

SUNDAY SEXT (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 V-VII

LORD, teach me the way of your laws;
I shall observe them with care.
Give me insight to observe your teaching,
to keep it with all my heart.
Lead me in the path of your commands,
for that is my delight.
Direct my heart toward your decrees
and away from unjust gain.
Avert my eyes from what is worthless;
by your way give me life.
For your servant fulfill your promise
made to those who fear you.
Turn away from me the taunts I dread,
for your edicts bring good.
See how I long for your precepts;
in your justice give me life.

Let your love come to me, LORD,
salvation in accord with your promise.
Let me answer my taunters with a word,
for I trust in your word.
Do not take the word of truth from my mouth,
for in your edicts is my hope.
I will keep your teachings always,
for all time and forever.
I will walk freely in an open space
because I cherish your precepts.
I will speak openly of your decrees
without fear even before kings.
I delight in your commands,
which I dearly love.
I lift up my hands to your commands;
I study your laws, which I love.

Remember your word to your servant
by which you give me hope.
This is my comfort in affliction,
your promise that gives me life.
Though the arrogant utterly scorn me,
I do not turn from your teaching.

When I recite your edicts of old
I am comforted, LORD.
Rage seizes me because of the wicked;
they forsake your teaching.
Your laws become my songs
wherever I make my home.
Even at night I remember your name
in observance of your teaching, LORD.
This is my good fortune,
for I have observed your precepts.

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 6:7b-8

A man will reap only what he sows. If he sows in the field of the flesh, he will reap a harvest of corruption; but if his seed-ground is the spirit, he will reap everlasting life.

Your promise, Lord, will stand for ever.
— In every generation your word is true.

Prayer

Almighty God, our hope and our strength, without you we falter. Help us to follow Christ and to live according to your will. We ask 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 SEXT (even weeks)

God, come to my assistance.
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and to the Holy Spirit, as it was in the beginning,
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Amen. Alleluia.

Psalm 119 XVI-XVIII

I have fulfilled your just edict;
do not abandon me to my oppressors.
Guarantee your servant's welfare;
do not let the arrogant oppress me.
My eyes long to see your salvation
and the justice of your promise.
Act with kindness toward your servant;
teach me your laws.
I am your servant; give me discernment
that I may know your decrees.
It is time for the LORD to act;
they have disobeyed your teaching.
Truly I love your commands
more than the finest gold.
Thus I follow all your precepts;
every wrong way I hate.

Wonderful are your decrees;
therefore I observe them.
The revelation of your words sheds light,
gives understanding to the simple.
I sigh with open mouth,
yearning for your commands.
Turn to me and be gracious,
your edict for lovers of your name.
Steady my feet in accord with your promise;
do not let iniquity lead me.
Free me from human oppression,
that I may keep your precepts.
Let your face shine upon your servant;
teach me your laws.
My eyes shed streams of tears
because your teaching is not followed.

You are righteous, LORD,
and just are your edicts.
You have issued your decrees in justice
and in surpassing faithfulness.
I am consumed with rage,
because my foes forget your words.

Your servant loves your promise;
it has been proved by fire.
Though belittled and despised,
I do not forget your precepts.
Your justice is forever right,
your teaching forever true.
Though distress and anguish come upon me,
your commands are my delight.
Your decrees are forever just;
give me discernment that I may live.

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 6:7b-8

A man will reap only what he sows. If he sows in the field of the flesh, he will reap a harvest of corruption; but if his seed-ground is the spirit, he will reap everlasting life.

Your promise, Lord, will stand for ever.
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Prayer

Almighty God, our hope and our strength, without you we falter. Help us to follow Christ and to live according to your will. We ask this through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God, for ever and ever.

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SEXT (M, W, F)

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Psalm 123

To you have I lifted up my eyes,
you who dwell in the heavens:
my eyes, like the eyes of slaves
on their master's hand.

Like the eyes of a servant
on the hand of her mistress,
so our eyes are on the LORD our God
till he show us his mercy.

Have mercy on us, LORD, have mercy.
We are filled with contempt.
Indeed all too full is our soul
with the scorn of the rich,
with the proud man's disdain.

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 124

If the LORD had not been on our side,
this is Israel's song.
If the LORD had not been on our side
when men rose against us,
then would they have swallowed us alive
when their anger was kindled.

Then would the waters have engulfed us,
the torrent gone over us;
over our head would have swept
the raging waters.

Blessed be the LORD who did not give us
a prey to their teeth!
Our life, like a bird, has escaped
from the snare of the fowler.

Indeed the snare has been broken
and we have escaped.
Our help is in the name of the LORD,
who made heaven and earth.

Praise the Father . . .

Psalm 125

Those who put their trust in the LORD
are like Mount Zion,
that cannot be shaken, that stands for ever.

Jerusalem! The mountains surround her,
so the LORD surrounds his people
both now and for ever.

For the scepter of the wicked shall not rest
over the land of the just
for fear that the hands of the just
should turn to evil.

Do good, LORD, to those who are good,
to the upright of heart;
but the crooked and those who do evil,
drive them away!

On Israel, peace!

Praise the Father . . .

SEXT (M, W, F)

MONDAY — James 1:19b-20, 26

Let every man be quick to hear, slow to speak, slow to anger; for a man's anger does not fulfill God's justice. If a man who does not control his tongue imagines that he is devout, he is self-deceived; his worship is pointless.

I will bless the Lord all my life long.
— With a song of praise ever on my lips.

Prayer

Father, yours is the harvest and yours is the vineyard: you assign the task and pay a wage that is just. Help us to meet this day's responsibilities, and let nothing separate us from your love. Grant this through Christ our Lord.

WEDNESDAY — 1 Peter 1:15-16

Become holy yourselves in every aspect of your conduct, after the likeness of the holy One who called you; remember, Scripture says, "Be holy, for I am holy."

May your priests be robed with holiness.
— Let your people dance for joy.

Prayer

God of mercy, this midday moment of rest is your welcome gift. Bless the work we have begun, make good its defects and let us finish it in a way that pleases you. Grant this through Christ our Lord.

FRIDAY — 2 Corinthians 13:4

It is true he was crucified out of weakness, but he lives by the power of God. We too are weak in him, but we live with him by God's power in us.

I am broken, crushed to the earth.
— Speak, Lord, your word of life.

Prayer

Lord Jesus Christ, at noon, when darkness covered all the earth, you mounted the wood of the cross as the innocent victim for our redemption. May your light be always with us to guide us to eternal life in that kingdom where you live and reign for ever and ever.

CONCLUSION

May the divine assistance be always with us.
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SEXT (T, Th, Sa)

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Amen. Alleluia.

Psalm 129

Much have they oppressed me from my youth,
now let Israel say.
Much have they oppressed me from my youth,
yet they have not prevailed.
Upon my back the plowers plowed,
as they traced their long furrows.
But the just LORD cut me free
from the ropes of the yoke of the wicked.
May they be scattered in disgrace,
all who hate Zion.
May they be like grass on the rooftops
withered in early growth,
Never to fill the reaper's hands,
nor the arms of the binders of sheaves,
With none passing by to call out:
"The blessing of the LORD be upon you!
We bless you in the name of the LORD!"

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 130

Out of the depths I call to you, LORD;
Lord, hear my cry!
May your ears be attentive
to my cry for mercy.
If you, LORD, mark our sins,
Lord, who can stand?
But with you is forgiveness
and so you are revered.

I wait with longing for the LORD,
my soul waits for his word.
My soul looks for the LORD
more than sentinels for daybreak.
More than sentinels for daybreak,
let Israel look for the LORD,
For with the LORD is kindness,
with him is full redemption,
And God will redeem Israel
from all their sins.

Praise the Father . . .

Psalm 131

LORD, my heart is not proud;
nor are my eyes haughty.
I do not busy myself with great matters,
with things too sublime for me.
Rather, I have stilled my soul,
hushed it like a weaned child.
Like a weaned child on its mother's lap,
so is my soul within me.
Israel, hope in the LORD,
now and forever.

Praise the Father . . .

SEXT (T, Th, Sa)

TUESDAY — Proverbs 3:13-15

Happy the man who finds wisdom, the man who gains understanding! For her profit is better than profit in silver and better than gold is her revenue; She is more precious than corals, and none of your choice possessions can compare with her.

Lord, all you ask of me is truth.

— In the depths of my heart you have taught me wisdom.

Prayer

Lord God, you made known to Peter your desire to bring all nations to salvation. Let all our work give you praise and carry out your loving plan. Grant this through Christ our Lord.

THURSDAY — Amos 5:8, 9b

He who made the Pleiades and Orion, who turns darkness into dawn, and darkens day into night; Who summons the waters of the sea, and pours them out upon the surface of the earth; whose name is LORD.

Beauty and wealth surround him.

— Richness and splendor adorn his holy place.

Prayer

All-powerful and ever-living God, with you there is no darkness, from you nothing is hidden. Fill us with the radiance of your light: may we understand the law you have given us and live it with generosity and faith. Grant this through Christ our Lord.

SATURDAY — Jeremiah 17:9-10

More tortuous than all else is the human heart, beyond remedy; who can understand it? I, the LORD, alone probe the mind and test the heart to reward everyone according to his ways, according to the merit of his deeds.

Free me from my hidden faults.

— Never let me sin through pride.

Prayer

Lord, fill us with the resplendent light of your eternal love. May we love you above all things, and our brothers for your sake. Grant this through Christ our Lord.

CONCLUSION

May the divine assistance be always with us.

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