

## Monday Night Prayer

### INTRODUCTION

O God, come to our aid.  
*O Lord, make haste to help us.*  
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.

### Examination of Conscience

#### Hymn

The day Thou gavest, Lord, is ended,  
The darkness falls at Thy behest;  
To Thee our morning hymns ascended,  
Thy praise shall sanctify our rest.

We thank Thee that Thy church,  
unsleeping,  
While earth rolls onward into light,  
Through all the world her watch is  
keeping,  
And rests not now by day or night.

As o'er each continent and island  
The dawn leads on another day  
The voice of prayer is never silent,  
Nor dies the strain of praise away.

The sun that bids us rest is waking  
Our brethren 'neath the western sky,  
And hour by hour fresh lips are making  
Thy wondrous doings heard on high.

### Psalm 85 (86)

#### A poor man's prayer in time of trouble

*Ant: You, Lord God, are slow to anger,  
abounding in love.*

Turn your ear, O Lord, and give  
answer  
for I am poor and needy.  
Preserve my life, for I am faithful;  
save the servant who trusts in you.

You are my God, have mercy on me,  
Lord,

for I cry to you all the day long.  
Give joy to your servant, O Lord,  
for to you I lift up my soul.

O Lord, you are good and forgiving,  
full of love to all who call.  
Give heed, O Lord, to my prayer  
and attend to the sound of my voice.

In the day of distress I will call  
and surely you will reply.  
Among the gods there is none like you,  
O Lord;  
nor work to compare with yours.

All the nations shall come to adore  
you  
and glorify your name, O Lord:  
for you are great and do marvellous  
deeds,  
you who alone are God.

Show me, Lord, your way  
so that I may walk in your truth.  
Guide my heart to fear your name.

I will praise you, Lord my God, with all  
my heart  
and glorify your name for ever;  
for your love to me has been great:  
you have saved me from the depths of  
the grave.

The proud have risen against me;  
ruthless men seek my life;  
to you they pay no heed.

But you, God of mercy and  
compassion,  
slow to anger, O Lord,  
abounding in love and truth,  
turn and take pity on me.

O give your strength to your servant  
and save your handmaid's son.  
Show me a sign of your favour  
that my foes may see to their shame  
that you console me and give me your  
help.

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.

*Ant: You, Lord God, are slow to anger,  
abounding in love.*

### Short Reading

#### 1 Thessalonians 5:9-10

God chose us to possess salvation through our Lord Jesus Christ, who died for us in order that we might live together with him, whether we are alive or dead when he comes.

### Short Responsory

Into your hands, Lord, I commend my spirit.

***- Into your hands, Lord, I commend my spirit.***

You have redeemed us, Lord God of truth.

***- Into your hands, Lord, I commend my spirit.***

Glory be to the Father and to the Son and to the Holy Spirit.

***- Into your hands, Lord, I commend my spirit.***

### Canticle

#### Nunc Dimittis

#### Christ is the light of the nations and the glory of Israel

*Save us, Lord, while we are awake;  
protect us while we sleep; that we may  
keep watch with Christ and rest with  
him in peace.*

At last, all-powerful Master,  
you give leave to your servant  
to go in peace, according to your  
promise.

For my eyes have seen your salvation  
which you have prepared for all  
nations,  
the light to enlighten the Gentiles  
and give glory to Israel, your people.

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.

*Save us, Lord, while we are awake;  
protect us while we sleep; that we may  
keep watch with Christ and rest with  
him in peace.*

### Let us pray.

Lord, give our bodies restful sleep.  
and let the work we have done today  
be sown for an eternal harvest.  
Through Christ our Lord,  
**Amen.**

The Lord grant us a quiet night and a  
perfect end.

**Amen.**

### Marian Anthem

Salve Regina mater miseri cordiae,  
vita, dulcedo et spes nostra salve  
Ad te clamamus, exsules filii Hevae  
Ad te suspiramus  
gementes et flentes in hac lacrimarum valle  
Eia ergo advocata nostra,  
illos tuos miseri cordes oculos  
ad nos converte  
Et Jesum  
benedictum fructum ventris tui  
nobis post hoc exsilium ostende  
O clemens, o pia, o dulcis virgo Maria