

# EVENING PRAYER

3<sup>rd</sup> Sunday of Lent

(Psalter week III)



1

*please stand and make  
the sign of the cross as we begin*

PRESIDER God, come to our assistance.



All Lord, make haste to help us.

Presider Glory to the Father, and to the Son,  
and to the Holy Spirit,

All as it was in the beginning, is now,  
and will be forever. Amen. Alleluia.

*HYMN: FORTY DAYS AND FORTY NIGHTS #127*

2

PSALMODY Psalm 110: 1-5, 7

PRESIDER Lord, all powerful King, free us for the  
sake of your name. Give us time to turn  
from our sins.

Ambo The Lord's revelation to my Master: "Sit  
on my right: your foes I will put beneath  
your feet."

Choir The Lord will wield from Zion your  
scepter of power: rule in the midst of all  
your foes.

Ambo A prince from the day of your birth on  
the holy mountains; from the womb  
before the dawn I begot you.

Choir The Lord has sworn an oath he will not  
change. "You are a priest for ever,  
a priest like Melchizedek of old."

3

PSALMODY Psalm 110: 1-5, 7 (continued)

AMBO The Master standing at your right hand  
will shatter kings in the day of his great  
wrath.

Choir He shall drink from the stream by the  
wayside and therefore he shall lift up his  
head.

Ambo Glory to the Father and to the Son,  
and to the Holy Spirit,

Choir as it was in the beginning,  
is now and will be forever. Amen.

All Lord, all powerful King, free us for the  
sake of your name. Give us time to turn  
from our sins.

4

PSALMODY Psalm 111

**PRESIDER** We have been redeemed by the precious blood of Christ, the lamb without blemish.

**Ambo** I will thank the Lord with all my heart in the meeting of the just and their assembly.

**Choir** Great are the works of the Lord; to be pondered by all who love them.

**Ambo** Majestic and glorious his work, his justice stands firm for ever.

**Choir** He makes us remember his wonders. The Lord is compassion and love.

5

PSALMODY Psalm 111 *(continued)*

**AMBO** He has sent deliverance to his people and established his covenant for ever. Holy his name, to be feared.

**Choir** To fear the Lord is the first stage of wisdom; all who do so prove themselves wise. His praise shall last for ever!

**Ambo** Glory to the Father and to the Son, and to the Holy Spirit,

**Choir** as it was in the beginning, is now and will be forever. Amen.

**All** We have been redeemed by the precious blood of Christ, the lamb without blemish.

7

PSALMODY Psalm 111 *(continued)*

**AMBO** He gives food to those who fear him; keeps his covenant ever in mind.

**Choir** He has shown his might to his people by giving them the lands of the nations.

**Ambo** His works are justice and truth: his precepts are all of them sure,

**Choir** standing firm for ever and ever: they are made in uprightness and truth.

6

CANTICLE 1 Peter 2: 21-24

**PRESIDER** Ours were the sufferings he bore; ours the torments he endured.

**Ambo** Christ suffered for you, and left you an example to have you follow in his footsteps.

**Choir** He did no wrong; no deceit was found in his mouth.

**Ambo** When he was insulted, he returned no insult.

**Choir** When he was made to suffer, he did not counter with threats.

**Ambo** Instead he delivered himself up to the One who judges justly.

8

CANTICLE 1 Peter 2: 21-24 *(continued)*

**CHOIR** In his own body he brought  
your sins to the cross,

**Ambo** so that all of us, dead to sin,  
could live in accord with God's will.  
By his wounds you were healed.

**Choir** Glory to the Father, and to the Son  
and to the Holy Spirit,

**Ambo** as it was in the beginning,  
is now and will be forever. Amen.

**All** Ours were the sufferings he bore;  
ours the torments he endured.

RESPONSORY

**PRESIDER** Listen to us, O Lord, and have mercy,  
for we have sinned against you.

**All** Listen to us, O Lord, and have mercy,  
for we have sinned against you.

**Reader** Christ Jesus, hear our humble petitions,

**All** —for we have sinned against you.

**Reader** Glory to the Father and to the Son,  
and to the Holy Spirit.

**All** Listen to us, O Lord, and have mercy,  
for we have sinned against you.

*please stand for the Magnificat*

READING 1 CORINTHIANS 9 : 24-27

**READER** While all the runners in the stadium  
take part in the race, the award goes to  
one man. In that case, run so as to win!  
Athletes deny themselves all sorts of  
things. They do this to win a crown of  
leaves that withers, but we a crown that  
is imperishable.

I do not run like a man who loses  
sight of the finish line. I do not fight as if  
I were shadowboxing. What I do is  
discipline my own body and master it,  
for fear that after having preached to  
others I myself should be rejected.

CANTICLE OF MARY LUKE 1:46-55

**PRESIDER** Whoever drinks the water that I shall  
give will never be thirsty again,  
says the Lord.



**All** 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.

CANTICLE OF MARY *(continued)*

**ALL** 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.

13

INTERCESSIONS

**PRESIDER** All praise to God the Father who  
brought his chosen people to rebirth  
from imperishable seed through his  
eternal Word. Let us ask him  
as his children:

**All** — Lord, be gracious to your people.

**Presider** God of mercy, hear the prayers  
we offer for all your people,

**All** —may they hunger for your word  
more than for bodily food.

**Presider** Give us a sincere and active love  
for our own nation and for all mankind,

**All** —may we work always to build a world  
of peace and goodness.

15

CANTICLE OF MARY *(continued)*

**ALL** 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 forever. Amen.

**ALL** Whoever drinks the water that I shall  
give will never be thirsty again,  
says the Lord.

14

INTERCESSIONS *(continued)*

**PRESIDER** Look with love on all to be reborn in  
baptism,

**All** —that they may be living stones in your  
temple of the Spirit.

**Presider** You moved Nineveh to repentance by  
the preaching of Jonah,

**All** —in your mercy touch the hearts of  
sinners by the preaching of your word.

**Presider** May the dying go in hope to meet Christ  
their judge,

**All** —may they rejoice for ever in the vision  
of your glory.

16

CLOSING PRAYER

ALL Our Father, ...

Presider Father,  
you have taught us to overcome our sins  
by prayer, fasting and works of mercy.  
When we are discouraged by our  
weakness, give us confidence in your love.  
We ask this through our Lord Jesus  
Christ, your Son, who lives and reigns  
with you and the Holy Spirit, one God,  
for ever and ever.

All Amen.

Presider May the Lord bless us, protect us from  
all evil and bring us to everlasting life.

All Amen.