

SUNDAY NONE (odd weeks)

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

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

Psalm 119 VIII-XI

My portion is the LORD;
I promise to keep your words.
I entreat you with all my heart:
have mercy on me in accord with your promise.
I have examined my ways
and turned my steps to your decrees.
I am prompt, I do not hesitate
in keeping your commands.
Though the snares of the wicked surround me,
your teaching I do not forget.
At midnight I rise to praise you
because your edicts are just.
I am the friend of all who fear you,
of all who keep your precepts.
The earth, LORD, is filled with your love;
teach me your laws.

You have treated your servant well,
according to your word, O LORD.
Teach me wisdom and knowledge,
for in your commands I trust.
Before I was afflicted I went astray,
but now I hold to your promise.
You are good and do what is good;
teach me your laws.
The arrogant smear me with lies,
but I observe your precepts with all my heart.
Their hearts are gross and fat;
as for me, your teaching is my delight.
It was good for me to be afflicted,
in order to learn your laws.
Teaching from your lips is more precious to me
than heaps of silver and gold.

Your hands made me and fashioned me;
give me insight to learn your commands.
Those who fear you rejoice to see me,
because I hope in your word.
I know, LORD, that your edicts are just;
though you afflict me, you are faithful.
May your love comfort me in accord with
your promise to your servant.
Show me compassion that I may live,
for your teaching is my delight.

Shame the proud for oppressing me unjustly,
that I may study your precepts.
Let those who fear you turn to me,
those who acknowledge your decrees.
May I be wholehearted toward your laws,
that I may not be put to shame.

My soul longs for your salvation;
I put my hope in your word.
My eyes long to see your promise.
When will you comfort me?
I am like a wineskin shriveled by smoke,
but I have not forgotten your laws.
How long can your servant survive?
When will your edict doom my foes?
The arrogant have dug pits for me;
defying your teaching.
All your commands are steadfast.
Help me! I am pursued without cause.
They have almost ended my life on earth,
but I do not forsake your precepts.
In your kindness give me life,
to keep the decrees you have spoken.

Praise the Father, the Son, and Holy Spirit,
both now and forever.
The God who is, who was, and is to come,
at the end of the ages.

Reading - Galatians 6:9-10

Let us not grow weary of doing good; if we do not
relax our efforts, in due time we shall reap our
harvest. While we have the opportunity, let us do
good to all men—but especially those of the
household of the faith.

From the depths of my heart I cry to you, Lord.
— I shall always do your will.

Prayer

Lord, be merciful to your people. Fill us with your
gifts and make us always eager to serve you in faith,
hope, and love. Grant this through our Lord Jesus
Christ, your Son, who lives and reigns with you and
the Holy Spirit, one God, for ever and ever.

Conclusion

May the divine assistance be always with us.
— And may the souls of the faithful departed rest in
peace. Amen.

SUNDAY NONE (even weeks)

God, come to my assistance.
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Amen. Alleluia.

Psalm 119 XIX-XXII

I call with all my heart, O LORD;
answer me that I may observe your laws.
I call to you to save me
that I may keep your decrees.
I rise before dawn and cry out;
I put my hope in your words.
My eyes greet the night watches
as I meditate on your promise.
Hear my voice in your love, O LORD;
by your edict give me life.
Malicious persecutors draw near me;
they are far from your teaching.
You are near, O LORD;
reliable are all your commands.
Long have I known from your decrees
that you have established them forever.

Look at my affliction and rescue me,
for I have not forgotten your teaching.
Take up my cause and redeem me;
for the sake of your promise give me life.
Salvation is far from sinners
because they do not cherish your laws.
Your compassion is great, O LORD;
in accord with your edicts give me life.
Though my persecutors and foes are many
I do not turn from your decrees.
I view the faithless with loathing,
because they do not heed your promise.
See how I love your precepts, LORD;
in your kindness give me life.
Your every word is enduring;
all your just edicts are forever.

Princes persecute me without reason,
but my heart reveres only your word.
I rejoice at your promise,
as one who has found rich spoil.
Falsehood I hate and abhor;
your teaching I love.
Seven times a day I praise you
because your edicts are just.
Lovers of your teaching have much peace;
for them there is no stumbling block.

I look for your salvation, LORD,
and I fulfill your commands.
I observe your decrees;
I love them very much.
I observe your precepts and decrees;
all my ways are before you.

Let my cry come before you, LORD;
in keeping with your word give me discernment.
Let my prayer come before you;
rescue me according to your promise.
May my lips pour forth your praise,
because you teach me your laws.
May my tongue sing of your promise,
for all your commands are just.
Keep your hand ready to help me,
for I have chosen your precepts.
I long for your salvation, LORD;
your teaching is my delight.
Let me live to praise you;
may your edicts give me help.
I have wandered like a lost sheep;
seek out your servant, for I do not forget your
commands.

Praise the Father, the Son, and Holy Spirit,
both now and forever.
The God who is, who was, and is to come,
at the end of the ages.

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harvest. While we have the opportunity, let us do
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Conclusion

May the divine assistance be always with us.
— And may the souls of the faithful departed rest in
peace. Amen.

NONE (M, W, F)

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Psalm 126

When the LORD delivered Zion from bondage,
it seemed like a dream.
Then was our mouth filled with laughter,
on our lips there were songs.

The heathens themselves said: “What marvels
the Lord worked for them!”
What marvels the LORD worked for us!
Indeed we were glad.

Deliver us, O LORD, from our bondage
as streams in dry land.
Those who are sowing in tears
will sing when they reap.

They go out, they go out, full of tears,
carrying seed for the sowing:
they come back, they come back, full of song,
carrying their sheaves.

Praise the Father, the Son, and Holy Spirit,
both now and forever.
The God who is, who was, and is to come,
at the end of the ages.

Psalm 127

If the LORD does not build the house,
in vain do its builders labor;
if the LORD does not watch over the city,
in vain does the watchman keep vigil.

In vain is your earlier rising,
your going later to rest,
you who toil for the bread you eat:
when he pours gifts on his beloved
while they slumber.

Truly sons are a gift from the LORD,
a blessing, the fruit of the womb.
Indeed the sons of youth
are like arrows in the hand of a warrior.

O the happiness of the man
who has filled his quiver with these arrows!
He will have no cause for shame
when he disputes with his foes in the gateways.

Praise the Father . . .

Psalm 128

O blessed are those who fear the LORD
and walk in his ways!

By the labor of your hands you shall eat.
You will be happy and prosper;
your wife like a fruitful vine
in the heart of your house;
your children like shoots of the olive,
around your table.

Indeed thus shall be blessed
the man who fears the Lord.
May the LORD bless you from Zion
all the days of your life!
May you see your children’s children
in a happy Jerusalem!

On Israel, peace!

Praise the Father . . .

NONE (M, W, F)

MONDAY — 1 Peter 1:17b-19

Conduct yourselves reverently during your sojourn in a strange land. Realize that you were delivered, not by any diminishable sum of silver or gold, but by Christ's blood beyond all price: the blood of a spotless, unblemished lamb.

Claim me once more as your own, Lord, and have mercy on me.

—And I will give thanks where your people gather in prayer.

Prayer

Lord, you call us to worship you at the hour when the apostles went to pray in the temple. We offer our prayer in the name of Jesus: may his saving power come to all who call upon his name. Grant this through Christ our Lord.

WEDNESDAY — James 4: 7-8a, 10

Submit to God; resist the devil and he will take flight. Draw close to God, and he will draw close to you. Be humbled in the sight of the Lord and he will raise you on high.

God looks tenderly on those who revere him.

— On those who trust in his mercy.

Prayer

Lord Jesus Christ, to save all mankind you stretched out your arms on the cross. Let our work be pleasing to you; may it proclaim your salvation to the world, for you live and reign for ever and ever.

FRIDAY — Colossians 3:12-13

Because you are God's chosen ones, holy and beloved, clothe yourselves with heartfelt mercy, with kindness, humility, meekness, and patience. Bear with one another; forgive whatever grievances you have against one another. Forgive as the Lord has forgiven you.

Tender and compassionate is the Lord.

— Patient and ready to forgive.

Prayer

Lord Jesus Christ, you brought the repentant thief from the suffering of the cross to the joy of your kingdom. Lord, when we die, may we who confess our sins be brought to you through the gates of heaven, that we may have eternal joy in that kingdom where you live and reign for ever and ever.

CONCLUSION

May the divine assistance be always with us.

— And may the souls of the faithful departed rest in peace. Amen.

NONE (T, Th, Sa)

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Amen. Alleluia.

Psalm 132

LORD, remember David
and all his anxious care;
How he swore an oath to the LORD,
vowed to the Mighty One of Jacob:
“I will not enter the house where I live,
nor lie on the couch where I sleep;
I will give my eyes no sleep,
my eyelids no rest,
Till I find a home for the LORD,
a dwelling for the Mighty One of Jacob.”
We have heard of the ark in Ephrathah;
we have found it in the fields of Jaar.
Let us enter God’s dwelling;
let us worship at God’s footstool.
Arise, LORD, come to your resting place,
you and your majestic ark.
Your priests will be clothed with justice;
your faithful will shout for joy.
For the sake of David your servant,
do not reject your anointed.
The LORD swore an oath to David,
a pledge never to be broken:
“Your own offspring I will set upon your throne.
If your sons observe my covenant,
the laws I shall teach them,
Their sons, in turn,
shall sit forever on your throne.”
Yes, the LORD has chosen Zion,
desired it for a dwelling:
“This is my resting place forever;
here I will dwell, for I desire it.
I will bless Zion with meat;
its poor I will fill with bread.
I will clothe its priests with blessing;
its faithful shall shout for joy.

There I will make a horn sprout for David’s line;
I will set a lamp for my anointed.
His foes I will clothe with shame,
but on him my crown shall gleam.”

Praise the Father, the Son, and Holy Spirit,
both now and forever.
The God who is, who was, and is to come,
at the end of the ages.

Psalm 133

How good it is, how pleasant,
where the people dwell as one!
Like precious ointment on the head,
running down upon the beard,
Upon the beard of Aaron,
upon the collar of his robe.
Like dew of Hermon coming down
upon the mountains of Zion.
There the LORD has lavished blessings,
life for evermore!

Praise the Father . . .

NONE (T, Th, Sa)

TUESDAY — Job 5:17-18

Happy is the man whom God reproves! The Almighty's chastening do not reject. For he wounds, but he binds up, he smites, but his hands give healing.

Deal with your servant in mercy, Lord.

— Teach me to do your will.

Prayer

Father, you sent your angel to Cornelius to show him the way to salvation. Help us to work generously for the salvation of the world so that your Church may bring us and all mankind into your presence. Grant this through Christ our Lord.

THURSDAY — Amos 9:6

I have built my upper chamber, and established my vault over the earth; I summon the waters of the sea and pour them out upon the surface of the earth, I, the LORD by name.

The sky proclaims God's glory.

— The vault of heaven, the hand of him who made it.

Prayer

Lord, help us to follow the example of your Son's patience and endurance. May we face all life's difficulties with confidence and faith. Grant this through Christ our Lord.

SATURDAY — Wisdom 7: 27a; 8:1

The Wisdom of God, who is one, can do all things, and renews everything while herself perduring; Indeed, she reaches from end to end mightily and governs all things well.

How wonderful are your works, O Lord.

— Fathomless your designs.

Prayer

Lord, make the peace we pray for a reality: may we live our days in quiet joy and, with the help of the Virgin Mary's prayers, safely reach your kingdom. Grant this through Christ our Lord.

CONCLUSION

May the divine assistance be always with us.

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