ANTIPHON 1

Inclina, Domine * PM 18

Ive joy to your servant, Lord; * to you I lift up my heart.

PSALM 86

THE PRAYER OF THE POOR MAN IN DISTRESS
Blessed be God who comforts us in all our trials. (2 Corinthians 1: 3, 4)

Turn your éar, O Lórd, and give ánswer * for I am póor and néedy.

Presérve my lífe, for I am fáithful; * save the sérvant who trústs in yóu.

You are my Gód, have mércy on me, Lórd, * for I crý to you áll the day lóng.
Give jóy to your sérvant, O Lórd, * for to yóu I líft up my sóul.

O Lórd, you are góod and forgíving, * full of lóve to áll who cáll. Give héed, O Lórd, to my práyer *

Give héed, O Lórd, to my práyer * and atténd to the sóund of my vóice.

In the dáy of distréss I will cáll *
and súrely you will réply.

Among the gods there is none like you, O Lord; *
nor work to compare with yours.

All the nátions shall cóme to adóre you * and glórify your náme, O Lórd: for you are gréat and do márvelous déeds, * yóu who alóne are Gód.

Shów me, Lórd, your wáy †
so that Í may wálk in your trúth. *
Guide my héart to féar your náme.

I will práise you, Lord my Gód, with all my héart * and glórify your náme for éver; for your lóve to mé has been gréat: * you have sáved me from the dépths of the gráve.

The proud have risen against me; † rúthless men séek my lífe; * to you they páy no héed.

III - WEDNESDAY, MORNING PRAYER

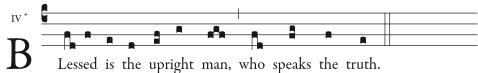
But you, God of mercy and compassion, * slow to anger, O Lord, abounding in love and truth, * turn and take pity on me.

O gíve your stréngth to your sérvant * and sáve your hándmaid's chíld.
Shów me the sígn of your fávor † that my fóes may sée to their sháme * that you consóle me and gíve me your hélp.

ANTIPHON 2

Habitabit in tabernaculo *

PM 16



ISAIAH 33: 13–16 GOD'S FLAWLESS JUDGMENT

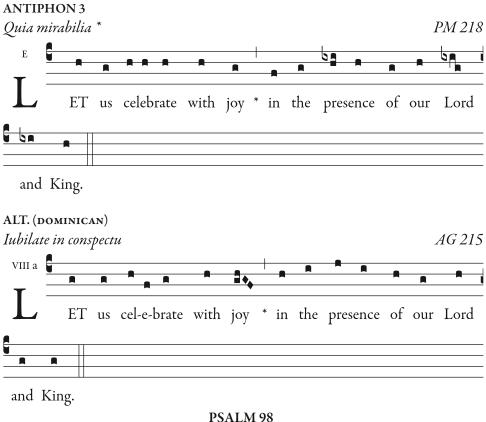
What God has promised is for you, for your children, and for those still far away. (Acts 2: 39)

Héar, you who are far off, *
what Í have dóne;
you who are néar, *
acknówledge my míght.

On Zíon sínners are in dréad, *
trémbling gríps the impíous;
"Who of ús can líve with the consúming fíre? *
Who of ús can líve with the éverlasting flámes?"

He who práctices vírtue and speaks hónestly, *
who spúrns what is gáined by oppréssion,
brúshing his hánds *
frée of cóntact with a bríbe,
stópping his éars lest he héar of blóodshed, *
clósing his éyes lest he lóok on évil.

He shall dwéll on the héights, *
his strónghold shall be the rócky fástness,
his fóod and drínk *
in stéady supplý.



THE LORD TRIUMPHS IN HIS JUDGMENT

This psalm tells of the Lord's first coming and that people of all nations will believe in him. (Saint Athanasius)

CÍNG a new sóng to the Lórd * or hé has wórked wónders. His ríght hand and his hóly árm * have bróught salvátion.

The Lórd has made knówn his salvátion; * has shown his justice to the nations. He has remémbered his trúth and lóve * for the house of Israel.

All the énds of the éarth have séen * the salvátion of our Gód. Shout to the Lord, all the earth, * ríng out your jóy.

Sing psálms to the Lórd with the hárp * with the sound of músic. With trúmpets and the sóund of the hórn * accláim the Kíng, the Lórd.

III - WEDNESDAY, MORNING PRAYER

Let the séa and all withín it, thúnder; *
the wórld, and áll its péoples.
Let the rívers cláp their hánds *
and the hílls ring out their jóy

Rejóice at the présence of the Lórd, * for he cómes to rúle the éarth. He will rúle the wórld with jústice * and the péoples with fáirness.