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## Compare “Benedictine Daily Prayer” and “The Monastic Diurnal”

This page contains excerpts from two of the most popular and complete modern books for praying the divine office. The first excerpt is from the “Benedictine Daily Prayer — A Short Breviary” and the second excerpt is from “The Monastic Diurnal.”

1) The following is an excerpt from “Benedictine Daily Prayer — A Short Breviary,” 2005

Maxwell E. Johnson, Editor, with the Monks of Saint John's Abbey, published by Liturgical Press

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Concluding Prayer, Weeks II and IV: God our Creator, after the dark of night you bring us the light of day. Change darkness into light for all those who are searching for you in doubt and anguish, and accept our praise for everything you do, through Jesus, your Son, our Lord.

℣. Let us bless the Lord.

℟. Thanks be to God.

## LAUDS

℣. O God, come to my assistance.

℟. O Lord, make haste to help me. 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. (Alleluia).

Psalm 66 (67) *as in the Ordinary of the Liturgy of the Hours, pages 909–910.*

## Hymn

The stately rooster, herald of dawn,  
With piercing voice announces day:  
But Jesus, herald of God's own Light,  
Calls out to us: "Do not delay."

"Awake," he cries, "'tis time for life,  
Away with beds and lazy sleep;  
Lead sober, pure, and upright lives,  
For I am near, your souls to keep."

All praise to God the Father be  
And to his Son eternally,

*Ales diei nuntius*

Together with the Paraclete,  
As three in one true Godhead meet. Amen.

Ant. 1 I will praise him still, my savior and my God.

Psalm 42 (43). Longing for God's dwelling place  
Defend me, O God, and plead my cause  
against a godless nation.  
From a deceitful and cunning people  
rescue me, O God.

Since you, O God, are my stronghold,  
why have you rejected me?  
Why do I go mourning  
oppressed by the foe?

O send forth your light and your truth;  
let these be my guide.  
Let them bring me to your holy mountain,  
to the place where you dwell.

And I will come to your altar, O God,  
the God of my joy.  
My redeemer, I will thank you on the harp,  
O God, my God.

Why are you cast down, my soul,  
why groan within me?  
Hope in God; I will praise him still,  
my savior and my God.

Ant. I will praise him still, my savior and my God.

Ant. 2 O Lord, make us safe all the days of our lives.

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## Canticle

Isa 38:10-20

I said: So I must go away,  
my life half spent,  
assigned to the world below  
for the rest of my years.

I said: No more shall I see the Lord  
in the land of the living;  
no more shall I look upon man or woman  
within this world.

My home is pulled up and removed  
like a shepherd's tent.  
Like a weaver you have rolled up my life;  
you cut it from the loom.

From dawn to dark you have been making an end of me;  
till daybreak I cried for help,  
yet like a lion you have crushed all my bones.

I cry like a swallow;  
I moan like a dove;  
my eyes look wearily to heaven.  
Take care of me, Lord.

How can I speak, and what can I say to God?  
The Lord has acted.  
I must endure the rest of my years  
in bitterness of soul.

But the Lord is over us;  
we live, and everything in us lives  
by the spirit of the Lord.

Oh cure me, restore me to life.  
Then my bitterness will turn to well-being.

It is you who have kept my life  
from the pit of nothingness.  
You have cast far from your sight  
every one of my sins.

For the world below cannot thank you,  
nor death give you praise.  
Those who go down to the grave  
cannot hope for your mercy.

The living, the living shall thank you,  
as I do this day.  
Parents shall make known to their children  
your faithful mercy.

Lord, come to our rescue,  
and we shall sing psalms  
all the days of our life  
in the house of the Lord.

Ant. O Lord, make us safe all the days of our lives.  
Ant. 3 All his angels, praise the Lord from the heavens.

## Psalms 148-150

*One or more of Psalms 148-150 are sung or recited daily under a single Antiphon.*

Psalm 148. Cosmic praise  
Alleluia!

Praise the Lord from the heavens,  
praise him in the heights.  
Praise him, all his angels,  
praise him all his host.

Praise him, sun and moon,  
praise him, shining stars.  
Praise him, highest heavens  
and the waters above the heavens.

Let them praise the name of the Lord.  
He commanded: they were made.  
He fixed them forever,  
gave a law which shall not pass away.

Praise the Lord from the earth,  
sea creatures and all oceans,  
fire and hail, snow and mist,  
stormy winds that obey his word;

all mountains and hills,  
all fruit trees and cedars,  
beasts, wild and tame,  
reptiles and birds on the wing;

all earth's nations and peoples,  
earth's leaders and rulers;  
young men and maidens,  
the old together with children.

Let them praise the name of the Lord  
for he alone is exalted.  
The splendor of his name  
reaches beyond heaven and earth.

He exalts the strength of his people.  
He is the praise of all his saints,  
of the sons and daughters of Israel,  
of the people to whom he comes close.

Alleluia!

(Glory be *is not said*.)

Psalm 149. Praise to the God of victories  
Alleluia!

Sing a new song to the Lord,  
his praise in the assembly of the faithful.  
Let Israel rejoice in its Maker,  
let Zion's people exult in their king.  
Let them praise his name with dancing  
and make music with timbrel and harp.

For the Lord takes delight in his people.  
He crowns the poor with salvation.  
Let the faithful rejoice in their glory,  
shout for joy and take their rest.  
Let the praise of God be on their lips  
and a two-edged sword in their hand,

to deal out vengeance to the nations  
and punishment on all the peoples;

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to bind their kings in chains  
and their nobles in fetters of iron;  
to carry out the sentence pre-ordained:  
this honor is for all his faithful.

Alleluia!

(Glory be *is not said*.)

## Psalm 150. Praise the Lord

Alleluia!

Praise God in his holy place,  
praise him in his mighty heavens.  
Praise him for his powerful deeds,  
praise his surpassing greatness.

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 lives and that breathes  
give praise to the Lord. Alleluia!

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. All his angels, praise the Lord from the heavens.

## SHORT READING, WEEK I

Rom 13:11b-13a

Salvation is nearer to us now than when we became believers; the night is far gone, the day is near. Let us then lay aside the works of darkness and put on the armor of light; let us live honorably as in the day.

Resp. My God is my helper, \* I shall place my hope in him. My God. *℣*. He is my refuge, he makes me free. \* I shall place my hope in him. Glory be. My God.

## SHORT READING, WEEK II

1 Thess 5:4-5

But you, beloved, are not in darkness, for that day to surprise you like a thief; for you are all children of light and children of the day; we are not of the night or of darkness.

Resp. *as above*

## SHORT READING, WEEK III

1 John 4:14-15

And we have seen and do testify that the Father has sent his Son as the Savior of the world. God abides in those who confess that Jesus is the Son of God, and they abide in God.

Resp. Grant my petition, Lord. \* I hope in your word. Grant. *℣*. At dawn I come and ask. \* I hope in your word. Glory be. Grant.

## SHORT READING, WEEK IV

Isa 55:1

Ho, everyone who thirsts, come to the waters; and you that have no money, come buy and eat! Come, buy wine and milk without money and without price.

Resp. *as above*

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## Benedictus Antiphons for Ordinary Time:

**Weeks I and III:** Visit your people, O Lord, and make them free.

**Weeks II and IV:** Lord, deliver us from the hands of all our foes.

Benedictus, page 911.

## Litanies

**Weeks I and III**

Praise to you, Father everlasting. You open your hand and fill all creatures with blessing. Listen to these petitions, as we say: *Lord, make haste to help us.*

- For the end of hatred and distrust among Christians.
- For the renewal of our service in the church.
- For the enrichment of our sacred reading and private prayer.
- For the healing of broken relationships.
- For the rule of justice and peace.
- For the relief of hunger and disease.
- For the fulfillment of the hopes of the faithful departed (*especially* \_\_\_\_\_). May they be found worthy of the promises of Christ, forever and ever.

Let us pray in the words given us by Christ: *Our Father* . . .

Concluding Prayer Lord Jesus, you know each of us by name and have called us to follow you; teach us how to respond anew in every opportunity this day will bring. We ask you this, you who love us with the Father and the Spirit forever and ever.

**Weeks II and IV**

Lord God, we stand humbly before you at the beginning of this day, aware that our life's breath and all our hopes lie in your hands. We beg you to hear us, as we pray: *Lord, help your people.*

- Help us discern the hidden ways of love, that we may build a visible community of peace.
- Allow us to see you with the eyes of faith, Lord, and help us to understand your will for us.
- Help all people put aside the falseness that keeps them from living in freedom.
- Renew those who feel empty or anxious with the grace and beauty of your creation.
- Look kindly upon the dead (*especially* \_\_\_\_\_). Grant that, along with all who have loved you in life, they may now abide in the fullness of your joy, forever and ever.

Let us pray for the coming of the kingdom as Jesus taught us: *Our Father* . . .

Concluding Prayer Father of Jesus Christ, open our hearts to your Word and to the power of the Spirit. Give us love to discover your will and strength to carry it out today; for you are our light, forever and ever.

Final Blessing

May the Lord bless us,  
keep away all evil,  
and lead us to eternal life. R. Amen.

V. Let us bless the Lord.

R. Thanks be to God.

TERCE, SEXT, AND NONE

*are prayed as indicated in the Ordinary of the Liturgy of the  
Hours, pages 913-924.*

VESPERS

V. O God, come to my assistance.

R. O Lord, make haste to help me. Glory be to the Father, and  
to the Son, and to the Holy Spirit. As it was in the begin-  
ning, is now, and ever shall be, world without end. Amen.  
(Alleluia).

Hymn

*Telluris ingens Conditor*

Kind Maker of the earth's great sphere,  
You made the fertile soil appear  
By gathering waters into seas,  
Providing land for plants and trees.

You made the earth bring forth new seeds,  
With fruits and grains for all our needs,  
May it continue to supply  
The needs of all to satisfy.

2) The following is an excerpt from "The Monastic Diurnal," 2004  
published by Saint Michael's Abbey Press ISBN:0907077447  
<http://tinyurl.com/chugbk>



℣. Replēti sumus misericordia tua.  
℞. Exultāvimus, et delectāti sumus.

Ant. ad Ben. De manu omnium, † qui odērunt nos, libera nos, Dōmine.

Reliqua ut feria II, p. 73.

℣. We are filled in the morning with Thy mercy.  
℞. We have rejoiced and are delighted.

Ant. Ben. From the hand of all † that hate us, free us, O Lord.

The rest as on Monday, p. 73.

## THURSDAY

## LAUDS

℣. Deus, in adiutorium, etc. Ps. 66 Deus misereatur nostri, ut supra, p. 58.

Per annum: Ant. Tibi soli † peccāvi, Dōmine, misere mei.

Tempore paschali: Ant. Alleluia, † alleluia, alleluia.

The three following Psalms are said under the one Antiphon Alleluia.

## Psalmus 50

Misere mei, Deus, \* secundum magnam misericordiam tuam;  
Et secundum multitudinem miserationum tuarum, \* dele iniquitatem meam.

Amplius lava me ab iniquitate mea: \* et a peccato meo munda me;  
Quoniam iniquitatem

## Psalm 50

Have mercy on me, O God, \* according to Thy great mercy;

And according to the bounty of Thy mercies \* blot out my guilt.

Wash me thoroughly from my iniquity, \* and cleanse me from my sin.

For I acknowledge my

guilt, \* and my sin is ever before me;

Against Thee alone have I sinned, and have done evil in Thy sight; \* so Thou art justified in Thy sentence, and art just in Thy judgment.

Behold, in sin was I begotten, \* and in sins did my mother conceive me;

Behold, Thou lovest uprightness; \* hast made known to me the secret and hidden things of Thy wisdom.

Sprinkle me with hyssop and I shall be cleansed; \* wash me and I shall be made whiter than snow.

To mine ear give joy again and gladness; \* and let my humbled bones again rejoice.

Turn away Thy face from my sins \* and blot out all my iniquities;

A clean heart create in me, O God, \* and a steadfast spirit renew within me.

Cast me not away from Thy countenance \* and take not Thy holy spirit away from me.

Give me back the joy of Thy salvation \* and strengthen me with a generous spirit.

meam ego cognosco: \* et peccatum meum contra me est semper.

Tibi soli peccavi, et malum coram te feci: \* ut iustificeris in sermonibus tuis, et vincas cum iudicaris.

Ecce enim in iniquitatibus conceptus sum: \* et in peccatis concepit me mater mea.

Ecce enim veritatem dilexisti: \* incerta et occulta sapientiae tuae manifestasti mihi.

Asperges me hyssopo, et mundabor: \* lavabis me, et super nivem dealbabor.

Audtui meo dabis gaudium et letitiam: \* et exultabunt ossa humiliata.

Averte faciem tuam a peccatis meis: \* et omnes iniquitates meas dele.

Cor mundum crea in me, Deus: \* et spiritum rectum innova in visceribus meis.

Ne proicias me a facie tua: \* et spiritum sanctum tuum ne auferas a me.

Redde mihi letitiam salutis tui: \* et spiritu principali confirma me.

Docébo iníquos vias tuas : \* et impii ad te converténtur.

Libera me de sanguinibus, Deus, Deus salutis meæ: \* et exultábit lingua mea iustitiam tuam.

Dómine, lábia mea apéries: \* et os meum annuntiábit laudem tuam.

Quóniam si voluisses sacrificium, dedissem útique: \* holocáustis non delectáberis.

Sacrificium Deo spíritus contribulátus: \* cor contrítum et humiliátum, Deus, non despícies.

Benigne fac, Dómine, in bona voluntáte tua Sion: \* ut ædificéntur muri Ierúsalem.

Tunc acceptábis sacrificium iustitiæ, oblatiões et holocáusta: \* tunc impónent super altáre tuum vítulos.

Ant. Tibi soli peccávi, Dómine, miserére mei.

Ant. Intret † orátio mea in conspéctu tuo, Dómine.

Psalmus 87

Dómine, Deus salutis meæ: \* in die cla-

Then will I teach Thy ways to evil-doers, \* and the wicked shall be converted unto Thee.

Deliver me from the guilt of blood, O God, Thou God of my salvation, \* then shall my tongue extol Thy justice.

O Lord, open Thou my lips \* and my mouth shall proclaim Thy praise!

For if Thou hadst desired sacrifice, I would indeed have given it; \* but in burnt-offerings Thou hast no delight.

A sacrifice to God is a broken spirit; \* a contrite and humbled heart, O God, Thou wilt not despise.

Deal graciously, O Lord, with Sion in Thy goodness, \* that the walls of Jerusalem may be rebuilt.

Then wilt Thou again accept true sacrifice, oblations and burnt-offerings; \* then shall they offer bullocks upon Thy altar.

Ant. Agáinst Thee alone have I sinned, have mercy on me, O God.

Ant. Let my prayer † come before Thy sight, O Lord.

Psalm 87

O Lord, God of my salvation, \* I cry by day

and in the night before Thee.

Let my prayer come before Thy sight, \* incline Thine ear to my petition!

For my soul is filled with sorrow, \* and my life draweth near the netherworld.

I am counted with them that go down into the grave, I am become as a man without strength, \* reckoned am I with the dead,

Like the slain sleeping in the grave, whom Thou rememberest no more, \* and they are cast off from Thy hand.

They consign me to the lowest pit, \* in darkness and the shadow of death.

Thy wrath resteth heavily upon me, \* Thou hast brought upon me all Thy billows.

My friends Thou keepest far from me, \* they hold me in abomination.

I am made a captive and cannot come forth, \* my eyes are dimmed from wretchedness.

All day long I cry to Thee, O Lord, \* I stretch out to Thee my hands.

Dost Thou work wonders on the dead, \* or do the shades arise to praise Thee?

Doth one in the grave proclaim Thy mercy, \* and

mávi, et nocte coram te.

Intret in conspéctu tuo orátio mea: \* inclína aurem tuam ad preceam meam:

Quia repléta est malis ánima mea: \* et vita mea inférno appropinquávit. Æstimátus sum cum descendéntibus in lacum: \* factus sum sicut homo sine adiutório, inter mórtuos liber.

Sicut vulneráti dormientes in sepúlcris, † quorum non es memor ámplius: \* et ipsi de manu tua repúlsi sunt.

Posuérunt me in lacu inferióri: \* in tenebrósis, et in umbra mortis.

Super me confirmátus est furor tuus: \* et omnes fluctus tuos induxisti super me.

Longe fecisti notos meos a me: \* posuérunt me abominatióem sibi.

Tráditus sum, et non egrediébar: \* óculi mei languérunt præ inópia.

Clamávi ad te, Dómine, tota die: \* expándi ad te manus meas.

Numquid mórtuis fácies mirabília: \* aut médici suscitábunt, et confitebúntur tibi?

Numquid narrábit áliquis in sepúlcro mise-

ricórdiam tuam, \* et  
veritátem tuam in per-  
ditíone?

Numquid cognoscén-  
tur in ténebris mirabilia  
tua, \* et iustítia tua in  
terra obliuionis?

Et ego ad te, Dómine,  
clamávi: \* et mane orátio  
mea prævéniet te.

Ut quid, Dómine, re-  
pélis oratióem meam:  
\* avértis faciém tuam a  
me?

Pauper sum ego, et  
in labóribus a iuventúte  
mea: \* exaltátus autem,  
humiliátus sum et con-  
turbátus.

In me transiérunt iræ  
tuæ: \* et terróres tui  
conturbavérunt me.

Circumdedérunt me  
sicut aqua tota die: \* cir-  
cumdedérunt me simul.

Elongásti a me amí-  
cum et próximum: \* et  
notos meos a miséria.

Ant. Intret orátio mea  
in conspéctu tuo, Dó-  
mine.

Ant. Dómine, † refú-  
gium factus es nobis.

Et non repetitur in psalmo.

Psalmus 89

Dómine, refúgium fac-  
tus es nobis: \* a ge-  
neratióne in generatió-  
nem.

Thy fidelity in the nether-  
world?

Shall Thy wonders be  
known in darkness, \* and  
Thy justice in the land of  
forgetfulness?

Hence I cry to Thee, O  
Lord, \* each morning my  
prayer ascendeth to Thee.

Why then, O Lord, dost  
Thou reject my prayer, \*  
turnest Thy face from me?

Poor am I and wretched  
from my youth, \* grown  
up I am still humbled and  
distressed.

The outbursts of Thy  
wrath pass over me, \* and  
Thy terrors bewilder me.

They flood about me like  
water all the day, \* they have  
beset me altogether.

Friend and companion  
Thou hast estranged from  
me, \* and my acquaintances  
avoid my wretchedness.

Ant. Let my prayer come  
before Thy sight, O Lord.

Ant. O Lord, † Thou hast  
been our refuge.

This is not repeated in the  
Psalm.

Psalm 89

O Lord, Thou hast been  
our refuge, \* from gen-  
eration to generation.

Before the mountains  
were made and the earth  
was formed and the uni-  
verse, \* Thou art, O God,  
from eternity to eternity.

Thou turnest man again  
to dust, \* and sayest: \* Go  
hence, ye children of men! \*

For a thousand years in  
Thy sight, \* are as yesterday  
which is past;

As a watch in the night, \*  
the years of mortals are as  
nothing.

Like a frail grass: it blos-  
someth in the morning and  
groweth, \* in the evening  
it is cut down, it withereth  
and drieth up.

For we faint away before  
Thy wrath, \* and stand ap-  
palled before Thine anger.

Thou hast set our evil-  
doings before Thee, \* our  
secret sins in the light of  
Thy countenance.

Hence all days fade away,  
\* and we vanish in Thy  
wrath.

Yea, our years pass like a  
sigh, \* life's span is seventy  
years;

Or eighty years, if it goeth  
well; \* what is beyond is  
labor and grief.

For there cometh decrep-  
itude, \* and we are snatch-  
ed away.

Priusquam montes fie-  
rent, aut formarétur terra  
et orbis: \* a sæculo et  
usque in sæculum tu es,  
Deus.

Ne avértas hóminem in  
humilitátem: \* et dixisti:  
Convertimini, filii hómi-  
num.

Quóniam mille anni  
ante óculos tuos, \* tam-  
quam dies hestérna, quæ  
præteriit,

Et custódia in nocte, \*  
quæ pro nihilo habéntur,  
eórum anni erunt.

Mane sicut herba tráns-  
eat, † mane flóreat et  
tránsseat: \* vespere déci-  
dat, indúret et aréscat.

Quia defécimus in ira  
tua, \* et in furóre tuo tur-  
báti sumus.

Posuísti iniquitátes  
nostras in conspéctu tuo:  
\* sæculum nostrum in il-  
luminatióne vultus tui.

Quóniam omnes dies  
nostri defecerunt: \* et in  
ira tua defécimus.

Anni nostri sicut ará-  
nea meditabúntur: \* dies  
annórum nostrórum in  
ipsis, septuagínta anni.

Si autem in potentáti-  
bus, octogínta anni: \* et  
ámplius eórum, labor et  
dolor.

Quóniam supervénit  
mansuetúdo: \* et corri-  
piémur.

Quis novit potestatem iræ tuæ: \* et præ timóre tuo iram tuam dinumerare?

Dexteram tuam sic notam fac: \* et eruditio corde in sapiéntia.

Convertere, Dómine, usquequo? \* et deprecábilis esto super servos tuos.

Repléti sumus mane misericórdia tua: \* et exsultávimus, et delectáti sumus ómnibus diébus nostris.

Lætati sumus pro diébus, quibus nos humiliásti: \* annis, quibus vidimus mala.

Réspice in servos tuos, et in ópera tua: \* et dirige filios eórum.

Et sit splendor Dómini Dei nostri super nos, † et ópera mánuum nostrárum dirige super nos: \* et opus mánuum nostrárum dirige.

Per annum: Ant. Dómine, refúgium factus es nobis.

Tempore paschali: Ant. Allelúia, allelúia, allelúia.

## Canticum feriale

Ant. Cantémus † Dómino glorióse.

Who knoweth the force of Thy wrath, \* and who can face Thine anger?

To keep count of our days, do Thou direct us, \* and instruct our hearts in wisdom!

Turn again to us, O Lord, - at last! \* Show Thyself gracious to Thy servants!

Restore us early with Thy mercy, \* that rejoicing we may delight in all our days.

Then shall we be glad for the days of our humiliation \* for the years when we saw misfortune.

Let Thy servants look upon Thy works, \* and their children upon their glory.

May the favor of the Lord our God be with us and prosper the works of our hands, \* yea, may the works of our hands prosper!

Throughout the year: Ant. O Lord, Thou hast been our refuge.

In Paschaltide: Ant. Alleluia, alleluia, alleluia.

## Ferial Canticle

Ant. Let us sing † to the Lord gloriously.

This is not repeated in the Psalm.

In Paschaltide: Ant. Let us sing † to the Lord gloriously. Alleluia.

## Canticum of Moses

Exod. 15, 1-19

Let us sing to the Lord, for He is gloriously magnified; \* the horse and the rider He hath thrown into the sea.

The Lord is my strength and my praise \* and He is become my salvation.

He is my God and I will glorify Him, \* the God of my father, and I will exalt Him.

The Lord is a man of war, Almighty is His Name; \* Pharaoh's chariots and his army He hath cast into the sea;

His chosen captains are drowned in the Red Sea. \* The depths have covered them; they are sunk to the bottom like a stone.

Thy right hand, O Lord, is magnified in strength; Thy right hand, O Lord, hath slain the enemy: \* and in the multitude of Thy glory Thou hast put down Thy adversaries.

Thou hast sent Thy wrath, which hath devoured them like stubble: \* and

Et non repetitur in psalmo.

Tempore paschali: Ant. Cantémus † Dómino glorióse. Allelúia.

## Canticum Moysis

Exod. 15, 1-19

Cantémus Dómino: glorióse enim magnificátus est, \* equum et ascensórem deiéit in mare.

Fortitúdo mea, et laus mea Dóminus, \* et factus est mihi in salútem:

Iste Deus meus, et glorificábo eum: \* Deus patris mei, et exaltábo eum.

Dóminus quasi vir pugnátor, † Omnipotens nomen eius. \* Currus Pharaónis et exercitum eius proiécit in mare;

Elécti príncipes eius submérsi sunt in Mari Rubro. † Abýssi operuerunt eos, \* descenderunt in profúndum quasi lapis.

Déxtera tua, Dómine, magnificáta est in fortitúde: † déxtera tua, Dómine, percússit inimicum. \* Et in multitudine glóriæ tuæ deposuisti adversários tuos:

Misisti iram tuam, quæ devorávit eos sicut stipulam. \* Et in spíritu

furoris tui congregatæ  
sunt aquæ:

Stetit unda fluens, \*  
congregatæ sunt abyssi in  
medio mari.

Dixit inimicus: Perse-  
quar et comprehendam,  
\* dividam spolia, implé-  
bitur anima mea:

Evaginabo gladium  
meum, \* interficiet eos  
manus mea.

Flavit spiritus tuus,  
et operuit eos mare: \*  
submersi sunt quasi  
plumbum in aquis ve-  
hementibus.

Quis similis tui in for-  
tibus, Domine? † quis si-  
milis tui, magnificus in  
sanctitate, \* terribilis  
atque laudabilis, faciens  
mirabilia?

Extendisti manum  
tuam, et devorabit eos  
terra. \* Dux fuisti in  
misericordia tua populo  
quem redemisti:

Et portasti eum in for-  
titudine tua, \* ad habitá-  
culum sanctum tuum.

Ascenderunt populi,  
et irati sunt: \* dolores  
obtinuerunt habitatores  
Philisthiim.

Tunc conturbati sunt  
principes Edom, † ro-  
bustos Moab obtinuit

with the blast of Thy anger  
the waters were gathered  
together:

The flowing water stood,  
\* the depths were gathered  
together in the midst of the  
sea.

The enemy said: «I will  
pursue and overtake, \* I  
will divide the spoils; my  
soul shall have its fill;

I will draw my sword, \*  
and my hand shall slay  
them ».

The wind blew and the  
sea covered them: \* they  
sank as lead in the mighty  
waters.

Who is like to Thee  
among the strong, O Lord?  
\* who is like to Thee, glo-  
rious in holiness, terrible  
and praiseworthy, doing  
wonders?

Thou didst stretch forth  
Thy hand, and the earth  
swallowed them. \* In Thy  
mercy, Thou hast been a  
leader to the people whom  
Thou hast redeemed;

And in Thy strength  
Thou hast carried them \*  
to Thy holy habitation.

Nations rose up and were  
angry; \* sorrows took hold  
on the inhabitants of Phi-  
listhiim.

Then were the princes of  
Edom troubled: trembling  
seized on the stout men

of Moab; \* all the inhab-  
itants of Chanaan became  
stiff;

Let fear and dread fall  
upon them \* in the greatness  
of Thy arm:

Let them become unmov-  
able as a stone, until Thy  
people, O Lord, pass by,  
\* until this Thy people  
pass by, which Thou hast  
possessed.

Thou shalt bring them  
in, and plant them in the  
mountain of Thy inherit-  
ance; \* In Thy most firm  
habitation which Thou hast  
made, O Lord;

Thy sanctuary, O Lord,  
which Thy hands have  
established. \* The Lord  
shall reign forever and ever.

Pharaoh went in on horse-  
back with his chariots and  
horsemen into the sea: \*  
and the Lord brought back  
upon them the waters of the  
sea;

But the children of Israel  
walked on dry ground \* in  
the midst thereof.

Ant. Let us sing to the  
Lord gloriously. (P. T.  
Alleluia.)

#### Festal Canticle

Ant. My people, † saith  
the Lord, shall be filled  
with My good things.  
(P. T. Alleluia.)

tremor: \* obriguerunt  
omnes habitatores Chá-  
naan.

Irruat super eos for-  
mido et pavor, \* in  
magnitudine brachii tui:

Fiant immobiles quasi  
lapis, † donec pertranseat  
populus tuus, Domine,  
\* donec pertranseat pó-  
pulus tuus iste, quem  
possedisti.

Introduces eos, et  
plantabis in monte here-  
ditatis tuæ, \* firmissimo  
habítaculo tuo quod ope-  
ratus es, Domine:

Sanctuárium tuum,  
Domine, quod firmavé-  
runt manus tuæ. \* Dómi-  
nus regnabit in ætérnum  
et ultra.

Ingressus est enim  
eques Phárao cum cúrri-  
bus et equitibus eius  
in mare: \* et redúxit  
super eos Dóminus  
aquas maris:

Filii autem Israël am-  
bulavérunt per siccum \*  
in medio eius.

Ant. Cantemus Dó-  
mino glorióse. (T. P. Al-  
leluia.)

#### Canticum festivum

Ant. Pópulus meus,  
† ait Dóminus, bonis  
meis adimplébitur. (T. P.  
Alleluia.)

## Canticum Ieremiæ

Jer. 31, 10-14

**A**udite verbum Dómini, gentes, \* et annuntiáte in insulis, quæ procul sunt, et dicite:

Qui dispérsit Israël, congregábit eum: \* et custódiét eum sicut pastor gregem suum.

Redémit enim Dóminus Iacob, \* et liberávit eum de manu potentióris.

Et vénient, et laudábunt in monte Sion: \* et cónfluent ad bona Dómini,

Super fruménto et vino et óleo, \* et fœtu pécorum et armentórum:

Eritque ánima eórum quasi hortus irriguus, \* et ultra non esúrient.

Tunc lætábitur virgo in choro, \* iúvenes et senes simul:

Et convértam luctum eórum in gáudium, \* et consolábor eos, et lætíficábo a dolóre suo.

Et inebriábo ánimam sacerdotum pinguedine: \* et pópulus meus bonis meis adimplébitur.

Ant. Pópulus meus, ait Dóminus, bonis meis

## Canticle of Jeremiah

Jer. 31, 10-14

**H**ear the word of the Lord, O ye nations, \* declare it in the islands which are afar off, and say:

\* He that scattered Israel will gather him, \* and will guard him as a shepherd doth his flock \*.

For the Lord hath redeemed Jacob, \* and delivered him out of the hand of one mightier than he.

Then shall they come and give praise in Mount Sion, \* and they shall throng in to receive the good things of the Lord,

The corn and wine and oil, \* and the increase of cattle and herds;

And their souls shall be as a watered garden, \* and they shall be hungry no more.

Then shall the virgin rejoice in the dance, \* and young men and old men together;

And I will turn their mourning into joy, \* and make them joyful after their sorrow;

And I will fill the souls of the priests with fat-offerings, \* and My people shall be filled with My good things.

Ant. My people, saith the Lord, shall be filled with My

good things. (P. T. Alleluia.)

adimplébitur. (T. P. Alleluia.)

Throughout the year: Ant. In His holy place, † praise the Lord.

In Paschaltide: Ant. Alleluia, † alleluia, alleluia.

## Psalm 148

**P**raise the Lord from the heavens, \* praise Him in the highest!

Praise Him, all His Angels, \* praise Him, all His hosts!

Praise Him, sun and moon, \* praise Him, all ye stars and light!

Praise Him, ye highest heavens, \* and ye waters above the heavens, praise the Name of the Lord!

For He spoke, and they were made, \* He commanded, and they were created.

He established them forever and ever; \* He made a law which shall not pass away.

Praise the Lord from the earth, \* ye dragons and all the deeps;

Ye fire and hail, ye snow and ice, \* ye stormwinds that obey His word;

Ye mountains and all ye hills, \* ye fruit-trees and all ye cedars;

Per annum: Ant. In sanctis eius † laudáte Deum.

Tempore paschali: Ant. Alleluia, † alleluia, alleluia.

## Psalmus 148

**L**audáte Dóminum de cælis: \* laudáte eum in excelsis.

Laudáte eum, omnes Angeli eius: \* laudáte eum, omnes virtútes eius.

Laudáte eum, sol et luna: \* laudáte eum, omnes stellæ et lumen.

Laudáte eum, cæli cælórum: \* et aquæ omnes, quæ super cælos sunt, laudent nomen Dómini.

Quia ipse dixit, et facta sunt: \* ipse mandávit, et creata sunt.

Státuit ea in ætérnum, et in sæculum sæculi: \* præcéptum pósuit, et non præteríbit.

Laudáte Dóminum de terra: \* dracónes et omnes abyssi.

Ignis, grando, nix, glácies, spíritus procelárum, \* quæ faciunt verbum eius:

Montes et omnes colles: \* ligna fructífera et omnes cedri.

Béstiae et universa pécora: \* serpentes et volucres pennatæ:

Reges terræ et omnes pópuli: \* principes et omnes iúdice terræ.

Iúvenes et virgines: † senes cum iunióribus laudent nomen Dómini: \* quia exaltátum est nomen eius solius.

Confessio eius super cælum et terram: \* et exaltávit cornu pópuli sui.

Hymnus ómnibus sanctis eius: \* filiis Israël, pópulo appropinquánti sibi.

Hic non dicitur Glória Patri.

Psalmus 149

**C**antáte Dómino cánticum novum: \* laus eius in ecclésia sanctórum.

Lætétur Israël in eo, qui fecit eum: \* et filii Sion exsúltent in rege suo.

Laudent nomen eius in choro: \* in týmpano et psalterio psallant ei:

Quia beneplácitum est Dómino in pópulo suo: \* et exaltábit mansuétos in salutem.

Exsultábunt sancti in glória: \* lætabúntur in cubilibus suis.

Ye beasts and all ye cattle, \* ye creeping things and flying birds;

Ye kings of the earth and all ye peoples, \* ye princes and all ye judges on earth.

Ye young men and ye maidens, ye old men and ye children: \* let them praise the Name of the Lord, for His Name alone is exalted!

His glory filleth heaven and earth; \* He exalted the strength of His people.

A hymn from all His Saints, \* the sons of Israel, the people nigh to Him.

Glory be to the Father is not said here.

Psalm 149

**S**ing to the Lord a new song, \* His praise in the assembly of the just.

Let Israel rejoice in his Creator, \* let Sion's children exult in their King.

Let them praise His Name with a dance, \* with timbrel and harp let them play before Him.

For the Lord delighteth in His people, \* He crowneth the humble with triumph.

The just exult in their glory, \* they shout for joy on their beds.

With the praises of God in their mouth, \* and two-edged swords in their hands.

They take vengeance on the heathens, \* inflict chastisement on the nations;

They lay their kings in chains, \* and their princes in iron fetters.

They carry out on them the written judgment: \* Let this be an honor to all His Saints!

Glory be to the Father is not said here.

Psalm 150

**P**raise the Lord in His holy place, \* praise Him in the fortress of His power!

Praise Him for His deeds of valor, \* praise Him for the greatness of His might!

Praise Him with the blast of the trumpet, \* praise Him with the harp and the lyre!

Praise Him with timbrel and dance, \* praise Him with strings and flute!

Praise Him with ringing cymbals, praise Him with crashing cymbals; \* let every living creature praise the Lord!

Glory be to the Father.

Throughout the year: Ant.

Exaltatiónes Dei in gútture eórum: \* et gládii ancípites in má nibus eórum:

Ad faciéndam vindictam in natió nibus: \* increpatiónes in pópulis:

Ad alligándos reges eórum in compédibus: \* et nóbiles eórum in má nicis férreis,

Ut fáciant in eis iudícium conscriptum: \* glória hæc est ómnibus sanctis eius.

Hic non dicitur Glória Patri.

Psalmus 150

**L**audáte Dóminum in sanctis eius: \* laudáte eum in firmaménto virtútis eius.

Laudáte eum in virtútibus eius: \* laudáte eum secúndum multitudínem magnítudinis eius.

Laudáte eum in sono tubæ: \* laudáte eum in psalterio et cíthara.

Laudáte eum in týmpano et choro: \* laudáte eum in chordis et órgano.

Laudáte eum in cýmbalis benesonántibus: † laudáte eum in cýmbalis iubilatió nis: \* omnis spíritus laudet Dóminum.

Glória Patri.

Per annum: Ant. In

sanctis eius laudáte  
Deum.

Tempore paschali:  
Ant. Allelúia, allelúia,  
allelúia.

Capit. Rom. 13, 12-13

**N**ox præcessit, dies  
autem appropin-  
quávit. † Abiciámus  
ergo ópera tenebrárum,  
et induámur arma lucis.  
\* Sicut in die honeste  
ambulémus.

R̃. br. Sana animam  
meam, \* Quia peccávi  
tibi. Sana. Ṽ. Ego dixi:  
Dómine, miserére mei.  
Quia. Glória Patri. Sana.

#### Hymnus

**L**ux ecce surgit áurea,  
Pallens fatíscat cæ-  
citas,  
Quæ nosmet in præceps  
diu  
Erróre traxit dévio.

Hæc lux serénium cón-  
ferat,  
Purósque nos præstet  
sibi:  
Nihil loquámur súbdó-  
lum:  
Volvámus obscurum ni-  
hil.

In His holy place, praise the  
Lord.

In Paschaltide: Ant. Alle-  
luia, alleluia, alleluia.

Chapter Rom. 13, 12-13

**T**he night is far advanced;  
the day is at hand. †  
Let us therefore lay aside  
the works of darkness, and  
put on the armor of light.  
\* Let us walk becomingly  
as in the day.

Short R̃. Heal me, \* For  
I have sinned against Thee.  
Heal me. Ṽ. I say, O  
Lord, be merciful to me.  
For I have. † Glory be to  
the Father. Heal me.

#### Hymn

**B**ehold the golden dawn  
arise;  
The paling night forsakes  
the skies:  
Those shades that hid the  
world from view,  
And us to dangerous error  
drew.

May this new day be  
calmly passed,  
May we keep pure while it  
shall last:  
Nor let our lips from truth  
depart,  
Nor dark designs engage the  
heart.

So may the day speed on;  
the tongue  
No falsehood know, the  
hands no wrong:  
Our eyes from wanton gaze  
refrain,  
No guilt our guarded bodies  
stain.

For God all-seeing from  
on high  
Surveys us with a watchful  
eye:  
Each day our every act He  
knows  
From early dawn to  
evening's close.

All praise to God the Fa-  
ther be;  
All praise, eternal Son, to  
Thee;  
All glory, as is ever meet,  
To God the Holy Paraclete.  
Amen.

Ṽ. We are filled in the  
morning with Thy mercy.  
R̃. We have rejoiced and  
are delighted.

Ant. Ben. In holiness †  
let us serve the Lord, and  
He shall free us from the  
hand of our enemies.

The rest as on Monday, p. 73.

Sic tota decurrat dies,  
Ne lingua mendax, ne  
manus  
Oculive peccent lúbrici,  
Ne noxa corpus inquinat.

Speculátor astat dé-  
super,  
Qui nos diébus ómnibus,  
Actúsque nostros pró-  
spicit  
A luce prima in véspe-  
rum.

Deo Patri sit glória,  
Eiúsque soli Filio,  
Cum Spíritu Paráclito,  
Et nunc, et in perpétuum.  
Amen.

Ṽ. Repléti sumus ma-  
ne misericórdia tua.  
R̃. Exsultávimus, et de-  
lectáti sumus.

Ant. ad Ben. In sancti-  
táte † serviámus Dómino,  
et liberábit nos ab inimí-  
cis nostris.

Reliqua ut feria II, p. 73.

#### FRIDAY

#### LAUDS

Ṽ. O God, come to my  
assistance, etc., Ps. 66 May  
God show us grace, as  
above, p. 58.

Ṽ. Deus, in adiutó-  
rium, etc. Ps. 66 Deus  
misereatur nostri, ut su-  
pra, p. 58.



Votis vocémus et Patrem,  
Patrem perénis glóriæ,  
Patrem poténtis grátia:  
Culpam reléget lúbri-  
cam.

Confirmet actus strén-  
nuos:  
Dentes retúndat invidi:  
Casus secúndet ásperos:  
Donet geréndi grátiam.

Mentem gubérnet et  
regat:  
Casto, fidéli córpore;  
Fides calóre férveat,  
Fraudis venéna nésciat.

Christúsque nobis sit  
cibus,  
Potúsque noster sit fides:  
Læti bibámus sóbriam  
Ebrietátem Spíritus.

Lætus dies hic tráns-  
eat:  
Pudor sit ut dilúculum,  
Fides velut merídes:  
Crepúsculum mens né-  
sciat.

Thee, Father, let us seek  
aright,  
The Father of perpetual  
light,  
The Father of almighty  
grace,  
Each wile of sin away to  
chase.

Our acts with courage do  
thou fill;  
Blunt thou the tempter's  
tooth of ill:  
Misfortune into good con-  
vert,  
Or give us grace to bear  
unhurt.

Our spirits, whatsoe'er  
betide,  
In chaste and loyal bodies  
guide;  
Let faith, with fervor  
unalloyed,  
The bane of falsehood still  
avoid.

And Christ our daily food  
be nigh,  
And faith our daily cup  
supply:  
So may we quaff, to calm  
and bless,  
The Spirit's rapturous ho-  
liness.

Now let the day in joy  
pass on:  
Our modesty like early  
dawn,  
Our faith like noontide  
splendor glow,  
Our souls the twilight  
never know.

See! morn pursues her  
shining way:  
True Morning, all thy beams  
display!  
Son with the mighty Father  
one,  
The Father wholly in the  
Son.

All praise to God the  
Father be;  
All praise, eternal Son, to  
Thee;  
All glory, as is ever meet,  
To God the Holy Paraclete.  
Amen.

Throughout the year *Ÿ*.  
We are filled in the morning  
with Thy mercy. *R.* We  
have rejoiced and are de-  
lighted.

After the recitation of the Verse, the Canticle of Zachary with its  
proper Antiphon is said.

Ant. Ben. on Ferias  
throughout year: Blessed †  
be the Lord God of Israel.

This is not repeated in the  
Canticle.

Canticle of Zachary

Luke 1, 68-79

Blessed be the Lord God  
of Israel, \* because He  
hath visited and wrought  
redemption for His people,  
And hath raised up a horn  
of salvation for us, \* in the  
house of David His servant,  
As He hath declared  
through the mouth of His  
holy prophets, \* who are  
from old:

Auróra cursus pró-  
vehit,  
Auróra totus pródeat:  
In Patre totus Fílius,  
Et totus in Verbo Pater.

Deo Patri sit glória,  
Eiúsque soli Fílio,  
Cum Spíritu Paráclito,  
Et nunc, et in perpétuum.  
Amen.

Per annum *Ÿ*. Repléti  
sumus mane misericór-  
dia tua. *R.* Exsultávimus,  
et delectáti sumus.

Ant. ad Ben. in feriis  
per annum: Benedíctus  
† Dóminus, Deus Israël.  
Et non repetitur in cantico.

Canticum Zachariæ

Luc. 1, 68-79

Benedíctus Dóminus,  
Deus Israël, \* quia  
visitávit, et fecit redemp-  
tiónem plebis suæ:  
Et eréxit cornu salútis  
nobis: \* in domo David,  
púeri sui.  
Sicut locútus est per  
os sanctórum, \* qui a  
sæculo sunt, prophetá-  
rum eius:

Salutem ex inimicis nostris, \* et de manu omnium, qui odérunt nos:

Ad faciendam misericordiam cum patribus nostris: \* et memorari testamenti sui sancti.

Iusiurandum, quod iuravit ad Abraham, patrem nostrum, \* datum se nobis:

Ut sine timóre, de manu inimicorum nostrorum liberati, \* serviamus illi.

In sanctitate et iustitia coram ipso, \* omnibus diebus nostris.

Et tu, puer, Propheta Altissimi vocaberis: \* praebis enim ante faciem Domini parare vias eius:

Ad dandam scientiam salutis plebi eius: \* in remissionem peccatorum eorum:

Per viscera misericordiae Dei nostri: \* in quibus visitavit nos, oriens ex alto:

Illuminare his, qui in tenebris et in umbra mortis sedent: \* ad dirigendos pedes nostros in viam pacis.

Gloria Patri.

Ant. Benedictus Dominus Deus Israel.

After the completion of the Antiphon, immediately is said:

Salvation from our enemies, \* and from the hand of all that hate us,

To show mercy towards our fathers, \* and to remember His holy covenant,

The oath which He swore unto Abraham our father, \* that He would grant to us,

That being freed from the hand of our enemies, \* we should serve Him without fear,

In holiness and justice before Him, \* all our days.

And thou, child, shalt be called a prophet of the Most High, \* for thou shalt go before the face of the Lord to prepare His ways.

To give knowledge of salvation to His people \* through the forgiveness of their sins;

In the merciful heart of our God, \* by which He hath visited us, as the Dayspring from on high,

To enlighten them that sit in darkness and in the shadow of death, \* to guide our feet into the way of peace.

Glory be to the Father.

Ant. Blessed be the Lord God of Israel.

Canticle and the repetition of the

Lord, have mercy on us.  
Christ, have mercy on us.  
Lord, have mercy on us.

Our Father is said aloud throughout, and the response at the end: But deliver us from evil.

Then is said:

Ps. The Lord be with you.  
R. And with your spirit.

Then follows the Collect. If the Feria does not have a proper Collect, the one of the preceding Sunday is taken; on other days, the one noted in the Proper or in the Common.

After this the Commemorations are made which may belong to the Office.

After the last Oration is added:

Ps. The Lord be with you.  
R. And with your spirit.

Ps. Let us bless the Lord.  
R. Thanks be to God.

Ps. May the souls of the faithful departed through the mercy of God rest in peace. R. Amen.

Then, in the public recitation of the Office, if the Community is to leave the Choir, the following Versicle is said:

Ps. May the divine assistance remain always with us. R. And with our absent brethren. Amen.

Kýrie, eléison. Christe, eléison. Kýrie, eléison.

Pater noster totum clara voce, et in fine responderetur: Sed libera nos a malo.

Tum dicitur:

Ps. Dominus vobiscum.  
R. Et cum spiritu tuo.

Ps. Dominus vobiscum.  
R. Et cum spiritu tuo.

Ps. Benedicamus Domino. R. Deo gratias.

Ps. Fidelium animae per misericordiam Dei requiescant in pace. R. Amen.

## TUESDAY

### LAUDS

Ps. O God, come to my assistance, etc. Ps. 66 May God show us grace, as above, p. 58.

Ps. Deus, in adiutorium, etc. Ps. 66 Deus misereatur nostri, ut supra, p. 58.