
Metanoía Homestead

Book of Prayer

Vigils

O Lord, open my lips and my mouth shall declare your
praise

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praise

O Lord, open my lips and my mouth shall declare your
praise

Praise to the Father, the Son and Holy Spirit

Both now and forever. Amen.

Alleluia (except in Lent & Advent)

20-30 minutes of silence

Prayer of St Patrick

I arise today
Through the strength of heaven;
Light of the sun,
Radiance of the moon,
Splendor of fire,
Speed of lightning,
Swiftness of the wind,
Depth of the sea,
Stability of the earth,
Firmness of the rock.

I arise today
Through God's strength to pilot me,
God's might to uphold me,
God's wisdom to guide me,

God's eye to look before me,
God's ear to hear me,
God's word to speak for me,
God's hand to guard me,
God's way to lie before me,
God's shield to protect me,
God's hosts to save me
From the snares of the devil
From everyone who desires me ill
Afar and near, Alone or in a multitude.

Christ with me, Christ before me, Christ behind me
Christ in me, Christ beneath me, Christ above me,
Christ on my right, Christ on my left,
Christ when I lie down, Christ when I sit down, Christ
when I arise
Christ in the heart of everyone who thinks of me,
Christ in the mouth of everyone who speaks of me,
Christ in the eye that sees me,
Christ in the ear that hears me. Amen.

Lauds

O God, come to our assistance

O Lord, make haste to help us.

Praise to the Father, the Son and Holy Spirit

Both now and forever. Amen.

Alleluia (*except in Lent & Advent*)

Opening hymn

First reading

Reader: The Word of the Lord

All: Thanks be to God

Psalm (sung or spoken antiphonally)

Gospel reading

Reader: The Gospel of the Lord

All: Praise to you Lord Jesus Christ

Prayers of Intention & Praise

All are welcome to offer intentions for the day and praises.

Response: Alleluia

Advent: Come, Creator Spirit, Come

Lent: Lord God, you love us, Source of Compassion

10 minutes of silence

Prayers of Intercession

All are welcome to offer prayers of intercession.

Response: Kyrie eleison (*Greek: Lord, have mercy*)

The Lord's Prayer

Our Father who art in heaven,
Hallowed by your name.
Your kingdom come,
Your will be done on earth as it is in heaven.
Give us this day our daily bread
And forgive us our trespasses
As we forgive those who trespass against us
Lead us not into temptation,
But deliver us from evil. Amen.

V. May the divine assistance remain always with us.
R. And with our absent sisters and brothers.

Terce

O God, come to our assistance

O Lord, make haste to help us.

Praise to the Father, the Son and Holy Spirit

Both now and forever. Amen.

Alleluia (except in Lent & Advent)

The Beatitudes from Matthew *(During ordinary time)*

Blessed are the poor in spirit, for theirs is the kingdom of heaven.

Blessed are they who mourn, for they will be comforted.

Blessed are the gentle, for they will inherit the land.

Blessed are they who hunger and thirst for righteousness, for they will be satisfied.

Blessed are the merciful, for they will be shown mercy.

Blessed are the clean of heart, for they will see God.

Blessed are the peacemakers, for they will be called children of God.

Blessed are they who are persecuted for the sake of righteousness, for theirs is the kingdom of heaven.

Blessed are you when people insult you, persecute you, and falsely utter every kind of evil against you because of me.

Rejoice on that day and be glad for great is your reward in heaven. For in the same way they persecuted the prophets who came before you.

The Beatitudes from Luke *(During Advent & Lent)*

Blessed are you who are poor, for the kingdom of God is yours.

Blessed are you who are now hungry, for you will be satisfied.

Blessed are you who are now weeping, for you will laugh.

Blessed are you when people hate you, and when they exclude and insult you, and denounce your name as evil on account of the Son of Man.

Rejoice and leap for joy on that day! Behold, your reward will be great in heaven. For their ancestors treated the prophets in the same way.

But woe to you who are rich, for you have received your consolation.

But woe to you who are filled now, for you will be hungry.

Woe to you who laugh now, for you will grieve and weep.

Woe to you when all speak well of you, for their ancestors treated the false prophets in the same way.

5 minutes of silence

All: Lord, have mercy. Christ, have mercy. Lord, have mercy.

The Lord's Prayer (p. 5)

V. May the divine assistance remain always with us.

R. And with our absent sisters and brothers.

Sext

O God, come to our assistance
O Lord, make haste to help us.
Praise to the Father, the Son and Holy Spirit
Both now and forever. Amen.
Alleluia (except in Lent & Advent)

The Angelus Prayer

V. The angel of the Lord declared unto Mary
R. And she conceived by the Holy Spirit

Brief silence

V. "I am the handmaid of the Lord;
R. May it be done unto me according to your word."

Brief silence

V. And the word became flesh
R. And dwelt among us.

Brief silence

V. Pray for us, O holy Mother of God.
R. That we may be made worthy of the promises of
Christ.

V. Let us pray.

Lord,
Fill our hearts through your grace.
Once, through the message of an angel you revealed to
us the incarnation of your Son.
Now, through his suffering and death may we come to
share in the glory of his resurrection.
We ask this through Christ our Lord.
Amen.

3 minutes of silence

All: Lord, have mercy. Christ, have mercy. Lord, have
mercy.

The Lord's Prayer (p. 5)

V. May the divine assistance remain always with us.

R. And with our absent sisters and brothers.

None

O God, come to our assistance
O Lord, make haste to help us.
Praise to the Father, the Son and Holy Spirit
Both now and forever. Amen.
Alleluia (except in Lent & Advent)

Prayer of St Francis

Lord, make me an instrument of your peace:
 where there is hatred, let me sow love;
 where there is injury, pardon;
 where there is doubt, faith;
 where there is despair, hope;
 where there is darkness, light;
 where there is sadness, joy.
O Divine Master, grant that I may not so much seek
 to be consoled as to console,
 to be understood, as to understand,
 to be loved, as to love.
For it is in giving that we receive,
 it is in pardoning that we are pardoned,
 it is in dying that we are born to eternal life.
Amen.

5 minutes of silence

We dedicate this time of prayer to grieve the suffering of the earth, humanity, and all God's creatures.

All: Lord, have mercy. Christ, have mercy. Lord, have mercy.

The Lord's Prayer (p. 5)

V. May the divine assistance remain always with us.

R. And with our absent sisters and brothers.

Vespers

O God, come to our assistance

O Lord, make haste to help us.

Praise to the Father, the Son and Holy Spirit

Both now and forever. Amen.

Alleluia (*except in Lent & Advent*)

Opening hymn

Gospel reading

Reader: The Gospel of the Lord

All: Praise to you Lord Jesus Christ

Taize Chant

Spiritual reading

Prayers of Confession

All are welcome to offer prayers of confession.

Response: Kyrie eleison (*Greek: Lord, have mercy*)

10 minutes of silence

Prayers of Thanksgiving

All are welcome to offer prayers of thanksgiving.

Response: Alleluia

Advent: Come, Creator Spirit, Come

Lent: Lord God, you love us, Source of Compassion

The Lord's Prayer

Our Father who art in heaven,
Hallowed by your name.
Your kingdom come,
Your will be done on earth as it is in heaven.
Give us this day our daily bread
And forgive us our trespasses
As we forgive those who trespass against us
Lead us not into temptation,
But deliver us from evil. Amen.

V. May the divine assistance remain always with us.
R. And with our absent sisters and brothers.

Compline

O God, come to our assistance

O Lord, make haste to help us.

Praise to the Father, the Son and Holy Spirit

Both now and forever. Amen.

Alleluia (*except in Lent & Advent*)

Hymn

Now in the fading light of day,
maker of all to you we pray,
that in your ever watchful love,
you guard and keep us from above.

Help and defend us through the night.
Danger and terror put to flight.
Never let evil have its way.
Preserve us for another day.

Father Almighty, this be done,
through Jesus Christ, our Lord, your Son,
whom in the Spirit we adore,
who reigns with you forever.

Amen.

+ Psalm 4

+ Psalm 90 in Psalter (Psalm 91 in Bible)

+ Psalm 133 in Psalter (Psalm 134 in Bible)

20 minutes of silence

Lord, have mercy.

Christ, have mercy.

Lord, have mercy.

The Lord's Prayer (p. 5)

Come down we beseech thee, O Lord, upon this house and drive from it all the snares of the enemy. Let your holy angels dwell in it and keep us in peace. And may your blessing be with us always. We ask this through Christ our Lord. Amen.

