Daytime Prayer

Friday, March 20, 2020

Lent, Week 3 — Friday

OPENING

O 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.

HYMN

> **Lord, Who Throughout These Forty Days**
>
> Lord, who throughout these forty days
> for us did fast and pray,
> teach us with you to mourn our sins
> and close by you to stay.

PSALMODY

Psalm 139 *Deliver Me From Evil Men (Part II)*

> *Ant. My sacrifice is a broken spirit; a broken and contrite heart you will not despise.*

Do not hand me over, O Lord, to the desire of the wicked; they have conspired against me; do not abandon me, lest they prevail.

The head of their encirclement: the labor of their lips will overwhelm them.

Burning coals will fall upon them; you will cast them into the fire, into miserable ruin, and they will not endure.

A man of tongue will not be established on the earth; evil will capture the unjust man for his destruction.

I know that the Lord will effect the judgment of the poor, and the vindication of the needy.

Yet truly the just will confess to your name, and the upright will dwell with your 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. My sacrifice is a broken spirit; a broken and contrite heart you will not despise.*

Psalm 140 *Let My Prayer Rise Like Incense*

> *Ant. My sacrifice is a broken spirit; a broken and contrite heart you will not despise.*

Lord, I have cried out to you; hear me; give ear to my voice when I cry out to you.

Let my prayer be directed like incense in your sight; the lifting up of my hands as an evening sacrifice.

Set a guard, O Lord, over my mouth, and a surrounding door over my lips.

Do not let my heart turn to words of malice, or to making excuses for sin.

With men who work iniquity, and I will not communicate with the elect of them.

The just man will correct me with mercy and will rebuke me; but let not the oil of the sinner anoint my head.

For my prayer is still against their desires; their judges have been swallowed up, joined to the rock.

They will hear my words, for they have been made sweet.

As if a thickness of earth being broken up on the ground, our bones have been scattered beside hell.

For to you, O Lord, Lord, are my eyes; in you I have hoped; take not away my soul.

Keep me from the snare they have laid for me, and from the stumbling blocks of those who work iniquity.

Sinners will fall in his net; I am alone until I pass through.

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. My sacrifice is a broken spirit; a broken and contrite heart you will not despise.*

SHORT READING

JEREMIAH 29:13

You will seek me and find me, when you seek me with all your heart.

RESPONSORY

V. We adore your cross, O Lord.

R. We praise your holy resurrection.

CONCLUDING PRAYER

Lord of the cross, help us to carry our own crosses with patience and trust, knowing that you walk beside us; through Jesus Christ our Lord. Amen.

DISMISSAL

Let us praise the Lord.

And give him thanks.