the most holy beloved child was given to us,
and He was born for us (cf. Is 9:5) along the way
and placed in a manger
since there was no room in the inn (cf. Lk 2:7).

Glory to the Lord God in the highest
and on earth peace to men of good will
(cf. Lk 2:14).

Let the heavens be glad and the earth rejoice,
let the sea and all that is in it be moved

let the fields and everything that is in them
be joyful (Ps 95:11-12a).
Sing a new song to Him
sing to the Lord, all the earth (cf. Ps 95:1).

The wicked witnesses who rise up
have interrogated me about things
of which I am ignorant (Ps 34:11).

They repaid me evil for good (Ps 34:12a)
and they harassed me
because I pursued good (Ps 37:21).

You are my most holy Father
my King and my God (Ps 43:5).
Come to my help,
Lord, God of my salvation (Ps 37:23).

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.

Return to the Antiphon

PSALM 6

O all of you who pass along the way
look and see if there is any sorrow like my
sorrow (Lm 1:12a-b).
For many dogs have surrounded me
a pack of evildoers has closed in on me
(Ps 21:17).

They have looked and stared upon me
they have divided my garments among them
and for my tunic they have cast lots
(Ps 21:18b-19).

They have pierced my hands and my feet
they have numbered all my bones
(Ps 21:17c-18a).
They have opened their mouth against me
like a lion raging and roaring (Ps 21:14).

I am poured out like water
and all of my bones have been scattered
(Ps 21:15a-b).

And my heart has become like melting wax
in the midst of my bosom (Ps 21:15c).

My strength is dried up like baked clay
and my tongue clings to my jaws (Ps 21:16a-b).
And they have given gall as my food
and in my thirst they gave me vinegar to drink
(Ps 68:22).

And they have led me into the dust of death
(cf. Ps 21:16c)
and they have added grief to my wounds
(Ps 68:27b).
I have slept and have risen (Ps 3:6)
and my most holy Father has received me with
glory (cf. Ps 72:24c).

Holy Father (Jn 17:11), You have held
my right hand
and You have led me with Your counsel
(Ps 72:24).
For what is there in heaven for me
and besides You what do I want on earth
(Ps 72:25)?

See, see that I am God, says the Lord
I shall be exalted among the nations
and I shall be exalted on the earth (cf. Ps 45:11).

Blessed be the Lord, the God of Israel (Lk 1:68a),
Who has redeemed the souls of His servants
with His very own most holy Blood
and Who will not abandon all who hope in Him
(Ps 33:23).

And we know, for He comes,
for He will come to judge justice (cf. Ps 95:13b).

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.

Return to the Antiphon

PSALM 7

All you nations clap your hands
shout to God with a voice of gladness (Ps 46:2).
For the Lord, the Most High
the awesome, is the great King over all the earth
(Ps 46:3).

For the most holy Father of heaven,
our King before all ages,
has sent His beloved Son from on high
and has brought salvation
in the midst of the earth (Ps 73:12).

Let the heavens be glad
and let the earth rejoice,
let the sea and all that is in it be moved
let the fields and all that is in them be joyful
(Ps 95:11—12a).

Sing a new song to Him
sing to the Lord, all the earth (cf. Ps 95:1)!
For the Lord is great and highly to be praised,
and awesome is He beyond all gods (Ps 95:4)!

Give to the Lord, you families of nations,
give to the Lord glory and honor,
give to the Lord the glory due His name
(Ps 95:7-8a).

Offer up your bodies and take up His holy cross
and follow His most holy commands
even to the end (cf. Lk 14:27; 1 Pt 2:21).

Let the whole earth tremble before His face
say among the nations
that the Lord has ruled from a tree
(Ps 95:9b-10a).

[On Ascension, the following is added:

And He ascended into heaven
and is seated at the right hand
of the most holy Father in heaven;
O God, be exalted above the heavens
and above all the earth be Your glory (Ps 56:12).

And we know that He has come
that He will come to judge justice.]

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.

Return to the Antiphon

PSALM 8

God, come to my assistance
Lord, make haste to help me.

Let them be put to shame and confounded
who seek my life.
Let them be put to flight and disgraced
who rejoice at my misfortune.

Let them be turned back in shame
who say to me: Aha! Aha!
May all those who seek You exult
and be glad in You
and may those who love Your salvation ever say:
“May God be glorified!”

But I am afflicted and poor:
help me, O God.
You are my help and my deliverer
Lord, do not delay (Ps 69:2-6).

Glory to the Father . . .

Return to the Antiphon

PSALM 14

I will praise You, Lord, most holy Father,
King of heaven and earth,
for You have consoled me (cf. Is 12:1).

You are God my Savior;
I will act confidently and not be afraid
(Is 12:2a-b).
The Lord is my strength and my glory;
He has become my salvation (Is 12:2c-d).

Your right hand, O Lord,
is magnificent in strength;
Your right hand, O Lord,
has shattered the enemy,
and in the vastness of Your glory
You have overthrown my enemies (Ex 15:6-7a).

Let the poor see [this] and be glad
seek God and your soul shall live (Ps 68:33).
Let heaven and earth praise Him
the sea and every living thing in them (Ps 68:35).

For God will save Zion
and the cities of Judah will be rebuilt
(Ps 68:36a-b).
And they shall dwell there
and they shall acquire it as their inheritance
(Ps 68:36c).

And the descendants of His servants shall
possess it
and those who love His name shall dwell in it
(Ps 68:37).

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.

Return to the Antiphon

PSALM 13

How long, Lord, will You eternally forget me?
How long will You turn Your face from me?
How long must I place doubts in my soul
sorrow in my heart each day?

How long will my enemy rejoice over me?
Look, and hear me, O Lord, my God.
Give light to my eyes
that I may never sleep in death
that my enemy may never say:
I have overcome him.

Those who trouble me would rejoice
if I stumbled
but I have trusted in Your kindness.
My heart shall rejoice in Your saving help;

I will sing to the Lord
Who has given good things to me
and I will praise the name of the Lord most high
(Ps 12:1-6).

Glory to the Father . . .

Return to the Antiphon

St. Francis' Prayer to the Blessed Virgin Mary

Hail, holy Lady, most holy Queen,
Mary, Mother of God, ever Virgin.
You were chosen by the Most High
Father in heaven,
consecrated by Him, with His most Holy Beloved
Son and the Holy Spirit, the Comforter.
On you descended and still remains all the fullness
of grace and every good.
Hail, His Palace. Hail His Tabernacle.
Hail His Robe. Hail His Handmaid.
Hail, His Mother. And Hail, all holy Virtues, who,
by grace and inspiration of the Holy Spirit, are
poured into the hearts of the faithful so that from
their faithless state, they may be made faithful
servants of God through you. Amen.

PSALM 9

Sing to the Lord a new song
for He has done wondrous deeds (Ps 97:1a-b).

His right hand and His holy arm (Ps 97:1c-d)
have sacrificed His beloved Son.

The Lord has made His salvation known
in the sight of the nations He has revealed His
justice (Ps 97:2).

On that day the Lord sent His mercy,
and His song at night (cf. Ps 41:9a-b).

This is the day the Lord has made
let us rejoice and be glad in it (Ps 117:24).

Blessed is he who comes in the name of the Lord
the Lord is God, and He has given us light
(Ps 117:26a, 27a).

Let the heavens be glad and the earth rejoice,
let the sea and all that is in it be moved
let the fields be joyful
and all that is in them (Ps 95:11-12a).

Give to the Lord, you families of nations,
give to the Lord glory and praise
give to the Lord the glory due His name
(Ps 95:7-8a).

Sing to the Lord, O kingdoms of the earth,
sing to the Lord (Ps 67:33a).
Chant praise to God Who ascends
above the heights of the heavens to the east
(Ps 67:33b-34a).

Look, He will give His voice, the voice of power;
give glory to God!
Above Israel is His greatness,
and His power is in the skies (Ps 67:34b-35).

God is marvelous in His holy ones

the God of Israel Himself will give power and
strength to His people.
Blessed be God (Ps 67:36)!

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.

Return to the Antiphon

PRAYERS SAID AFTER THE LITTLE OFFICE AT ALL HOURS

Antiphon

Holy Virgin Mary, among women,
there is no one like you born into the world:
you are the daughter
and the servant of the most high and supreme
King and Father of heaven,
you are the mother of our most holy Lord Jesus
Christ, you are the spouse of the Holy Spirit.
Pray for us
with Saint Michael the Archangel
and all the powers of the heavens
and all the saints
to your most holy beloved Son,
the Lord and Master.

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.

Then follows the dismissal

Let us bless the Lord,
the living and true God;
to Him let us always render praise,
glory, honor, blessing, and every good.

Amen. Amen.
So be it. So be it.

PSALM 10

Cry out to the Lord with joy, all the earth!
Speak praise to His name
give glory to His praise (cf. Ps 65:1-2).

Say to God:
How terrifying are Your deeds, Lord,
in the vastness of Your strength
Your enemies shall fawn upon You (Ps 65:3).

Let all the earth adore You
and sing praise to You
let us sing praise to Your name (Ps 65:4).
Come, listen, and I will tell
all of you who fear God
how much He has done for my soul (Ps 65:16).

To Him I cried with my mouth
and sounds of music were on my tongue
(Ps 65:17).
And from His holy temple He heard my voice
and my cry reached His ears (Ps 17:7c-d).

Bless our Lord, you peoples
and make the voice of His praise be heard
(cf. Ps 65:8).
And all the tribes of the earth
shall be blessed in Him
all the nations shall proclaim Him (Ps 71:17c-d).

Blessed be the Lord, the God of Israel
Who alone does marvelous and great deeds
(Ps 71:18).
And blessed forever be the name of His majesty
and may all the earth be filled with His majesty.
(Ps 71:19).

Amen! Amen!

Glory to the Father . . .

Return to the Antiphon

PSALM 11

May the Lord hear you on the day of distress
may the name of the God of Jacob protect you
(Ps 19:2).

May He send you help from His sanctuary
and from Zion may He sustain you (Ps 19:3).

May He remember all of your sacrifices
and may your burnt offering be fruitful
(Ps 19:4).

May He grant you what your heart desires
and may He fulfill your every plan (Ps 19:5).

May we rejoice in your victory
and may we be victorious in the name of the
Lord our God (Ps 19:6).

May the Lord fulfill all of your requests
(Ps 19:6)!

Now I know that (Ps 19:7a-b) the Lord sent His
Son Jesus Christ
and He will judge the peoples with justice
(Ps 9:9b).

And the Lord has become the refuge of the poor,
a stronghold in times of distress
Let them trust in You who know Your name
(Ps 9:10-1 la).

Blessed be the Lord my God (Ps 143:1b)
since He has become my stronghold
and my refuge
in the day of my distress (cf. Ps 58:17c-d).

My helper, I will praise You,
for You, God, are my stronghold
and my God, my mercy! (Ps 58:18).

Glory to the Father . . .

Return to the Antiphon

PSALM 12

In You, Lord, I have hoped,
let me never be put to shame;
in Your fidelity, deliver me and rescue me
(Ps 70:1b-2a).
Incline Your ear to me; save me (Ps 70:2b).

Be my protector, O God, and a stronghold
that You may save me (Ps 70:3a-b).
For You are my patience, Lord,
You are my hope, Lord, from my youth (Ps 70:5).

In You I have been supported from birth;
from my mother's womb You are my protector
and of You my song will always be (Ps 70:6).
May my mouth be filled with praise that I may
sing of Your glory
and all the day long of Your greatness (Ps 70:8).

Answer me, Lord, for Your mercy is kind
look upon me out of the vastness of Your
mercies (Ps 68:17).
And hide not Your face from Your servant;
because I am in distress,
make haste quickly to answer me (Ps 68:18).

Blessed be the Lord my God (Ps 143:1b),
for He has become my protector and my refuge
on the day of my distress.

O my helper, Your praises will I sing,
for God is my protector,
my God, my mercy (Ps 58:18).

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.

Return to the Antiphon