

THE DIVINE OFFICE
Revised by Decree of the Second Vatican Ecumenical
Council and Published by Authority of Pope Paul VI

NIGHT PRAYER

from The Liturgy of the Hours

NIGHT PRAYER
PRAYERS FOR FORGIVENESS
ANTIPHONS IN HONOR OF THE BLESSED VIRGIN
POETRY SELECTIONS
COMMENTARY ON THE PSALMS
IN NIGHT PRAYER

Approved for Use
in the Dioceses of the United States of America
by the National Conference of Catholic Bishops
and Confirmed by the Apostolic See

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INTRODUCTION

Night prayer still remains a part of the rhythm of daily prayer among many Catholics. Whereas it has frequently taken on a very personal character, composed of one's own select prayers, in other cases it has become the common prayer of a particular group, as for example the family, at the end of the day.

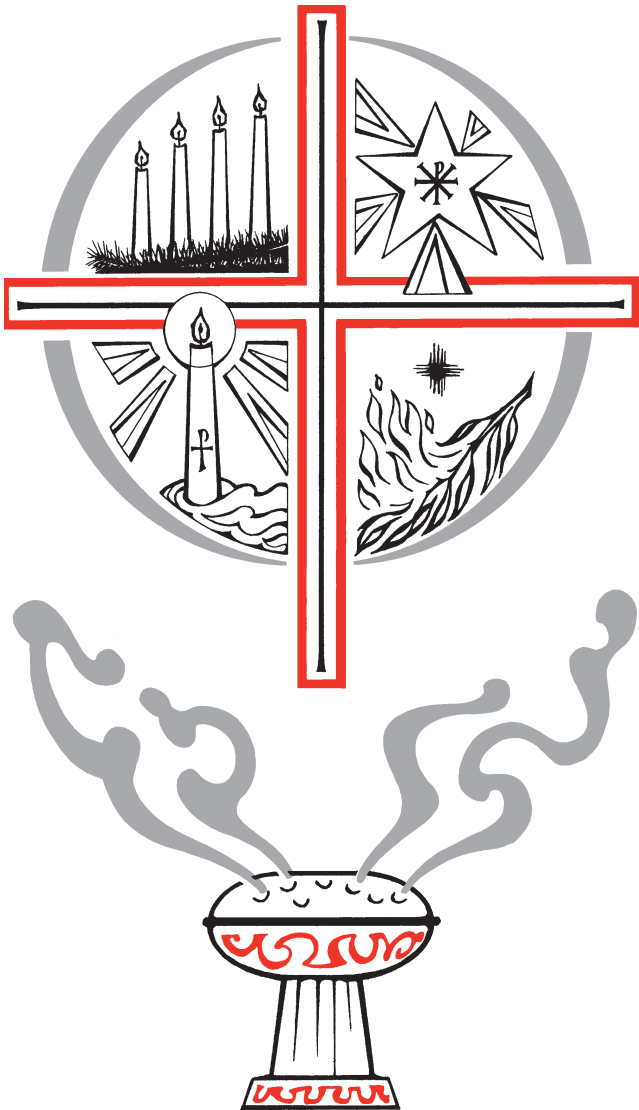
This book offers individuals and groups the opportunity to use Night Prayer as presented in the Liturgy of the Hours restored by the Second Vatican Council. As an excerpt from the Divine Office it offers all of the faithful the possibility of participating in the prayer of the Church, praying in union with Christ to the Father.

Night Prayer as found in the Liturgy of the Hours is the last prayer of one's day, said just before going to bed, even if it is past midnight. It may be prayed with others—a practice which is highly encouraged—or alone. The father or mother of the family could, for example, lead the family in this common night prayer from the Office.

STRUCTURE

Introduction

Like the other hours of the Liturgy of the Hours, Night Prayer begins with the introductory verse *God, come to my assistance*, and the *Glory to the Father* to which the *Alleluia* is added outside of Lent. Basically, the introduction is a call to prayer and a brief expression of praise.





MONDAY

INTRODUCTION

God, come to my assistance.

—Lord, make haste to help me.

Glory to the Father, and to the Son, and to the Holy Spirit:

as it was in the beginning, is now, and will be for ever. Amen.

A brief examination of conscience may be made. At its conclusion one of the penitential prayers in Appendix I may be said.

HYMN

Day is done, but love unfailing
Dwells ever here;
Shadows fall, but hope, prevailing,
Calms every fear.

Loving Father, none forsaking,
Take our hearts, of Love's own making,
Watch our sleeping, guard our waking,
Be always near.

Dark descends, but Light unending
Shines through our night;
You are with us, ever lending
New strength to sight;



SATURDAY AND VIGILS OF SOLEMNITIES

INTRODUCTION

God, come to my assistance.

—Lord, make haste to help me.

Glory to the Father, and to the Son, and to the Holy Spirit:

as it was in the beginning, is now, and will be for ever. Amen.

A brief examination of conscience may be made. At its conclusion one of the penitential prayers in Appendix I may be said.

HYMN

We praise you, Father, for your gifts
Of dusk and nightfall over earth,
Foreshadowing the mystery
Of death that leads to endless day.

Within your hands we rest secure;
In quiet sleep our strength renew;
Yet give your people hearts that wake
In love to you, unsleeping Lord.

Your glory may we ever seek
In rest, as in activity,



APPENDIX I

PRAYERS FOR FORGIVENESS

When Night Prayer is prayed alone, a brief pause for reflection might be followed by one of the following short penitential prayers:

1.

My God,
I am sorry for my sins with all my heart.
In choosing to do wrong
and failing to do good,
I have sinned against you
whom I should love above all things.
I firmly intend, with your help,
to do penance,
to sin no more,
and to avoid whatever leads me to sin.
Our Savior Jesus Christ
suffered and died for us.
In his name, my God, have mercy.

2.

Remember that your compassion, O LORD,
and your love are from of old.
In your kindness remember me,
because of your goodness, O LORD.

Psalm 25:6-7



APPENDIX II

ANTIPHONS IN HONOR OF THE BLESSED VIRGIN

1.

Hail, holy Queen, Mother of mercy,
our life, our sweetness, and our hope.
To you do we cry,
poor banished children of Eve.
To you do we send up our sighs
mourning and weeping in this vale of tears.
Turn then, O most gracious advocate,
your eyes of mercy toward us,
and after this, our exile,
show unto us the blessed fruit of your womb, Jesus.
O clement, O loving,
O sweet Virgin Mary.

Salve, Regina, Mater misericordiæ:
Vita, dulcedo, et spes nostra, salve.
Ad te clamamus,
exsules filii Evæ.
Ad te suspiramus,
gementes et flentes in hac lacrimarum valle.
Eia ergo, Advocata nostra,
illos tuos misericordes oculos ad nos converte.
Et Iesum,
benedictum fructum ventris tui,

LITURGY OF THE HOURS

GLOSSARY

Advent. Church year begins with the first Sunday of Advent. The Advent season contains the four Sundays of Advent and the days between them and Christmas.

Alleluia. Biblical cry of joy. Not prayed during Lent.

Alleluia Side. Original name of *Side Two* when praying the Office in choir.

Alternative Prayer. Another concluding prayer to certain offices which may be chosen as an option.

Antiphon. Short, repeated prayer that introduces and follows a Psalm or Canticle in the Divine Office.

Antiphon in Honor of the Blessed Virgin. Prayer following the conclusion of Night Prayer, honoring Mary, the Mother of God.

Antiphon, Easter. Three Alleluias, prayed consecutively.

Antiphonarian. The person who prays the Antiphon and the first line of each Psalm when praying in choir. If two cantors are used, the second is called the Antiphonarian.

Baptism of the Lord. Last day of celebration for the Christmas season. Takes the place of the first Sunday of Ordinary Time.

Benedictus. Traditional name for the *Canticle of Zechariah*.

Breviary. Prayer book that contains the Divine Office.