

## NIGHT PRAYER 2

### PSALMODY

#### Form I – Sundays in Ordinary Time and daily in Easter Season



Psalm 104. 1, 21-33

- 1 Bless the Lord, O my *soul*. \*  
O Lord my God, how excellent is your greatness!
- 2 You appointed the moon to mark the *sea*-sons, \*  
and the sun knows the time *for* its setting.
- 3 You make darkness that it may be *night*, \*  
in which all the beasts of the *fo*-rest creep forth.
- 4 The lions roar for their *prey* \*  
and seek their food from God.
- 5 The sun rises and they are *gone* \*  
to lay themselves *down* in their dens.
- 6 People go forth to their *work* \*  
and to their labour *un-til* the evening.
- 7 O Lord, how manifold are your *works*! \*  
In wisdom you have made them all; the earth is full *of* your creatures.
- 8 There is the sea, spread far and *wide*, \*  
and there move creatures beyond *num-ber*, both small and great.
- 9 There go the ships, and there is that *Le-vi* -athan \*  
which you have made to *play* in the deep.
- 10 All of these *look* to you \*  
to give them their food in *düe* season.
- 11 When you give it them, they *ga*-ther it; \*  
you open your hand and *they* are filled with good.
- 12 When you hide your face they are *trou*-bled; \*  
when you take away their breath, they die and return *a-gain* to the  
dust.

- 13 When you send forth your spirit, they are cre-a-ted, \*  
and you renew the *face* of the earth.
- 14 May the glory of the Lord endure for ev-er; \*  
may the Lord re-joice in his works.

**Glory to the Father and to the Son and to the Holy Spi-rit;  
as it was in the beginning is now and shall be for ev-er. Amen**

## Form 2 – Mondays in Ordinary Time and daily from the day after Ascension until the Day of Pentecost



Psalm 86

- 1 Incline your ear, O Lord, and *an-swer* me, \*  
for I am poor *and* in misery.
- 2 Preserve my soul, for I am *faith-ful*; \*  
save your servant, for I *put* my trust in you.
- 3 Be merciful to me, O Lord, for you are my *God*; \*  
I call upon you *all* the day long.
- 4 Gladden the soul of your *ser-vant*, \*  
for to you, O Lord, I *lift* up my soul.
- 5 For you, Lord, are good and *for-giv-ing*, \*  
abounding in steadfast love to all who *call* upon you.
- 6 Give ear, O Lord, to my *prayer* \*  
and listen to the voice of my *sup-plication*.
- 7 In the day of my distress I will call upon *you*, \*  
for *you* will answer me.
- 8 Among the gods there is none like you, O Lord, \*  
nor *a-ny* works like yours.
- 9 All nations you have made shall come and worship you, O Lord, \*  
and shall *glo-rify* your name.
- 10 For you are great and do wonderful *things*; \*  
--- *you* alone are God.
- 11 Teach me your way, O Lord, and I will walk in your *truth*; \*  
knit my heart to you, that *I* may fear your name.
- 12 I will thank you, O Lord my God, with all my *heart*, \*  
and glorify your *name* for evermore;
- 13 For great is your steadfast love *to-wards* me, \*  
for you have delivered my soul from the *depths* of the grave.

- 14 O God, the proud rise up against me and a ruthless horde seek after my *life*; \*  
they have not set *you* before their eyes.
- 15 But you, Lord, are gracious and full of com-*pas*-sion, \*  
slow to anger and full of *kind*-ness and truth.
- 16 Turn to me and have mercy up-*on* me; \*  
give your strength to your servant and save the child *of* your handmaid.
- 17 Show me a token of your favour,  
that those who hate me may see it and be a-*shamed*; \*  
because you, O Lord, have helped and *com*-forted me.

**Glory to the Father and to the Son and to the Holy Spi-rit;  
as it was in the beginning is now and shall be for ev-er. Amen**

## Form 3 – Tuesdays in Ordinary Time and daily in Advent



Psalm 143. 1-11

- 1 Hear my prayer, O Lord, and in your faithfulness give ear to my suppli-*ca*-tions;  
answer me *in* your righteousness.
- 2 Enter not into judgement with your ser-*vant*, \*  
for in your sight shall no one *li-ving* be justified.
- 3 For the enemy has pursued me, crushing my life to the *ground*, \*  
making me sit in dark-*ness* like those long dead.
- 4 My spirit faints with-*in* me; \*  
my heart within *me* is desolate.
- 5 I remember the time past; I muse upon all your *deeds*; \*  
I consider the *works* of your hands.
- 6 I stretch out my *hands* to you; \*  
my soul gasps for you *like* a thirsty land.
- 7 O Lord, make haste to answer me; my spirit *fails* me; \*  
hide not your face from me lest I be like those who go *down* to the Pit.
- 8 Let me hear of your loving-kindness in the morning, for in you I put my *trust*; \*  
show me the way I should walk in, for I lift *up* my soul to you.
- 9 Deliver me, O Lord, from my e-*nemies*, \*  
for I flee to *you* for refuge.
- 10 Teach me to do what pleases you, for you are my *God*; \*  
let your kindly spirit lead me *on* a level path.
- 11 Revive me, O Lord, for your *name*'s sake; \*  
for your righteousness' sake, bring me *out* of trouble.

**Glory to the Father and to the Son and to the Holy Spi-rit;  
as it was in the beginning is now and shall be for ev-er. Amen**

## **Form 4 – Wednesdays in Ordinary Time and daily**



*Psalm 31. 1-5,19-24*

- 1 In you, O Lord, have I taken refuge; let me never be put to *shame* \*  
deliver me *in* your righteousness.
- 2 Incline your *ear* to me; \*  
make haste *to* deliver me.
- 3 Be my strong rock, a fortress to save me,  
for you are my rock and my *strong-* hold; \*  
guide me, and lead me *for* your name's sake.
- 4 Take me out of the net that they have laid secretly for me, \*  
for you are my strength.
- 5 Into your hands I commend my *spi-*rit, \*  
for you have redeemed me, O *Lörd* God of truth.
- 6 How abundant is your goodness, O Lord,  
which you have laid up for those who *fear* you; \*  
which you have prepared in the sight of all for those who *put* their trust in you.
- 7 You hide them in the shelter of your presence from those who *sland-*er them; \*  
you keep them safe in your refuge *from* the strife of tongues.
- 8 Blessed be the *Lord!* \*  
For he has shown me his steadfast love when I was as a *ci-*ty besieged.
- 9 I had said in my alarm, 'I have been cut off from the sight of your eyes.' \*  
Nevertheless, you heard the voice of my prayer when I *cried* out to you.
- 10 Love the Lord, all you his *ser-*vants; \*  
for the Lord protects the faithful, but repays *to* the full the proud.
- 11 Be strong and let your heart take *cou-*rage, \*  
all you who wait in *hope* for the Lord.

**Glory to the Father and to the Son and to the Holy Spi-rit;  
as it was in the beginning is now and shall be for ev-er. Amen.**

## Form 5 – Thursdays in Ordinary Time and daily in Epiphany Season



### Psalm 16

- 1 Preserve me, O God, for in you have I taken *re-fuge*; \*  
I have said to the Lord, 'You are my lord, all my *good* depends on you.'
- 2 All my delight is upon the *godly* that are in the *land*, \*  
upon those who are *no-ble* in heart.
- 3 Though the idols are legion that many run *af-ter*, \*  
their drink offerings of blood I will not offer,  
neither make mention of their *names* upon my lips.
- 4 The Lord himself is my portion and my *cup*; \*  
in your hands alone *is* my fortune.
- 5 My share has fallen in a fair *land*; \*  
indeed, I have a *good-ly* heritage.
- 6 I will bless the Lord who has given me *coun-sel*, \*  
and in the night watches *he* instructs my heart.
- 7 I have set the Lord always *be-fore* me; \*  
he is at my right *hand*; I shall not fall.
- 8 Wherefore my heart is glad and my spirit *re-joy-ces*; \*  
my flesh *al-so* shall rest secure.
- 9 For you will not abandon my soul to *Death*, \*  
nor suffer your faithful *one* to see the Pit.
- 10 You will show me the path of life; in your presence is the fullness of *joy* \*  
and in your right hand are *plea-sures* for evermore.

**Glory to the Father and to the Son and to the Holy Spi-rit;  
as it was in the beginning is now and shall be for ev-er. Amen.**

## Form 6 – Fridays in Ordinary Time and daily in Lent & Passiontide



Psalm 139. 1-18

- 1 O Lord, you have searched me out and *known* me; \*  
you know my sitting down and my rising up; you discern my *thoughts* from afar.
- 2 You mark out my journeys and my *rest-ing* place \*  
and are acquaint-*ed* with all my ways.
- 3 For there is not a word on my *tongue*, \*  
but you, O Lord, know it *al-together*.
- 4 You encompass me behind and *be-fore* \*  
and lay your *hand* upon me.
- 5 Such knowledge is too wonderful for *me*, \*  
so high that I can-*not* attain it.
- 6 Where can I go then from your *spi-rit*? \*  
Or where can I flee *from* your presence?
- 7 If I climb up to heav'n, you are *there*; \*  
if I make the grave my bed, you are *there* also.
- 8 If I take the wings of the *mor-ning* \*  
and dwell in the uttermost *parts* of the sea,
- 9 Even there your hand shall *lead* me, \*  
your *right* hand hold me fast.
- 10 If I say, 'Surely the darkness will *co-ver* me \*  
and the light *a-round* me turn to night'
- 11 Even darkness is no darkness with you; the night is as clear as the *day*; \*  
darkness and light to *you* are both alike.
- 12 For you yourself created my inmost *parts*; \*  
you knit me together *in* my mother's womb.
- 13 I thank you, for I am fearfully and wonderfully *made*; \*  
marvellous are your *works*, my soul knows well.
- 14 My frame was not hidden from *you*, \*  
when I was made in secret and woven in the *depths* of the earth.
- 15 Your eyes beheld my form, as yet *un-fi-nished*; \*  
already in your book were all my *mem-bers* written,
- 16 As day by day they were *fa-shioned* \*  
when as yet *there* was none of them.
- 17 How deep are your counsels to me, O *God*! \*  
How great is the sum of them!

18 If I count them, they are more in number than the *sand*, \*  
and at the end, I am still *in* your presence.

19 Search me out, O God, and know my *heart*; \*  
try me and e-*xa*-mine my thoughts.

20 See if there is any way of wickedness in *me*  
and lead me in the way *ev*-erlasting.

**Glory to the Father and to the Son and to the Holy *Spi*-rit;  
as it was in the beginning is now and shall be for *ev*-er. Amen.**

## Form 7 – Saturdays in Ordinary Time and daily



### Psalm 4

1 Answer me when I call, O God of my *righ*-teousness; •  
you set me at liberty when I was in trouble;  
have mercy on *me* and hear my prayer.

2 How long will you nobles dishonour my *glo*-ry; •  
how long will you love vain things and seek *af*-ter falsehood?

3 But know that the Lord has shown me his marvellous *kind*-ness; •  
when I call upon the Lord, *he* will hear me.

4 Stand in awe, and *sin* not; •  
commune with your own heart upon your *bed*, and be still.

5 Offer the sacrifices of *righ*-teousness •  
and put your *trust* in the Lord.

6 There are many that say, 'Who will show us any *good*?' •  
Lord, lift up the light of your counte-*nance* upon us.

7 You have put gladness in my *heart*, •  
more than when their corn and *wine* and oil increase.

8 In peace I will lie down and *sleep*, •  
for it is you Lord, only, who make me *dwell* in safety.

Psalm 91

- 1 Whoever dwells in the shelter of the Most *High* •  
and abides under the shadow of *the Almighty*,
- 2 Shall say to the Lord, 'My refuge and my *strong-hold*, •  
my God, in *whom* I put my trust.'
- 3 For he shall deliver you from the snare of the *fow-ler* •  
and from the *dead-ly* pestilence.
- 4 He shall cover you with his wings  
and you shall be safe under his *fea-thers*; •  
his faithfulness shall be your *shield* and buckler.
- 5 You shall not be afraid of any terror by *night*, •  
nor of the *ar-row* that flies by day;
- 6 Of the pestilence that stalks in *dark-ness*, •  
nor of the sickness that *de-stroys* at noonday.
- 7 Though a thousand fall at your side  
and ten thousand at your right *hand*, •  
yet it shall *not* come near you.
- 8 Your eyes have only to *be-hold* •  
to see the reward of the wicked.
- 9 Because you have made the Lord your *re-fuge* •  
and the Most *High* your stronghold,
- 10 There shall no evil *hap-pen* to you, •  
neither shall any *plague* come near your tent.
- 11 For he shall give his angels charge *o-ver* you, •  
to keep *you* in all your ways.
- 12 They shall bear you in their *hands*, •  
lest you dash your *foot* against a stone.
- 13 You shall tread upon the lion and *ad-der*; •  
the young lion and the serpent you shall *tram-ple* underfoot.
- 14 Because they have set their love upon me,  
therefore will I *de-li-ver* them; •  
I will lift them up, *be-cause* they know my name.
- 15 They will call upon me and I will *an-swer* them; •  
I am with them in trouble,  
I will deliver them and bring *them* to honour.
- 16 With long life will I *sa-tisfy* them •  
how them *my* salvation



+ + omit in Psalm 134..2

*Psalm 134*

1 Come, bless the Lord, all you servants of the Lord, •  
you that by night stand in the *house* of the Lord.

2 Lift up your hands towards the *sanc-tuary* •  
+ + and bless the Lord.

3 The Lord who made heaven and *earth* •  
give you blessing *out* of Zion.

**Glory to the Father and to the Son and to the Holy Spi-rit;  
as it was in the beginning is now and shall be for ev-er. Amen.**