# Daytime Prayer

*Friday, March 29, 2069*

Lent, Week 4 — 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 119** *Your Word Is a Lamp (Mem)*

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

Your word is a lamp to my feet, and a light to my paths.

I have sworn and have determined to keep the judgments of your justice.

I have been humbled greatly; O Lord, enliven me according to your word.

The voluntary offerings of my mouth, make them acceptable, O Lord, and teach me your judgments.

My soul is always in my hands, and I have not forgotten your law.

Sinners have set a snare for me, and I have not strayed from your commandments.

I have inherited your testimonies forever, because they are the joy of my heart.

I have inclined my heart to do your justifications forever, for the reward.

*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 119** *I Have Hated the Double-minded (Nun)*

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

I have hated the iniquitous; and I have loved your law.

You are my helper and my supporter; and I have hoped in your word.

Depart from me, you malicious; and I will search the commandments of my God.

Uphold me according to your word and I will live; and do not confound me in my expectation.

Help me and I will be saved; and I will always meditate on your justifications.

You have despised all those who fall away from your justifications; for their thought is unjust.

I have considered all the sinners of the earth to be prevaricators; therefore I have loved your testimonies.

Pierce my flesh with your fear; for I am afraid of your judgments.

*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.*