

ANTIPHON 1

*Cantabimus psallemus* \*

VIII



**M**

Y heart is ready, Lord, \* my heart is ready.

PSALM 108

PRAISE OF GOD AND A PLEA FOR HELP

*Since the Son of God has been exalted above the heavens, his glory is proclaimed through all the earth. (Arnobius)*

**M**Y héart is réady, O Gód; \*  
I will síng, síng your práise.

Awáke, my sóul; †  
awáke, lýre and hárp, \*  
I will awáke the dáwn.

I will thánk you, Lórd, among the péoples, \*  
among the nátions I will práise you,  
for your lóve réaches to the héavens \*  
and your trúth to the skíes.

O Gód, arise above the héavens; \*  
may your glóry shine on éarth!

O cóme and delíver your fríends; \*  
hélp with your ríght hand and replý.  
From his hólý place Gód has made this prómise; †  
"I will tríumph and dívide the land of Shéchem, \*  
I will méasure out the válley of Súccoath.

Gílead is míne and Manásseh, \*  
Éphraim I táke for my hélmet,  
Júdah for my commánder's stáff. \*  
Móab I will úse for my wáshbowl,  
on Édom I will plánt my shóc. \*  
Over the Phílístines I will shóut in tríumph."

But who will léad me to cónquer the fórtress? \*  
Who will bríng me face to fáce with Édom?  
Will you útterly rejéct us, O Gód, \*  
and no lónger márch with our ármies?

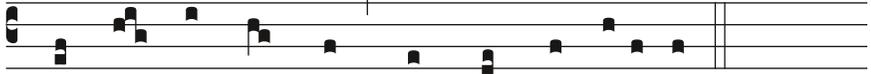
Give us hélp agáinst the fóc, \*  
for the hélp of mán is váin.  
With Gód wé shall do brávely \*  
and hé will trámples down our fóc.

ANTIPHON 2

*Propter Sion* \*

AM 215

IV A \*  
T



HE Lord has robed me \* with grace and salvation.

ISIAIAH 61: 10 – 62:5

THE PROPHET'S JOY IN THE VISION OF A NEW JERUSALEM

*I saw the holy city, new Jerusalem, with the beauty of a bride adorned  
for her husband. (Revelation 21: 2)*

REJOICE héartily in the Lórd, \*  
in my Gód is the jóy of my sóul;  
for he has clóthed me with a róbe of salvátion, \*  
and wrápped me in a mántle of jústice,  
like a brídegroom adórned with a díadem, \*  
like a bríde bedécked with her jéwels.

As the éarth brings fórth its plánts, \*  
and a gárden makes its grówth spring úp,  
so will the Lord Gód make jústice and práise \*  
spring úp befóre all the nátions.

For Zion's sáke I will nó be sílent, \*  
for Jerúsalem's sáke I will nó be qúiet,  
until her vindicátion shines fórth like the dáwn \*  
and her víctory like a búrning tórch.

Nátions shall behóld your vindicátion, \*  
and all kíngs your glóry;  
you shall be cálled by a new náme \*  
pronóunced by the móuth of the Lórd.  
You shall be a glórious crówn in the hánd of the Lórd, \*  
a royál díadem héld by your Gód.

No móre shall men cáll you "Forsáken," \*  
or your land "Désolate,"  
but yóu shall be cálled "My delíght," \*  
and your lánd "Espóused."  
For the Lórd delíghts in yóu, \*  
and mákes your lánd his spóuse.

As a yóung man márries a vírgin, \*  
your Búilder shall márry you;  
and as a brídegroom rejóices in his bríde \*  
so shall your Gód rejóice in yóu.

ANTIPHON 3

*Laudabo Deum*

PM 347

IV \* 

I will praise my God \* all the days of my life.

PSALM 146

THOSE WHO TRUST IN GOD KNOW WHAT IT IS TO BE HAPPY

*To praise God in our lives means all we do must be for his glory. (Arnobius)*

**M**Y sóul, give práise to the Lórd; †  
I will práise the Lórd all my dáys, \*  
make músic to my Gód while I líve.

Pút no trúst in prínces, \*  
In mortal mén in whóm there is no hélp.  
Take their bréath, they retúrn to cláy \*  
and their pláns that dáy come to nóthing.

He is háppy who is hélped by Jacob's Gód, \*  
whose hópe is in the Lórd his Gód,  
who alóne made héaven and éarth, \*  
the séas and áll they contáin.

It is hé who keeps fáith for éver, \*  
who is júst to thóse who are opprésed.  
It is hé who gives bréad to the húngry, \*  
the Lórd, who sets prísoners frée,

the Lórd who gives síght to the blínd, \*  
who ráises up thóse who are bowed dówn,  
the Lórd, who protéct the stránger \*  
and uphólds the wídw and órphan.

It is the Lórd who lóves the júst \*  
but thwárt the páth of the wícked.  
The Lórd will réign for éver, \*  
Zion's Gód, from áge to áge.