

# ANTIPHONS: LENT AND EASTER



## Invitatory

*From Ash Wednesday to the Saturday of the Fifth week of Lent:*

Come, let us worship Christ the Lord, who for our sake endured temptation and suffering. *Or:*

Today if you hear the voice of the Lord, harden not your hearts

*From Passion Sunday to Holy Thursday:* Come, let us worship Christ the Lord, who for our sake endured temptation and suffering.

*Good Friday:* Come, let us worship Christ, the Son of God, who redeemed us with his blood.

*Holy Saturday:* Come, let us worship Christ, who for our sake suffered death and was buried.

*From Easter Sunday until Ascension:* The Lord is risen, alleluia.

*Ascension:* Alleluia, come let us worship Christ the Lord as he ascends into heaven, alleluia.

*From Ascension to Pentecost:* Come, let us adore Christ the Lord who promised to send the Holy Spirit on his people, alleluia

*Pentecost:* Alleluia, the Spirit of the Lord has filled the whole world; come let us worship him, alleluia.

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## ASH WEDNESDAY TO THE SATURDAY OF THE FIRST WEEK OF LENT

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### First and Second Vespers

Ant. 1 Great is the Lord our God, transcending all other gods.

Ant. 2 House of Israel, bless the Lord! Sing psalms to him for he is merciful.

Ant. 3 All nations will come and worship before you, O Lord.

Ant. 4 Armed with God's justice and power, let us prove ourselves through patient endurance.

Magnificat: When you give alms, do not let your left hand know what your right hand is doing.

### Vigils

Ant. 1 Bless the Lord, O my soul; never forget all he has done for you.

Ant. 2 As a father is gentle with his children, so is the Lord with those who revere him.

Ant. 3 Bless the Lord, all you his works.

### Lauds

Ant. 1 You alone I have grieved by my sin; have pity on me, O Lord.

Ant. 2 Truly we know our offenses, Lord, for we have sinned against you.

Ant. 3 The Lord is God; we are his people, the flock he shepherds.

Benedictus: When you fast, do not put on a gloomy face like the hypocrites.

### Daytime Prayer

The time of penance has come, the time to atone for our sins and seek our salvation.

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## LENT: WEEK I

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### First and Second Vespers

- Ant. 1 The Lord looks tenderly on those who are poor.  
Ant. 2 You are my refuge, Lord, you are all that I desire in life.  
Ant. 3 This is the time when you can win God's favor; the day when you can be saved.  
Ant. 4 Worship your Lord and God; serve him alone.  
Magnificat: Watch over us, eternal Savior. Do not let the cunning tempter seize us. We place all our trust in your unfailing help.

### Vigils

- Ant. 1 See how the cross of the Lord stands revealed as the tree of life.  
Ant. 2 Here is a king of my own choosing who will rule on Mount Zion.  
Ant. 3 Lord, you are my protector; you have raised me up in glory.

### Lauds

- Ant. 1 I will praise you all my life, O Lord; in your name I will lift up my hands.  
Ant. 2 Sing a hymn of praise to our God; praise him above all forever.  
Ant. 3 The Lord delights in his people; he honors the humble with victory.  
Benedictus: Jesus was led by the spirit into the desert to be tempted by the devil and when he had fasted for forty days and forty nights, he was hungry.

### Daytime

Antiphon: As I live, says the Lord, I do not wish the sinner to die, but to turn back to me and live.

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## LENT: WEEK II

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### First and Second Vespers

- Ant. 1 In holy splendor the Lord will send forth you holy sceptre from Zion.  
Ant. 2 We worship the one true God who made heaven and earth.  
Ant. 3 God did not spare his own Son but gave him up for us all.  
Ant. 4 God planned in the fullness of time to restore all things in Christ.  
Magnificat: Do not judge others and you will not be judged, for as you have judged them, so God will judge you.

### Vigils

- Ant. 1 Bow down and hear me, Lord, come to my rescue.  
Ant. 2 Lord, let the light of your countenance shine on your servants.  
Ant. 3 Blessed be the Lord, for he has poured out his mercy upon me.

### Lauds

- Ant. 1 When will I come to the end of my pilgrimage and enter the presence of God?  
Ant. 2 Lord, show us the radiance of your mercy.  
Ant. 3 The vaults of heaven ring with your praise, O Lord.  
Benedictus: Be compassionate and forgiving, as your Father is, says the Lord.

### Daytime

Antiphon: The time of penance has come, the time to atone for our sins and seek our salvation.

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## LENT: WEEK III

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### First and Second Vespers

- Ant. 1 The Lord says: Turn away from sin and open your hearts to the Gospel.
- Ant. 2 I will offer a sacrifice of praise and call upon the name of the Lord.
- Ant. 3 No one takes my life away from me; I lay it down freely and I shall take it up again.
- Ant. 4 As I live, says the Lord, I do not wish the sinner to die, but to turn back to me and live.
- Magnificat: Now that we have been justified by faith, let us be at peace with God through our Lord Jesus Christ.

### Vigils

- Ant. 1 Day by day I shall bless you, Lord.
- Ant. 2 Your kingdom, Lord, is an everlasting kingdom.
- Ant. 3 The Lord is faithful in all his words and loving in all his deeds.

### Lauds

- Ant. 1 Your decrees, O Lord, are to be trusted; your truth is more powerful than the roaring of the seas.
- Ant. 2 Springs of water, bless the Lord; praise and exalt him above all for ever.
- Ant. 3 All kings and peoples of the earth, give praise to God.
- Benedictus: Destroy this temple, says the Lord, and in three days, I will rebuild it. He was speaking of the temple of his body.

### Daytime

Antiphon: Armed with God's justice and power, let us prove ourselves through patient endurance.

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## LENT: WEEK IV

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### First and Second Vespers

- Ant. 1 Let us go to God's house with rejoicing.
- Ant. 2 Awake from your sleep, rise from the dead, and Christ will give you light.
- Ant. 3 So great was God's love for us that when we were dead because of our sins, he brought us to life in Christ Jesus.
- Ant. 4 I cried to you Lord, and you healed me; I will praise you forever.
- Magnificat: God loved the world so much that he gave his only Son to save all who have faith in him, and to give them eternal life.

### Vigils

- Ant. 1 Who can climb the Lord's mountain, or stand in his holy place?
- Ant. 2 This is the time when you can win God's favor; the day when you can be saved.
- Ant. 3 Listen to me, all who revere God, let me tell you what great things he has done for me.

### Lauds

- Ant. 1 O God, my God, I give you thanks; you are my God, I shall proclaim you glory.
- Ant. 2 God of might, deliver us; free us from the power of the enemy.
- Ant. 3 Praise God for his mighty deeds.
- Benedictus: It was unheard of for anyone to open the eyes of a man born blind until the coming of Christ, the Son of God.

### Daytime

Antiphon: Happy the man who shows mercy for the Lord's sake; he will stand firm for ever.

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**LENT: WEEK V**

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**First and Second Vespers**

- Ant. 1 Although he was the Son of God, Christ learned obedience through suffering.
- Ant. 2 As the serpent was lifted up in the desert, so the Son of Man must be lifted up.
- Ant. 3 The Lord of hosts protects us and sets us free, he guides and saves his people.
- Ant. 4 He was pierced for our offenses and burdened with our sins. By his wounds we are healed.
- Magnificat: When I am lifted up from the earth, I will draw all people to myself.

**Vigils**

- Ant. 1 See how the cross of the Lord stands revealed as the tree of life.
- Ant. 2 Here is a king of my own choosing who will rule on Mount Zion.
- Ant. 3 Lord, you are my protector; you have raised me up in glory.

**Lauds**

- Ant. 1 My God, you have become my help.
- Ant. 2 Free us by your wonderful works; deliver us from the power of death.
- Ant. 3 The hour has come for the Son of Man to be glorified.
- Benedictus: Our friend Lazarus has fallen asleep; let us go wake him.

**Daytime**

Antiphon: God has appointed Christ to be the judge of the living and the dead.

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**LENT: PALM SUNDAY - WEDNESDAY OF HOLY WEEK**

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**First and Second Vespers**

- Ant. 1 Day after day I sat teaching you in the temple and you did not lay hands on me. Now you come to scourge me and lead me to the cross.
- Ant. 2 The Lord God is my help; no shame can harm me.
- Ant. 3 The Lord Jesus humbled himself by showing obedience even when this meant death, death on the cross.
- Ant. 4 God did not spare his own Son but gave him up for us all.
- Magnificat: Praise to our King, the Son of David, the Redeemer of the world; praise to the Savior whose coming had been foretold by the prophets.

**Vigils**

- Ant. 1 Lord God, in splendor and majesty you are clothed, wrapped in light as in a robe.
- Ant. 2 The Lord has brought forth bread from the earth, and wine to give warmth to our hearts.
- Ant. 3 The Lord looked upon all he had made and saw that it was very good.

**Lauds**

- Ant. 1 The right hand of the Lord has shown its power; the right hand of the Lord has raised me up.
- Ant. 2 Let us sing the hymn of the three young men which they sang in the fiery furnace, giving praise to God.
- Ant. 3 Praise the Lord in his heavenly power.
- Benedictus: With palms let us welcome the Lord as he comes, with songs and hymns let us run to meet him, as we offer him our joyful worship and sing: Blessed be the Lord!

**Daytime**

Antiphon: For to me, to live is Christ and to die is gain. I glory in the cross of my Lord Jesus Christ.

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## HOLY THURSDAY

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### Vigils

- Ant. 1 I am worn out with crying, with longing for my God.  
Ant. 2 I needed food and they gave me gall; I was parched with thirst and they gave me vinegar.  
Ant. 3 Seek the Lord and you will live.

### Lauds

- Ant. 1 Look, O Lord and see my suffering. Come quickly to my aid.  
Ant. 2 God is my savior; I trust in him and shall not fear.  
Ant. 3 The Lord has fed us with the finest wheat; he has filled us with honey from the rock.  
Benedictus: I have longed to eat this meal with you before I suffer.

### Daytime

Antiphon: Before the feast of the Passover, Jesus knew that his hour had come; he had always loved those who were his own, and now he would show them the depth of his love.

### Vespers

- Ant. 1 For to me, to live is Christ and to die is gain. I glory in the cross of my Lord Jesus Christ.

### Psalm 132 (131)

God's promise to David: a pilgrimage song

*He will be great, and will be called the Son of the Most High, and the Lord God will give to him the throne of his ancestor David. (Luke 1:32)*

**L**ORD, remember David  
and all the hardships he endured,  
the oath he swore to the LORD,  
his vow to the Strong One of Jacob.

“I will not enter my house,  
nor go to the bed where I rest;  
I will give no sleep to my eyes,  
to my eyelids I will give no slumber,

till I find a place for the LORD,  
a dwelling for the Strong One of Jacob.”

At Ephrata we heard of it;  
we found it in the plains of Yearim.  
“Let us go to the place of his dwelling;  
let us bow down at his footstool.”

Go up, LORD, to the place of your rest,  
you and the ark of your strength.  
Your priests shall be clothed with justice;  
your faithful shall ring out their joy.  
For the sake of David your servant,  
do not reject your anointed.

The LORD swore an oath to David;  
he will not go back on his word:  
“A son, the fruit of your body,  
will I set upon your throne.

If your sons hold fast to my covenant,  
and my laws that I have taught them,  
their sons, in turn, shall sit  
on your throne from age to age.”

For the LORD has chosen Sion;  
he has desired it for his dwelling:  
“This is my resting place from age to age;  
here have I chosen to dwell.

I will greatly bless her produce;  
I will fill her poor with bread.  
I will clothe her priests with salvation,  
and her faithful shall ring out their joy.

I will make a stock sprout up for David;  
I will prepare a lamp for my anointed.  
I will cover his enemies with shame,

but on him my crown shall shine.”

Ant. 1 For to me, to live is Christ ...

Ant. 2 Jesus Christ, the firstborn from the dead and ruler of the kings of the earth, has made us a royal people to serve his God and Father.

### Psalm 120 (119)

Yearning for peace: a pilgrimage song

*Rejoice in hope, be patient in suffering, persevere in prayer. (Romans 12:12)*

**T**o 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 should he give you, what repay you,  
O deceitful tongue?  
The warrior’s arrows sharpened,  
with red-hot coals from the broom tree!

Alas, that I live in Meshech,  
dwell among the tents of Kedar!  
I have had enough of dwelling  
with those who hate peace.  
I am for peace, but when I speak,  
they are for war.

Ant. 2 Jesus Christ, the firstborn from the dead ...

Ant. 3 The Lord will be the champion of the helpless; he will free the poor from the grip of the powerful.

### Psalm 140 (139)

LORD, you are my refuge

*For our struggle is not against enemies of blood and flesh, but against the rulers, against the authorities, against the cosmic powers of this present darkness, against the spiritual forces of evil in the heavenly places. (Ephesians 6:12)*

**R**escue me, LORD, from evil man;  
from the violent man keep me safe,  
from those who plan evil in their hearts,  
and stir up strife every day;  
who sharpen their tongue like an adder’s,  
with the poison of viper on their lips.

LORD, guard me from the hands of the wicked;  
from the violent keep me safe;  
they plan to make me stumble.  
The proud have hidden a trap,  
have spread out lines in a net,  
set snares across my path.

I have said to the LORD, “You are my God.”  
Give ear, O LORD, to the cry of my appeal!  
LORD, my LORD, my mighty help,  
you shield my head in the battle.  
Do not grant, O LORD, the wicked their desire,  
nor let their plots succeed.

Those surrounding me lift up their heads.  
Let the malice of their speech overwhelm them.  
Let coals of fire rain upon them.  
Let them be flung in the abyss, no more to rise.  
Let the slanderer not endure upon the earth.  
Let evil quickly trap the violent!

I know the LORD will avenge the poor,  
that he will do justice for the needy.  
Truly the just will give thanks to your name;  
the upright shall live in your presence.

Ant. 3 The Lord will be the champion of the helpless; ...

Ant. 4 The saints won their victory over death through the blood of the Lamb and the truth to which they bore witness.

**Canticle ( Revelation 11:17-18; 12:10b-12a, 11:15b)**

God's Kingdom is Established in Heaven and on Earth

**W**e give you thanks, Lord God Almighty,  
who are and who were,  
for you have taken your great power  
and begun to reign.  
The nations raged,  
but your wrath has come,  
and the time for judging the dead,  
for rewarding your servants, the prophets  
and saints and all who fear your name,  
both small and great,  
and for destroying those who destroy the earth.

Now have come the salvation and the power  
and the kingdom of our God  
and the authority of his Messiah.

For the accuser of our comrades has been thrown down,  
who accuses them day and night before our God.

But they have conquered him by the blood of the Lamb  
and by the word of their testimony,  
for they did not cling to life even in the face of death.  
Rejoice then, you heavens  
and those who dwell in them!

For the kingdom of the world  
has become the kingdom of our Lord  
and of his Christ,  
and he will reign forever and ever.

Glory to the Father, ...

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**GOOD FRIDAY**

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**Vigils**

**Ant. 1** Earthly kings rise up in revolt; princes conspire together  
against the Lord and against his anointed.

**Psalm 2**

**God's chosen king**

*Now is the judgment of this world; now the ruler of this world will be driven out.*

(John 12:31)

**W**hy do the nations conspire,  
and the peoples plot in vain?  
They arise, the kings of the earth;  
princes plot against the LORD and his Anointed.  
“Let us burst asunder their fetters.  
Let us cast off from us their chains.”

He who sits in the heavens laughs;  
the LORD derides and mocks them.  
Then he will speak in his anger,  
his rage will strike them with terror.  
“It is I who have appointed my king  
on Sion, my holy mountain.”

I will announce the decree of the LORD:  
The LORD said to me, “You are my Son.  
It is I who have begotten you this day.

Ask of me and I will give you  
the nations as your inheritance,  
and the ends of the earth as your possession.  
With a rod of iron you will rule them;  
like a potter's jar you will shatter them.”

So now, O kings, understand;  
take warning, rulers of the earth.  
Serve the LORD with fear;

exult with trembling, pay him your homage,  
lest he be angry and you perish on the way,  
for suddenly his anger will blaze.

Blessed are all who trust in God!

**Ant. 1** Earthly kings rise up in revolt;...

**Ant. 2** They divided my garments among them; they cast lots for my clothing.

**Psalm 22 (21)**

**Cry of anguish, song of praise**

*It was fitting that God ... in bringing many children to glory, should make the pioneer of their salvation perfect through sufferings. (Hebrews 2:10)*

**M**y God, my God, why have you forsaken me?  
Why are you far from saving me,  
so far from my words of anguish?  
O my God, I call by day and you do not answer;  
I call by night and I find no reprieve.

Yet you, O God, are holy,  
enthroned on the praises of Israel.  
In you our forebears put their trust;  
they trusted and you set them free.  
When they cried to you, they escaped;  
in you they trusted and were not put to shame.

But I am a worm and no man,  
scorned by everyone, despised by the people.  
All who see me deride me;  
they curl their lips, they toss their heads:  
“He trusted in the LORD, let him save him;  
let him release him, for in him he delights.”

Yes, it was you who took me from the womb,  
entrusted me to my mother's breast.  
To you I was committed from birth;

from my mother's womb, you have been my God.  
Stay not far from me;  
trouble is near, and there is no one to help.

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Many bulls have surrounded me,  
fierce bulls of Bashan close me in.  
Against me they open wide their mouths,  
like a lion, rending and roaring.

Like water I am poured out,  
disjointed are all my bones.  
My heart has become like wax,  
it is melted within my breast.

Parched as burnt clay is my throat,  
my tongue cleaves to my jaws.  
You lay me in the dust of death.  
For dogs have surrounded me;  
a band of the wicked besets me.  
They tear holes in my hands and my feet;

I can count every one of my bones.  
They stare at me and gloat.  
They divide my clothing among them,  
they cast lots for my robe.

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But you, O LORD, do not stay afar off;  
my strength, make haste to help me!  
Rescue my soul from the sword,  
my life from the grip of the dog.  
Save my life from the jaws of the lion,  
my poor soul from the horns of wild bulls.

I will tell of your name to my kin,

and praise you in the midst of the assembly;  
“You who fear the LORD, give him praise;  
all descendants of Jacob, give him glory;  
revere him, all you descendants of Israel.

For he has never despised  
nor scorned the poverty of the poor.  
From him he has not hidden his face,  
but he heard him whenever he cried.”

You are my praise in the great assembly.  
My vows I will pay before those who fear him.  
The poor shall eat and shall have their fill.  
They shall praise the LORD, those who seek him.  
May their hearts live on forever and ever!

All the earth shall remember and return to the LORD,  
all families of the nations worship before him,  
for the kingdom is the LORD’s, he is ruler of the nations.  
They shall worship him, all the mighty of the earth;  
before him shall bow all who go down to the dust.

And my soul shall live for him, my descendants serve him.  
They shall tell of the LORD to generations yet to come,  
declare his saving justice to peoples yet unborn:  
“These are the things the LORD has done.”

**Ant. 2** They divided my garments among them; ...

## LAUDS

### *Psalms from Friday, Week II*

Ant. 1 Look, O Lord and see my suffering. Come quickly to my aid.  
Ant. 2 God is my savior; I trust in him and shall not fear.  
Ant. 3 The Lord has fed us with the finest wheat; he has filled us with  
honey from the rock.

**Benedictus:** I have longed to eat this meal with you before I suffer.

## DAYTIME

Antiphon: Before the feast of the Passover, Jesus knew that his hour had come; he had always loved those who were his own, and now he would show them the depth of his love.

## Psalm 140 (139)

LORD, you are my refuge

*For our struggle is not against enemies of blood and flesh, but against the rulers, against the authorities, against the cosmic powers of this present darkness, against the spiritual forces of evil in the heavenly places. (Ephesians 6:12)*

**R**escue me, LORD, from evil man;  
from the violent man keep me safe,  
from those who plan evil in their hearts,  
and stir up strife every day;  
who sharpen their tongue like an adder’s,  
with the poison of viper on their lips.

LORD, guard me from the hands of the wicked;  
from the violent keep me safe;  
they plan to make me stumble.  
The proud have hidden a trap,  
have spread out lines in a net,  
set snares across my path.

I have said to the LORD, “You are my God.”  
Give ear, O LORD, to the cry of my appeal!  
LORD, my LORD, my mighty help,  
you shield my head in the battle.  
Do not grant, O LORD, the wicked their desire,  
nor let their plots succeed.

Those surrounding me lift up their heads.  
Let the malice of their speech overwhelm them.  
Let coals of fire rain upon them.  
Let them be flung in the abyss, no more to rise.  
Let the slanderer not endure upon the earth.  
Let evil quickly trap the violent!

I know the LORD will avenge the poor,  
that he will do justice for the needy.  
Truly the just will give thanks to your name;  
the upright shall live in your presence.

**Psalm 54 (53)**

Confident Prayer in Great Peril

*No one takes it from me, but I lay it down of my own accord. I have power to lay it down,  
and I have power to take it up again. I have received this command from my Father.*

(John 10:18)

**G**od, save me by your name;  
by your power, defend my cause.  
O God, hear my prayer;  
give ear to the words of my mouth.

For the proud have risen against me,  
and the ruthless seek my life.  
They have no regard for God.

See, I have God for my help.  
The Lord sustains my soul.  
Let evil recoil on my foes.  
In your faithfulness, bring them to an end.

I will sacrifice to you with willing heart,  
and praise your name, for it is good:  
for it has rescued me from all distress,  
and my eyes have gazed upon my foes.

**Psalm 88 (87)**

A prayer in desolation

*But we have this treasure in clay jars, so that it may be made clear that this extraordinary  
power belongs to God and does not come from us. (2 Corinthians 4: 7)*

**L**ORD and God of my salvation,  
I cry before you day and night.  
Let my prayer come into your presence.  
Incline your ear to my cry.

For my soul is filled with evils;  
my life is on the brink of the grave.

I am reckoned as one in the tomb;  
I am like a warrior without strength,  
like one roaming among the dead,  
like the slain lying in their graves,  
like those you remember no more,  
cut off, as they are, from your hand.

You have laid me in the depths of the pit,  
in regions that are dark and deep.  
Your anger weighs down upon me;  
I am drowned beneath your waves.  
You have taken away my friends;  
to them you have made me hateful.

Imprisoned, I cannot escape;  
my eyes are sunken with grief.  
I call to you, LORD, all day long;  
to you I stretch out my hands.

Will you work your wonders for the dead?  
Will the shades rise up to praise you?  
Will your mercy be told in the grave,  
or your faithfulness in the place of perdition?  
Will your wonders be known in the dark,  
your justice in the land of oblivion?

But I, O LORD, cry out to you;  
in the morning my prayer comes before you.  
Why do you reject me, O LORD?  
Why do you hide your face from me?

I am wretched, close to death from my youth.  
I have borne your trials; I am numb.  
Your fury has swept down upon me;  
your terrors have utterly destroyed me.

They surround me all the day like a flood;  
together they close in against me.  
Friend and neighbor you have taken away:  
my one companion is darkness.

Glory be to the Father ...

Antiphon: Before the feast of the Passover, Jesus knew that his hour had come; he had always loved those who were his own, and now he would show them the depth of his love.

## VESPERS

Psalms are taken from Vespers, Holy Thursday

- Ant. 1** For to me, to live is Christ and to die is gain. I glory in the cross of my Lord Jesus Christ.
- Ant. 2** Jesus Christ, the firstborn from the dead and ruler of the kings of the earth, has made us a royal people to serve his God and Father.
- Ant. 3** The Lord will be the champion of the helpless; he will free the poor from the grip of the powerful.
- Ant. 4** The saints won their victory over death through the blood of the Lamb and the truth to which they bore witness.

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## HOLY SATURDAY

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## VIGILS

Ant. 1: In peace, I will lie down and sleep.

### Psalm 26 (25) Confidence in God

*For the law of the Spirit of life in Christ Jesus has set you free from the law of sin and of death. (Romans 8:2)*

**G**ive judgment for me, O LORD,  
for I have walked in my integrity.  
I have trusted in the LORD; I have not wavered.

Examine me, LORD, and try me.  
O test my heart and my mind.  
Your mercy is before my eyes,  
and I walk according to your truth.

I never take my seat with liars,  
and with hypocrites I shall not go.  
I hate the evildoer's company;  
I will not take my seat with the wicked.

I wash my hands in innocence  
and take my place around your altar,  
singing a song of thanksgiving,  
recounting all your wonders.  
O LORD, I love the house where you dwell,  
the place where your glory abides.

Do not sweep away my soul with sinners,  
nor my life with those who shed blood,  
in whose hands are evil plots,  
whose right hands are filled with a bribe.

As for me, I have walked in my integrity.  
Redeem me and have mercy on me.  
My foot stands on level ground:  
I will bless the LORD in the assembly.

Ant. 1: In peace, I will lie down and sleep.  
Ant. 2: My body shall rest in hope.

### Psalm 16 Refuge and happiness in God

*it is written, that the Messiah[a] is to suffer and to rise from the dead on the third day, and that repentance and forgiveness of sins is to be proclaimed in his name. (Luke 24: 46-47)*

**R**eserve me, O God, for in you I take refuge.  
I say to the LORD, "You are my LORD.  
My happiness lies in you alone."

As for the holy ones who dwell in the land,  
they are noble, and in them is all my delight.  
Those who choose other gods increase their sorrows.  
I will not take part in their offerings of blood.  
Nor will I take their names upon my lips.

O LORD, it is you who are my portion and cup;  
you yourself who secure my lot.  
Pleasant places are marked out for me:  
a pleasing heritage indeed is mine!

I will bless the LORD who gives me counsel,  
who even at night directs my heart.  
I keep the LORD before me always;  
with him at my right hand, I shall not be moved.

And so, my heart rejoices, my soul is glad;  
even my flesh shall rest in hope.  
For you will not abandon my soul to hell,  
nor let your holy one see corruption.

You will show me the path of life,  
the fullness of joy in your presence,  
at your right hand, bliss forever.

Ant. 2: My body shall rest in hope.

Ant. 3: Lift high the ancient portals. The King of glory enters.

### Psalm 24 (23)

#### The entry of the LORD of glory

*Christ is before all things, and in him all things hold together (Colossians 1:17)*

**T**he LORD's is the earth and its fullness,  
the world, and those who dwell in it.  
It is he who set it on the seas;  
on the rivers he made it firm.

Who shall climb the mountain of the LORD?  
Who shall stand in his holy place?  
The clean of hands and pure of heart,  
whose soul is not set on vain things,  
who has not sworn deceitful words.

Blessings from the LORD shall he receive,  
and right reward from the God who saves him.  
Such are the people who seek him,  
who seek the face of the God of Jacob.

O gates, lift high your heads;  
grow higher, ancient doors.  
Let him enter, the king of glory!

Who is this king of glory?  
The LORD, the mighty, the valiant;  
the LORD, the valiant in war.

O gates, lift high your heads;  
grow higher, ancient doors.  
Let him enter, the king of glory!

Who is this king of glory?  
He, the LORD of hosts,  
he is the king of glory.

Glory be to the Father ...

Ant. 3: Lift high the ancient portals. The King of glory enters.

### LAUDS

Ant. 1: Though sinless, the Lord has been put to death. The world is  
in mourning for an only son.

### Psalm 64 (63)

#### Prayer for God's protection

*Do not be afraid, little flock, for it is your Father's good pleasure to give you the kingdom.*  
(Luke 12:32)

**H**ear, O God, the voice of my complaint;  
guard my life from dread of the foe.  
From the assembly of the wicked, hide me,  
from the throng of those who do evil.

They sharpen their tongues like swords.  
They aim bitter words like arrows,  
to shoot at the innocent from ambush,  
shooting suddenly and fearlessly.

Holding firm in their evil course,  
they conspire to lay secret snares.  
They say, "Who will see us?  
Who can search out our crimes?"

They have hatched their wicked plots,  
and brought them to perfection.  
How profound the depths of the heart!

God will shoot them with his arrow,  
and deal them sudden wounds.  
Their own tongue brings them to ruin;  
all who see them shake their heads.

Then will all be afraid;  
they will tell what God has done.  
They will ponder God's deeds.  
The just one will rejoice in the LORD;  
and fly to him for refuge.  
All upright hearts will glory.

Ant. 1: Though sinless, the Lord has been put to death. ...

Ant. 2: Extol the greatness of our God.

**Canticle (Isaiah 38:10-14, 17-20 )**

**Anguish of a dying man and joy in his restoration**

*We know that if the earthly tent we live in is destroyed, we have a building from God, a house not made with hands, eternal in the heavens. (2 Corinthians 5: 1)*

**I** said: In the noontide of my days  
I must depart;  
I am consigned to the gates of Sheol  
for the rest of my years.

I said, I shall not see the LORD  
in the land of the living;  
I shall look upon mortals no more  
among the inhabitants of the world.

My dwelling is plucked up and removed from me  
like a shepherd's tent;  
like a weaver I have rolled up my life;  
he cuts me off from the loom;  
from day to night you bring me to an end;

I cry for help until morning;  
like a lion he breaks all my bones;  
from day to night you bring me to an end.

Like a swallow or a crane I clamor,  
I moan like a dove.  
My eyes are weary with looking upward.  
O LORD, I am oppressed; be my security!

Surely it was for my welfare  
that I had great bitterness;  
but you have held back my life  
from the pit of destruction,  
for you have cast all my sins  
behind your back.

For Sheol cannot thank you,  
death cannot praise you;  
those who go down to the Pit cannot hope  
for your faithfulness.

The living, the living, they thank you,

as I do this day;  
fathers make known to children  
your faithfulness.

The LORD will save me,  
and we will sing to stringed instruments  
all the days of our lives,  
at the house of the LORD.

Ant. 2: Extol the greatness of our God.

Ant. 3: I was dead, but now I live forever, and I hold the keys of death  
and of hell.

### Psalm 150

#### Symphony of praise to God

*To him be glory in the church and in Christ Jesus to all generations, forever and ever.*  
(Ephesians 3:21)

**P**raise God in his holy place;  
praise him in his mighty firmament.  
Praise him for his powerful deeds;  
praise him for his boundless grandeur.

O praise him with sound of trumpet;  
praise him with lute and harp.  
Praise him with timbrel and dance;  
praise him with strings and pipes.

O praise him with resounding cymbals;  
praise him with clashing of cymbals.  
Let everything that breathes praise the LORD!

Glory be to the Father ...

### Daytime

*Psalms taken from Saturday, Week IV*

Antiphon: I know that I shall see the goodness of the Lord in the land  
of the living.

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## EASTER SUNDAY AND OCTAVE

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*Psalms are taken from Sunday, Week I*

### First Vespers

Ant. 1: Death, you shall die in me; hell, you shall be destroyed by me.

Ant. 2: As Jonah was three days and three nights in the belly of the  
whale, so will the Son of Man be three days and three nights  
in the heart of the earth.

Ant. 3: Lord, you have saved my soul from hell.

Ant. 4: Destroy this temple, says the Lord, and in three days I will  
rebuild it. He was speaking of the temple of his body.

Magnificat: Now the Son of Man has been glorified and God has been  
glorified in him.

### Vigils

*The Easter Vigil takes the place of Vigils for Easter Sunday. Those who do not participate in the Easter Vigil should pray the psalms from Sunday Week 1 and read from four preferred readings: Exodus 14:15–15:1; Ezekiel 36:16–28; Romans 6:3–11; Matthew 28:1–10. These readings are very appropriate for Lectio, especially during the Octave. For the rest of the Octave the following antiphons may be used with the regular weekday psalms.*

Ant. 1: I am who am, and wicked men do not accept my ways, for the  
law of the Lord is my delight, alleluia.

Ant. 2: I have asked the Father, and he has given me the nations as my  
inheritance, alleluia.

Ant. 3: I lay down to rest and fell asleep; I awoke again, for the Lord  
sustains me, alleluia.

### Lauds

Ant. 1: The splendor of Christ risen from the dead has shone on the  
people redeemed by his blood, alleluia.

Ant. 2: Our Redeemer has risen from the tomb; let us sing a hymn of  
praise to the Lord our God, alleluia.

Ant. 3: Very early on the morning after the Sabbath, when the sun  
had just risen, they came to the tomb, alleluia.

### Daytime

Antiphon: Since you have been raised to life with Christ, seek the things that are above, alleluia.

### Second Vespers

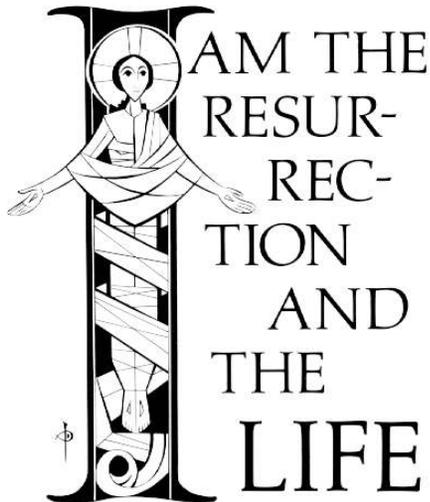
Ant. 1: Mary Magdelene and the other Mary came to see the Lord's tomb, alleluia.

Ant. 2: Come and see the place where the Lord was buried, alleluia.

Ant. 3: Jesus said: Do not be afraid. Go and tell my brothers to set out for Galilee; there they will see me, alleluia.

Ant. 4: He was handed over to death for our sins; he was raised to life to justify us, alleluia.

Magnificat: On the evening of the first day of the week, the disciples were gathered together behind locked doors; suddenly, Jesus stood among them and said: Peace be with you, alleluia.



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## EASTER WEEK II AFTER THE OCTAVE

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### First and Second Vespers

Ant. 1 Blessed is he who comes in the name of the Lord, alleluia.

Ant. 2 Blessed are those who are called to the wedding feast of the Lamb, alleluia.

Ant. 3 From his fullness we have all recieved, grace upon grace, alleluia.

Ant. 4 Christ is risen from the dead and will never die again, alleluia.

Magnificat: What is born of flesh is flesh, and what is born of the spirit is spirit, alleluia.

### Vigils

Ant. 1 I am who am, and wicked men do not accept my ways, for the law of the Lord is my delight, alleluia.

Ant. 2 I have asked the Father, and he has given me the nations as my inheritance, alleluia.

Ant. 3 I lay down to rest and fell asleep; I awoke again, for the Lord sustains me, alleluia.

### Lauds

Ant. 1 As a deer longs for flowing streams, so my soul longs for you, my God, alleluia.

Ant. 2 Fill Zion with your praises, Lord, and let your wonders be proclaimed, alleluia.

Ant. 3 The glory of God illumines the city; the Lamb of God is its light, alleluia.

Benedictus: Truly I tell you, unless you are born again, you cannot see the kingdom of God, alleluia.

### Daytime Prayer

He was handed over to death for our sins; he was raised to life to justify us, alleluia

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### EASTER WEEK III

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#### First and Second Vespers

- Ant. 1 He purified us from our sins, and is seated at God's right hand, alleluia.
- Ant. 2 The Lord has redeemed his people, alleluia.
- Ant. 3 The Lord your God is high above the heavens; he raises up the lowly from the dust, alleluia.
- Ant. 4 Lord, you have broken the chains that held me bound; I will offer you a sacrifice of praise, alleluia.
- Magnificat: Stay with us, Lord, for evening draws near and daylight is fading, alleluia.

#### Vigils

- Ant. 1 Alleluia, the stone was rolled back from the entrance to the tomb, alleluia.
- Ant. 2 Alleluia, woman, who is it you are looking for? Why do you seek the living among the dead? alleluia.
- Ant. 3 Alleluia, do not weep, Mary; the Lord has risen from the dead, alleluia.

#### Lauds

- Ant. 1 The Lord is king, robed in splendor, alleluia.
- Ant. 2 All creation will be freed; all peoples will know the glory and freedom of God's children, alleluia.
- Ant. 3 The name of the Lord is praised in heaven and on earth, alleluia.
- Benedictus: It was ordained that Christ should suffer, and on the third day rise from the dead, alleluia.

#### Daytime Prayer

Antiphon: Alleluia, alleluia, alleluia.

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### EASTER WEEK IV

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#### First and Second Vespers

- Ant. 1 May the peace of Christ fill your hearts with joy, alleluia.
- Ant. 2 With your own blood, you have redeemed us for God, alleluia.
- Ant. 3 Was it not necessary for Christ to suffer and so enter into his glory? alleluia.
- Ant. 4 Seek the things that are above where Christ is seated at God's right hand, alleluia.
- Magnificat: I am the gate, says the Lord; whoever enters through me shall be saved, alleluia.

#### Vigils

- Ant. 1 The Lord delivered his people from the oppressor, alleluia.
- Ant. 2 The Lord led his people to his holy mountain. alleluia.
- Ant. 3 The Lord chose the tribe of Judah, and David, his servant, to shepherd Israel, his chosen, alleluia.

#### Lauds

- Ant. 1 I shall not die but live and proclaim the works of the Lord, alleluia.
- Ant. 2 Blessed be your holy and glorious name, O Lord, alleluia.
- Ant. 3 Give honor and praise to our God; all that he does is perfect and all his ways are true, alleluia.
- Benedictus: I am the shepherd of the sheep; I am the way, the truth and the life: I know my sheep, and my sheep know me, alleluia.

#### Daytime Prayer

Antiphon: In the darkness he dawns; a light for upright hearts, alleluia.

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## EASTER WEEK V

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### First and Second Vespers

- Ant. 1 Like the evening offering my hands rise up in prayer to you, O Lord, alleluia.
- Ant. 2 You have led me forth from prison, that I may give praise to your name, alleluia.
- Ant. 3 The Lord has risen and is seated at the right hand of God, alleluia.
- Ant. 4 He has rescued us from the power of darkness and has brought us into the kingdom of his Son, alleluia.
- Magnificat: I give you a new commandment: love one another as I have love you, says the Lord, alleluia.

### Vigils

- Ant. 1 See how the cross of the Lord stands revealed as the tree of life, alleluia.
- Ant. 2 Here is a king of my own choosing who will rule on Mount Zion, alleluia.
- Ant. 3 Lord, you are my protector; you have raised me up in glory, alleluia.

### Lauds

- Ant. 1 Whoever thirsts will drink freely of life-giving water, alleluia.
- Ant. 2 Worship the Lord who made the heavens and the earth, springs of water and the mighty sea, alleluia.
- Ant. 3 The saints will rejoice in glory, alleluia.
- Benedictus: Whoever lives in me and I in him will yield much fruit says the Lord, alleluia.

### Daytime Prayer

Antiphon: Alleluia, our God is king; glory and praise to him, alleluia.

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## EASTER WEEK VI

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### First and Second Vespers

- Ant. 1 Your word, O Lord, is the lantern to light our way, alleluia.
- Ant. 2 When I see your face, O Lord, I shall know the fullness of joy, alleluia.
- Ant. 3 Christ our Lord is a priest for ever, like Melchizedek of old, alleluia.
- Ant. 4 God dwells in highest heaven; he has power to do all he wills, alleluia
- Magnificat: If anyone loves me he will keep my word, and my Father will love him. We will come to him and make our home with him, alleluia.

### Vigils

- Ant. 1 Alleluia, the stone was rolled back from the entrance to the tomb, alleluia.
- Ant. 2 Alleluia, woman, who is it you are looking for? Why do you seek the living among the dead? alleluia.
- Ant. 3 Alleluia, do not weep, Mary; the Lord has risen from the dead, alleluia.

### Lauds

- Ant. 1 The right hand of the Lord has shown its power; the right hand of the Lord has raised me up.
- Ant. 2 Let us sing the hymn of the three young men which they sang in the fiery furnace, giving praise to God.
- Ant. 3 Praise the Lord in his heavenly power.
- Benedictus: As the Father has loved me, so I have loved you, live on in my love, alleluia.

### Daytime Prayer

Antiphon: Praise God, all you who serve him, both great and small, alleluia

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## ASCENSION

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### First and Second Vespers

- Ant. 1 I came forth from the Father and have come into the world; now I leave the world to return to the Father, alleluia.
- Ant. 2 After he spoke to his disciples, the Lord Jesus ascended into heaven where he is seated at the right hand of the Father, alleluia.
- Ant. 3 He ascended into heaven and is seated at the right hand of the Father, alleluia.
- Ant. 4 God ascends to shouts of joy, the Lord to the blast of trumpets, alleluia.
- Magnificat: Father, I have made known your name to the men you have given me; now I am praying for them and not for the world, because I am coming to you, alleluia.

### Vigils

- Ant. 1 Sing to God, sing psalms to his name, make a path for him who rides high above the clouds, alleluia.
- Ant. 2 The Lord God ascended on high; he has led captivity captive, alleluia.
- Ant. 3 They see your procession, O God, the procession of my God and king to the sanctuary, alleluia.

### Lauds

- Ant. 1 Men of Galilee, why are you looking up into the sky? This Jesus who has been taken up into heaven will return in the same way, alleluia.
- Ant. 2 Give glory to the King of kings, sing praise to God, alleluia.
- Ant. 3 As they watched, he was lifted up, and a cloud took him from their sight, alleluia.
- Benedictus: I am ascending to my Father and your Father, to my God and your God, alleluia.

### Daytime Prayer

Antiphon: O God, your majesty is praised high above the heavens, alleluia.

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## EASTER WEEK VII

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### First and Second Vespers

- Ant. 1 The Lord our God is high above the heavens; he raises up the lowly from the dust, alleluia.
- Ant. 2 Lord, you have broken the chains that held me bound; I will offer you a sacrifice of praise, alleluia.
- Ant. 3 He purified us from our sins, and is seated on high at God's right hand, alleluia.
- Ant. 4 The Lord has redeemed his people, alleluia.
- Magnificat: I will send you the Spirit of truth who comes from the Father. When the Paraclete comes he will bear witness to me, alleluia.

### Vigils

- Ant. 1 Alleluia, God has raised up Christ from the dead and given him glory, alleluia.
- Ant. 2 Alleluia, praise be to you, O Lord, beyond the highest heavens, alleluia.
- Ant. 3 Alleluia, all power in heaven and on earth has been given to me, alleluia

### Lauds

- Ant. 1 The Lord is king, robed in splendor, alleluia.
- Ant. 2 All creation will be freed; all peoples will know the glory and freedom of God's children, alleluia.
- Ant. 3 The name of the Lord is praised in heaven and on earth, alleluia.
- Benedictus: Father, I have glorified you upon the earth; I have accomplished the work you gave me to do, alleluia.

### Daytime Prayer

Antiphon: Alleluia, alleluia, alleluia.

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## PENTECOST

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### First and Second Vespers

- Ant. 1 On the day of Pentecost, they had all gathered together in one place, alleluia.
- Ant. 2 Tongues as of fire appeared before the apostles, and the Holy Spirit came upon each of them, alleluia.
- Ant. 3 The Spirit who comes from the father will glorify me, alleluia.
- Ant. 4 The Spirit of the Lord has filled the whole world, alleluia.
- Magnificat: Come Holy Spirit, fill the hearts of all believers and set them on fire with your love. Though they spoke many different languages, you united the nations in professing the same faith, alleluia.

### Vigils

- Ant. 1 The Spirit breathes where he wills; you hear his voice but do not know where he comes from or where he is going, alleluia.
- Ant. 2 Suddenly from the heavens there came the sound of a great wind, alleluia.
- Ant. 3 Send forth your Spirit and they shall be created; and you will renew the face of the earth, alleluia

### Lauds

- Ant. 1 O Lord, how good and gentle is your Spirit in us, alleluia.
- Ant. 2 Let streams and rivers and all creatures that live in the waters sing praise to God, alleluia.
- Ant. 3 The apostles preached in different tongues and proclaimed the great works of God, alleluia.
- Benedictus: Receive the Holy Spirit; the sins of those you forgive shall be forgiven, alleluia.

### Daytime Prayer

Antiphon: The Holy Spirit came down from the throne of God, and entered into the hearts of the apostles, alleluia.