

SUNDAY TERCE (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 I-IV

Happy those whose way is blameless,
who walk by the teaching of the LORD.
Happy those who observe God's decrees,
who seek the LORD with all their heart.
They do no wrong;
they walk in God's ways.
You have given them the command
to keep your precepts with care.
May my ways be firm
in the observance of your laws!
Then I will not be ashamed
to ponder all your commands.
I will praise you with sincere heart
as I study your just edicts.
I will keep your laws;
do not leave me all alone.

How can the young walk without fault?
Only by keeping your words.
With all my heart I seek you;
do not let me stray from your commands.
In my heart I treasure your promise,
that I may not sin against you.
Blessed are you, O LORD;
teach me your laws.
With my lips I recite
all the edicts you have spoken.
I find joy in the way of your decrees
more than in all riches.
I will ponder your precepts
and consider your paths.
In your laws I take delight;
I will never forget your word.

Be kind to your servant that I may live,
that I may keep your word.
Open my eyes to see clearly
the wonders of your teachings.
I am a sojourner in the land;
do not hide your commands from me.
At all times my soul is stirred
with longing for your edicts.
With a curse you rebuke the proud
who stray from your commands.

Free me from disgrace and contempt,
for I observe your decrees.
Though princes meet and talk against me,
your servant studies your laws.
Your decrees are my delight;
they are my counselors.

I lie prostrate in the dust;
give me life in accord with your word.
I disclosed my ways and you answered me;
teach me your laws.
Make me understand the way of your precepts;
I will ponder your wondrous deeds.
I weep in bitter pain;
in accord with your word to strengthen me.
Lead me from the way of deceit;
favor me with your teaching.
The way of loyalty I have chosen;
I have set your edicts before me.
I cling to your decrees, LORD;
do not let me come to shame.
I will run the way of your commands,
for you open my docile heart.

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 - 1 John 4:16

We have come to know and to believe in the love
God has for us. God is love, and he who abides in
love abides in God, and God in him.

Incline my heart according to your will, O God.
— Speed my steps along your path.

Prayer

God of wisdom and love, source of all good, send
your Spirit to teach us your truth and guide our
actions in your way of peace. 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 TERCE (even weeks)

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

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Amen. Alleluia.

Psalm 119 XII-XV

Your word, LORD, stands forever;
it is firm as the heavens.
Through all generations your truth endures;
fixed to stand firm like the earth.
By your edicts they stand firm to this day,
for all things are your servants.
Had your teaching not been my delight,
I would have perished in my affliction.
I will never forget your precepts;
through them you give me life.
I am yours; save me,
for I cherish your precepts.
The wicked hope to destroy me,
but I pay heed to your decrees.
I have seen the limits of all perfection,
but your command is without bounds.

How I love your teaching, LORD!
I study it all day long.
Your command makes me wiser than my foes,
for it is always with me.
I have more understanding than all my teachers,
because I ponder your decrees.
I have more insight than my elders,
because I observe your precepts.
I keep my steps from every evil path,
that I may obey your word.
From your edicts I do not turn,
for you have taught them to me.
How sweet to my tongue is your promise,
sweeter than honey to my mouth!
Through your precepts I gain insight;
therefore I hate all false ways.

Your word is a lamp for my feet,
a light for my path.
I make a solemn vow
to keep your just edicts.
I am very much afflicted, LORD;
give me life in accord with your word.
Accept my freely offered praise;
LORD, teach me your decrees.
My life is always at risk,
but I do not forget your teaching.

The wicked have set snares for me,
but from your precepts I do not stray.
Your decrees are my heritage forever;
they are the joy of my heart.
My heart is set on fulfilling your laws;
they are my reward forever.

I hate every hypocrite;
your teaching I love.
You are my refuge and shield;
in your word I hope.
Depart from me, you wicked,
that I may observe the commands of my God.
Sustain me by your promise that I may live;
do not disappoint me in my hope.
Strengthen me that I may be safe,
ever to contemplate your laws.
You reject all who stray from your laws,
for vain is their deceit.
Like dross you regard all the wicked on earth;
therefore I love your decrees.
My flesh shudders with dread of you;
I hold your edicts in awe.

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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God has for us. God is love, and he who abides in
love abides in God, and God in him.

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TERCE (every day except Sunday)

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Psalm 120

To the LORD in the hour of my distress
I call and he answers me.
“O LORD, save my soul from lying lips,
from the tongue of the deceitful.”

What shall he pay you in return,
O treacherous tongue?
The warrior’s arrows sharpened
and coals, red-hot, blazing.

Alas, that I abide a stranger in Meshech,
dwell among the tents of Kedar!

Long enough have I been dwelling
with those who hate peace.
I am for peace, but when I speak,
they are for fighting.

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 121

I lift up my eyes to the mountains:
from where shall come my help?
My help shall come from the LORD
who made heaven and earth.

May he never allow you to stumble!
Let him sleep not, your guard.
No, he sleeps not nor slumbers,
Israel’s guard.

The LORD is your guard and your shade;
at your right side he stands.
By day the sun shall not smite you
nor the moon in the night.

The LORD will guard you from evil,
he will guard your soul.
The LORD will guard your going and coming
both now and for ever.

Praise the Father . . .

Psalm 122

I rejoiced when I heard them say:
“Let us go to God’s house.”
And now our feet are standing
within your gates, O Jerusalem.

Jerusalem is built as a city
strongly compact.
It is there that the tribes go up,
the tribes of the LORD.

For Israel’s law it is,
there to praise the LORD’s name.
There were set the thrones of judgment
of the house of David.

For the peace of Jerusalem pray:
“Peace be to your homes!
May peace reign in your walls,
in your palaces, peace!”

For love of my brethren and friends
I say: “Peace upon you!”
For love of the house of the LORD
I will ask for your good.

Praise the Father . . .

TERCE (every day except Sunday)

MONDAY — Romans 13:8, 10

Owe no debt to anyone except the debt that binds us to love one another. He who loves his neighbor has fulfilled the law. Love never wrongs the neighbor, hence love is the fulfillment of the law.

Stand by me, God, do not forsake me.

— Do not abandon me, my Savior.

Prayer

God our Father, work is your gift to us, a call to reach new heights by using our talents for the good of all. Guide us as we work and teach us to live in the spirit that has made us your sons and daughters, in the love that has made us brothers and sisters. Grant this through Christ our Lord.

TUESDAY — Jeremiah 17:7-8

Blessed is the man who trusts in the LORD, whose hope is the LORD. He is like a tree planted beside the waters that stretches out its roots to the stream: It fears not the heat when it comes, its leaves stay green; In the year of drought it shows no distress, but still bears fruit.

God cares for all the needs of those who follow him.

— Lord, God of hosts, happy is the man who trusts in you.

Prayer

All-powerful and ever-living God, in midmorning you poured out the Holy Spirit as a constant Friend and Guide for your apostles. Send that same Spirit of love to us to make us faithful witnesses to you in the sight of all mankind. Grant this through Christ our Lord.

WEDNESDAY — 1 Peter 1:13-14

Gird the loins of your understanding; live soberly; set all your hopes on the gift to be conferred on you when Jesus Christ appears. As obedient sons, do not yield to the desires that once shaped you in your ignorance.

Lord, show me your ways.

— Teach me to walk in your footsteps.

Prayer

God of truth, Father of all, you send your Spirit as you promised to bring together in love all whom sin has driven apart. Strengthen us to work for your blessings of unity and peace in the world. Grant this through Christ our Lord.

THURSDAY — Amos 4:13

He formed the mountains, and created the wind, and declares to man his thoughts; He made the dawn and the darkness, and strides upon the heights of the earth: the LORD, the God of hosts by name.

All you works of the Lord, bless the Lord.

— Praise and glorify him for ever.

Prayer

Lord, in midmorning you gave your Holy Spirit to the apostles gathered in prayer. Give us a share in the life and love that your Spirit brings. Grant this through Christ our Lord.

FRIDAY — Philippians 2:2b-4

Maintain your unanimity, possessing the one love, united in spirit and ideals. Never act out of rivalry or conceit; rather, let all parties think humbly of others as superior to themselves, each of you looking to others' interests rather than his own.

All God's ways are faithful and compassionate.

— For those who keep his covenant and do his will.

Prayer

Lord Jesus Christ, at this hour you were led out to die on the cross for the salvation of the world.

We ask your forgiveness for the sins of our past and your protection from all future evil. Bring us to the peace and joy of that kingdom where you live and reign for ever and ever.

SATURDAY — 1 Kings 8:60-61

May all the peoples of the earth know the LORD is God and there is no other. You must be wholly devoted to the LORD, our God, observing his statutes and keeping his commandments.

Lord, my God, teach me your ways.

— Make me live by the light of your truth.

Prayer

God, all-powerful Father, fill your people with the light of your Holy Spirit, that, safe from every enemy, we may rejoice in singing your praises. 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.