

## Wednesday Night Prayer

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.**  
**Alleluia**

### PSALMODY

**Ant.** Lord God, be my refuge and my strength.

**Psalm 31:1-6**

**Trustful prayer in adversity**

*Father, into your hands I commend my spirit.*  
*(Luke 23:46)*

In you, O Lord, I take refuge.  
Let me never be put to shame.  
In your justice, set me free,  
hear me and speedily rescue me.

*Be a rock of refuge for me,  
a mighty stronghold to save me,  
for you are my rock, my stronghold.  
For your name's sake, lead me and guide me.*

Release me from the snares they have hidden  
for you are my refuge, Lord.  
Into your hands I commend my spirit.  
It is you who will redeem me, Lord.

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.*  
*Alleluia.*

**Ant. Lord God, be my refuge and my strength.**

Ant 2. Out of the depths I cry to you, Lord.

**Psalm 130**

**A cry from the depths**

*He will save his people from their sins.*  
*(Matthew 1:21)*

Out of the depths I cry to you, O Lord,  
Lord, hear my voice!  
O let your ears be attentive  
to the voice of my pleading.

*If you, O Lord, should mark our guilt,  
Lord, who would survive?  
But with you is found forgiveness:  
for this we revere you.*

My soul is waiting for the Lord,  
I count on his word.  
My soul is longing for the Lord  
more than watchman for daybreak.  
Let the watchman count on daybreak  
and Israel on the Lord

*Because with the Lord there is mercy  
and fullness of redemption,  
Israel indeed he will redeem  
from all its iniquity.*

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.*  
*Alleluia.*

**Ant 2. Out of the depths I cry to you, Lord.**

Reading  
Ephesians 4:26-27

If you are angry, let it be without sin. The sun must not go down on your wrath; do not give the devil a chance to work on you.

**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.

**-I commend my spirit**

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

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

Ant. Protect us, Lord, as we stay awake; watch over us as we sleep, that awake we may keep watch with Christ, and asleep, rest in his peace.

**GOSPEL CANTICLE**

Luke 2:29-32

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

**Lord, now you let your servant go in peace;  
your word has been fulfilled:  
my own eyes have seen the salvation  
which you have prepared in the sight of every people:  
a light to reveal you to the nations  
and the glory of your people Israel**

**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.  
Alleluia**

**Ant. Protect us, Lord, as we stay awake; watch over us as we sleep, that awake, we may keep watch with Christ, and asleep, rest in his peace.**

**Prayer**

Lord Jesus Christ,  
you have given your followers  
an example of gentleness and humility,  
a task that is easy, a burden that is light.  
Accept the prayers and work of this day,  
and give us the rest that will strengthen us  
to render more faithful service to you  
who live and reign for ever and ever.

**Conclusion**

May the all-powerful Lord grant us a restful night and a peaceful death. **-Amen**

**Salve Regina**

Salve, Regina, mater misericordiae;  
vita, dulcedo et spes nostra, salve,  
Ad te clamamus, exsules filii Evae.  
Ad te suspiramus, gementes et flentes  
in hac lacrimarum valle.

Eia ergo, advocate nostra,  
illus tuo misericordes oculos  
ad nos converte.  
Et Iesum, benedictum fructum ventris tui,  
nobis post hoc exsilium ostende.  
O Clemens, o pia, o dulcis Virgo Maria.