

Week I – God come to my assistance. Lord, make haste to help me.

Sunday, Evening (Ro 11:33-36)

Ps 141:1-9 *Like burning incense, Lord, let my prayer rise up to you.*

Ps 142 *You are my refuge, Lord; you are all I desire in life.*

Phil 2:6-11 *The Lord Jesus humbled himself, and God exalted him forever.*

Sunday, Morning (Rev 7:10, 12)

Ps 63:2-9 *As morning breaks I look to you, O God, to be my strength this day, Alleluia!*

Dan 3:57-88, 56 *From the midst of the flame the three young men cried out with one voice: Blessed be God, Alleluia!*

Ps 149 *Let the people of Zion rejoice in their king, Alleluia!*

Sunday, Evening (2 Cor 1:3-4)

Ps 110:1-5,7 *The Lord will stretch forth his mighty scepter from Zion, and will reign forever, Alleluia!*

Ps 114: *The earth is shaken to its depths before the glory of your face.*

Rev 19:1-7 *All power is yours, Lord God, our mighty King, Alleluia!*

Monday, Morning (2 Thes 3:10b-13)

Ps 5:2-10, 12-13 *I lift up my heart to you, O Lord, and you will hear my morning prayer.*

1 Chr 29:10-13 *We praise your glorious name, O Lord, our God.*

Ps 29 *Adore the Lord in his holy court.*

Monday, Evening (Col 1:9b-11)

Ps 11 *The Lord looks tenderly on those who are poor.*

Ps 15 *Blessed are the poor of heart, for they shall see God.*

Eph 1:3-10 *God chose us in his Son to be his adopted children.*

Tuesday, Morning (Rm 13:11b,12-13a)

Ps 24 *The man whose deeds are blameless and whose heart is pure will climb the mountain of the Lord.*

Tb 13:1-8 *Praise the eternal King in all your deeds.*

Ps 33 *The loyal heart must praise the Lord.*

Tuesday, Evening (1 Jn 3:1a,2)

Ps 20 *God has crowned his Christ with victory.*

Ps 21:2-8, 14 *We celebrate your mighty works with songs of praise, Lord.*

Rev 4:11; 5:9,10,12 *Lord, you have made us a kingdom and priest for God our Father*

Wednesday, Morning (Tob 4:15a, 16a, 18a, 19)

Ps 36 *O Lord, in your light we see light itself.*

Jud 16:2-3a,13-15 *O God, you are great and glorious; we marvel at your power.*

Ps 47 *Exult in God's presence with hymns of praise.*

Tob 4:15a, 16a, 18a, 19

Wednesday, Evening (Jm 1:22,25)

Ps 27:1-6 *The Lord is my light and my help, whom shall I*

Ps 27:7-14 *I long to look no you; do not turn your face from me.*

Col 1:12-20 *He is the first-born of all creation ;in every way primacy is his.*

Thursday, Morning (Is 66:1-2)

Ps 57 *Awake, lyre and harp, with praise let us awake the dawn.*

Jer 31:10-14 *My people, says the Lord, will be filled with my blessing.*

Ps 48 *The Lord is great and worthy to be praised in the city of our God.*

Thursday, Evening (1 Pt 1:6-9)

Ps 30 *I cried to you, Lord, and you healed me; I will praise you forever.*

Ps 32 *The one who is sinless in the eyes of God is blessed indeed.*

Rev 11:17-18,; 12:10b12a *The Father has given Christ all power, honor and kingship; all people will obey him.*

Friday, Morning (Eph 4:49-32)

Ps 51 *Lord, you will accept the true sacrifice offered on your altar.*

Is 45:15-25 *All descendants of Israel will glory in the Lord's gift of victory.*

Ps 100 *Let us go into God's presence singing for joy.*

Friday Evening (Rm 15:1-3)

Ps 41 *Lord lay your healing hand upon me, for I have sinned.*

Ps 46 *The mighty Lord is with us; the God of Jacob is our stronghold.*

Rev 15:3-4 *All nations will come and worship before you, O Lord.*

Saturday, Morning (2 Pt 1:10-11)

Ps 119:145-152 *Dawn finds me ready to welcome you, my God.*

Ex 15:1-4a, 8-13, 17-18 *The Lord is my strength, and I shall sing his praise, for he has become my Savior.*

Ps 117 *O praise the Lord, all you nations.*

Flow of the Liturgy

Psalms

Reading

Morning - Canticle of Zechariah

Lk 1:68-79

Evening – Canticle of Mary

Lk 1:46-55

Intercessions

Our Father

Closing Prayer

Morning - Canticle of Zechariah

Blessed be the Lord, the God of Israel;
he has come to his people and set them free.
He has raised up for us a mighty savior,
born of the house of his servant David.
Through his holy prophets he promised of old
that he would save us from our enemies,
from the hands of all who hate us.
He promised to show mercy to our fathers
and to remember his holy covenant.
This was the oath he swore
to our father Abraham:
to set us free from the hands of our enemies,
free to worship him without fear,
holy and righteous in his sight
all the days of our life.
You, my child, shall be called the prophet
of the Most High;
for you will go before the Lord
to prepare his way,
to give his people knowledge of salvation
by the forgiveness of their sins.
In 'the tender compassion of our God
the dawn from on high shall break upon us,
to shine on those who dwell in darkness
and the shadow of death.
and to guide our feet into the way of peace.

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.

**Glory to the Father, and to the Son, and to the Holy Spirit;
As it was in the beginning, is now, and will be forever.**

Week II – God come to my assistance. Lord, make haste to help me.

Sunday, Evening (Col 1:2b-6a)

Ps 119:105-112 *Your word, O Lord, is the lantern to light our way, Alleluia.*

Ps 16 *When I see your face, O Lord, I shall know the fullness of joy, Alleluia.*

Phil 2:6-11 *Let everything in heaven and on the earth bend the knee at the name of Jesus, Alleluia.*

Sunday, Morning (Ez 36:25-27)

Ps 118 *Blessed is he who comes in the name of the Lord, Alleluia.*

Dan 3:52-57 *Let us sing a hymn of praise to God, Alleluia.*

Ps 150 *Praise the Lord for his infinite greatness, Alleluia.*

Sunday, Evening (2 Thes 2:13-14)

Ps 110:1-5,7 *Christ our Lord is a priest forever, like Melchizedek of old, Alleluia.*

Ps 115 *God dwells in highest heaven; he has power to do all he wills, Alleluia.*

Rev 19:1-7 *Praise God, all you who serve him, both great and small, Alleluia.*

Monday, Morning (Jer 15:16)

Ps 42 *When will I come to the end of my pilgrimage and enter the presence of God.*

Sir 36:1-5,10-13 *Lord, show us the radiance of your mercy.*

Ps 19:1-7 *The vaults of heaven ring out your praise, O Lord.*

Monday, Evening (1 Thes 2:13)

Ps 45:1-10 *Yours is more than mortal beauty; every word you speak is full of grace.*

Ps 45:11-18 *The Bridegroom is here; go out and welcome him.*

Eph 1:3-10 *God planned in the fullness of time to restore all things in Christ*

Tuesday, Morning (1 Thes 5:4-5)

Ps 43 *Lord, send forth your light and your truth.*

Is 38:10-14,17-20 *Lord, keep us safe all the days of our life.*

Ps 65 *To you, O God, our praise is due in Zion.*

Tuesday, Evening (Rom 3:23-25a)

Ps 49:1-13 *You cannot serve both god and mammon.*

Ps 49:14-21 *Store up for yourself treasures in heaven, says the Lord.*

Rev 4:11;5:9,10,12 *Adoration and glory belong by right to the Lamb that was slain.*

Wednesday, Morning (Rom 8:35,37)

Ps 770 *God, all your ways are holy; what god can compare with our God.*

1 Sam 2:1-10 *My heart leaps with joy to the Lord, for he humbles only to exalt.*

Ps 96 *The Lord is king, let the earth rejoice.*

Wednesday, Evening (1Pt 5:5b-7)

Ps 62 *Eagerly we await the fulfillment of our hope, the glorious coming of our Savior.*

Ps 67 *May God turn his radiant face towards us and fill us with his blessing.*

Col 1:12-20 *Through him all things were made; he holds all creation together in himself.*

Thursday, Morning (Rom 14:17-19)

Ps 80 *Stir up your mighty power, Lord; come to our aid.*

Is 12:1-6 *The Lord has worked marvels for us; make it known to the ends of the earth.*

Ps 81 *Ring out your joy to God our strength.*

Thursday, Evening (1 Pt 1:22-23)

Ps 72:1-11 *I have made you a light of all nations to carry my salvation to the ends of the earth.*

Ps 72:12-19 *The Lord will save the children of the poor and rescue them from slavery.*

Rev 11:17-18; 12:10b-12a *Now the victorious reign of our God has begun.*

Friday, Morning (Eph 2:13-16)

Ps 51 *A humble, contrite heart, O God, you will not spurn.*

Hab 3:2-4, 13a, 15-19 *Even in your anger, Lord, you will remember compassion.*

Ps 147:12-20 *O praise the Lord, Jerusalem!*

Friday Evening (1 Cor 2:7-10a)

Ps 116:1-9 *Lord, keep my soul from death, never let me stumble.*

Ps 121 *My help comes from the Lord, who made heaven and earth.*

Rev 15:3-4 *King of all ages, your ways are perfect and true.*

Saturday, Morning (Rom 12:14-16a)

Ps 92 *As morning breaks we sing of your mercy, Lord, and nights finds us proclaiming your fidelity.*

Deut 32:1-12 *Exult the greatness of our God.*

Ps 8 *How wonderful is your name, O Lord, in all creation.*

Flow of the Liturgy

Psalms

Reading

Morning - Canticle of Zechariah

Lk 1:68-79

Evening – Canticle of Mary

Lk 1:46-55

Intercessions

Our Father

Closing Prayer

Evening – Canticle of Mary

The soul rejoices in the Lord
My soul proclaims the greatness of the Lord,
my spirit rejoices in God my Savior
for he has looked with favor
on his lowly servant.
From this day all generations
will call me blessed:
the Almighty has done great things for me,
and holy is his Name.
He has mercy on those who fear him
in every generation.
He has shown the strength of his arm,
he has scattered the proud in their conceit.
He has cast down the mighty
from their thrones,
and has lifted up the lowly.
He has filled the hungry with good things,
and the rich he has sent away empty.
He has come to the help of his servant Israel
for he has remembered his promise of mercy,
the promise he made to our fathers,
to Abraham and his children for ever.
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.

**Glory to the Father, and to the Son, and to the Holy Spirit;
As it was in the beginning, is now, and will be forever.**

Week III – God come to my assistance. Lord, make haste to help me.

Sunday, Evening (Heb 13:20-21)

Ps 113 Rejoice, Jerusalem, let your joy overflow; your Savior will come to you, Alleluia!
Ps 116:10-19 I shall take into my hand the saving chalice and invoke the name of the Lord.
Phil 2:6-11 The Lord Jesus humbled himself, and God exalted him.

Sunday, Morning (Ez 37:12b-14)

Ps 93 Glorious is the Lord on high, Alleluia!
Dan 3:57-88,56 To you, Lord, be highest glory and praise for ever, Alleluia!
Ps 148 Praise the Lord from the heavens, Alleluia!

Sunday, Evening (1 Pt 1:3-5)

Ps 110:1-5,7 The Lord said to my Master: Sit at my right hand, Alleluia!
Ps 111 Our compassionate Lord has left us a memorial of his wonderful work, Alleluia!
Rev 19:1-7 All power is yours, Lord God, our mighty King, Alleluia!

Monday, Morning (Jm 2:12-13)

Ps 84 Blessed are they who dwell in your house, O Lord.
Is 2:2-5 Come, let us climb the mountain of the Lord.
Ps 96 Sing to the Lord and bless his name.

Monday, Evening (Jm 4:11-12)

Ps 123 Our eyes are fixed intently on the Lord, waiting for his merciful help.
Ps 124 Our help is in the name of the Lord who made heaven and earth.
Eph 1:3-10 God chose us in his Son to be his adopted children.

Tuesday, Morning (1 Jn 4:14-15)

Ps 85 Lord, you have blessed your land; you have forgiven the sins of your people.
Is 26:1-4,7-9,12 My soul has yearned for you in the night, and as morning breaks I long for your coming.
Ps 67 Lord, let your face shine upon us.

Tuesday, Evening (Ro 12:9-12)

Ps 125 The Lord surrounds his people with strength.
Ps 131 Unless you acquire the heart of a child, you cannot enter the kingdom of God.
Rev 4:11; 5:9, 10, 12 Lord, you have made us a kingdom and priest for God our Father.

Wednesday, Morning (Job 1:21; 2:10b)

Ps 86 Give joy to your servant, Lord; to you I lift up my heart.
Is 33:13-16 Blessed is the upright man, who speaks the truth.
Ps 98 Let us celebrate with joy in the presence of our God and King.

Wednesday, Evening (Eph 3:20-21)

Ps 126 Those who sow in tears will reap in joy.
Ps 127 May the Lord build our house and guard our city.
Col 1:12-20 He is the first-born of all creation; in every way the primacy is his.

Thursday, Morning (1 Pt 4:10-11a)

Ps 87 Glorious things are said of you, O city of God.
Is 40:10-17 The Lord, the mighty conqueror, will come; he will bring with him the prize of victory.
Ps 99 Give praise to the Lord, our God, bow down before his holy mountain.

Thursday, Evening (1 Pt 3:8-9)

Ps 132:1-10 Let your holy people rejoice, O Lord, as they enter your dwelling place.
Ps 132: 11-18 The Lord has chosen Zion as his sanctuary.
Rev 11:17-18; 12:10b-12a The Father has given Christ all power, honor and kingship; all people will obey him.

Friday, Morning (2 Cor 12:9-10)

Ps 51 You alone have I grieved by my sin; have pity on me, O Lord.
Jer 14:17-21 Truly we know our offences, Lord, for we have sinned against you.
Ps 100 The Lord is God; we are His people, the flock he shepherds.

Friday Evening (Js 1:2-4)

Ps 135:1-12 Great is the Lord, our God, transcending all other gods.
Ps 135:13-21 House of Israel, bless the Lord! Sing psalms to him, for he is merciful.
Rev 15:3-4 All nations will come and worship before you, O Lord.

Saturday, Morning (Phil 2:14-15)

Ps 119:145-152 Lord, you are near to us, and all your ways are true.
Wis 9:1-6,9-11 Wisdom of God, be with me, always at work in me.
Ps 117 The Lord remains faithful to his promises forever.

Flow of the Liturgy

Psalms

Reading

Morning - Cantic of Zechariah

Lk 1:68-79

Evening – Cantic of Mary

Lk 1:46-55

Intercessions

Our Father

Closing Prayer

Morning - Cantic of Zechariah

Blessed be the Lord, the God of Israel;
he has come to his people and set them free.
He has raised up for us a mighty savior,
born of the house of his servant David.
Through his holy prophets he promised of old
that he would save us from our enemies,
from the hands of all who hate us.
He promised to show mercy to our fathers
and to remember his holy covenant.
This was the oath he swore
to our father Abraham:
to set us free from the hands of our enemies,
free to worship him without fear,
holy and righteous in his sight
all the days of our life.
You, my child, shall be called the prophet
of the Most High;
for you will go before the Lord
to prepare his way,
to give his people knowledge of salvation
by the forgiveness of their sins.
In 'the tender compassion of our God
the dawn from on high shall break upon us,
to shine on those who dwell in darkness
and the shadow of death.
and to guide our feet into the way of peace.

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.

**Glory to the Father, and to the Son, and to the Holy Spirit;
As it was in the beginning, is now, and will be forever.**

Week IV – God come to my assistance. Lord, make haste to help me.

Sunday, Evening (2 Pt 1:19-21)

Ps 122 Pray for the peace of Jerusalem

Ps 130 From the morning watch until night, I have waited trustingly for the Lord.

Phil 2:6-11 Let everything in heaven and on earth bend the knee at the name of Jesus.

Sunday, Morning (2 Tim 2:8, 11-13)

Ps 118 Praise the Lord, for his loving kindness will never fail.

Dan 3:52-57 Alleluia! Bless the Lord, all you works of the Lord, Alleluia!

Ps 150 Let everything that breathes give praise to the Lord.

Sunday, Evening (1 Pt 2:21-24)

Ps 110:1-5,7 In eternal splendor, before the dawn on earth, I have begotten you, Alleluia!

Ps 112 Blessed are they that hunger and thirst for holiness; they will be satisfied.

Rev 19:1-7 Praise God, all you who serve him, both great and small, Alleluia!

Monday, Morning (Jd 8:25-27)

Ps 90 Each morning Lord, fill us with your kindness.

Is 42: 10-16 From the farthest bounds of the earth, may God be praised.

Ps 135:1-12 You who stand in the sanctuary, praise the Lord.

Monday, Evening (1 Thess 3:12-13)

Ps 136:1-9 Give thanks to the Lord, for his great love is without end.

Ps 136:10-26 Great and wonderful are your deeds, Lord God the Almighty.

Eph 1:3-10 God planned in the fullness of time to restore all things in Christ.

Tuesday, Morning (Is 55:1)

Ps 101 I will sing to you, O Lord; I will learn from you the way of perfection.

Dan 3:26-27,29,34-41 Lord, do not withhold your compassion from us.

Ps 144:1-10 O God, I will sing to you a new song.

Tuesday, Evening (Col 3:16)

Ps 137:1-6 If I forget you Jerusalem, Let my right hand wither.

Ps 138 In the presence of the angels I will sing to you, my God.

Rev 4:11; 5:9, 10, 12 Adoration and glory belong by right to the Lamb who was slain.

Wednesday, Morning (Deut 4:39-40a)

Ps 108 My heart is ready, O God, my heart is ready.

Is 61:10-62:5 The Lord has robed me with grace and salvation.

Ps 146 I will praise my God all the days of my life.

Wednesday, Evening (1 Jn 2:3-6)

Ps 139:1-12 Lord, how wonderful is your wisdom, so far beyond my understanding.

Ps 139:13-18, 23-24 I am the Lord: I search the mind and probe the heart; I give to each one as his deeds deserve.

Col 1:12-20 Through him all things were made; he holds all creation together in himself.

Thursday, Morning (Ro 8:18-21)

Ps 143:1-11 At day break, be merciful to me, O Lord.

Is 66:10-14a The Lord will make a river of peace flow through Jerusalem.

Ps 147:1-11 Let us joyfully praise the Lord our God.

Thursday, Evening (Col 1:23)

Ps 144:1-8 He is my comfort and my refuge. In him I put my trust.

Ps 144:9-15 Blessed are the people whose God is the Lord.

Rev 11:17-18; 12:10b-12a Now the victorious reign of our God has begun.

Friday, Morning (Gal 2:19b-20)

Ps 51 Create a clean heart in me, O God; renew in me a steadfast spirit.

Toh 13:8-11, 13-15 Rejoice, Jerusalem, for through you all men will be gathered.

Ps 147:12-20 Zion, praise your God, who sent his word to renew the earth.

Friday Evening (Ro 8:1-2)

Ps 145:1-13 Day after day I will bless you, Lord; I will tell of your marvelous deeds.

Ps 145:14-21 To you alone, Lord, we look with confidence; you are close to those who call upon you.

Rev 15:3-4 King of all ages, your ways are perfect and true.

Saturday, Morning (2 Pt 3:13-15a)

Ps 92 We do well to sing to your name, Most High, and proclaim your mercy at day break.

Ez 36:24-28 I will create a new heart in you, and breathe into you a new spirit.

Ps 8 On the lips of children and infants you have found perfect praise.

Flow of the Liturgy

Psalms

Reading

Morning - Canticle of Zechariah

Lk 1:68-79

Evening – Canticle of Mary

Lk 1:46-55

Intercessions

Our Father

Closing Prayer

Evening – Canticle of Mary

The soul rejoices in the Lord
My soul proclaims the greatness of the Lord,
my spirit rejoices in God my Savior
for he has looked with favor
on his lowly servant.
From this day all generations
will call me blessed:
the Almighty has done great things for me,
and holy is his Name.
He has mercy on those who fear him
in every generation.
He has shown the strength of his arm,
he has scattered the proud in their conceit.
He has cast down the mighty
from their thrones,
and has lifted up the lowly.
He has filled the hungry with good things,
and the rich he has sent away empty.
He has come to the help of his servant Israel
for he has remembered his promise of mercy,
the promise he made to our fathers,
to Abraham and his children for ever.
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.

**Glory to the Father, and to the Son, and to the Holy Spirit;
As it was in the beginning, is now, and will be forever.**