

## **Friday Matins**

### *Opening Prayer*

**In the Name of the Father, Son and Holy Spirit.**

**Blessed be the one holy and living God.**

**We worship you O Christ, here and at all your churches which are in all the world. We bless you, for, by your holy cross you have redeemed the world. Amen**

### *Our Vocational Prayer (required)*

**Most High Glorious God, enlighten the darkness in our hearts.**

**Create in us, genuine faith, certain hope and flawless love,**

**Lord, grant us wisdom and understanding, so that in all things, we may fulfil your holy and perfect will. Amen**

### *Praises said at all hours (required)*

Holy, Holy, Holy, Lord God Almighty, who is and who was and who is to come.

Worthy art Thou, O Lord, our God, to receive praise, glory and honour and benediction.

**Let us praise and exalt Him above all forever.**

The Lamb that was slain is worthy to receive power and divinity and wisdom and strength and honour and benediction.

Let us bless the Father and the Son with the Holy Spirit.

**Let us praise and exalt Him above all forever.**

All ye works of the Lord, bless ye the Lord.

Give praise to God all ye His servants and you that fear Him, little and great.

**Let us praise and exalt Him above all forever.**

Let the heavens and the earth praise Him, the Glorious, and let every creature which is in heaven and on earth and under the earth, in the seas and all that are in them praise and exalt Him.

Glory be to the Father, and to the Son, and to the Holy Spirit.

**Let us praise and exalt Him above all forever.**

### *Short period of silence*

*Francis' Psalm according to the hours. (required)*

<i>Season</i>	<i>Psalm</i>
Advent to Nativity	14
Nativity to Epiphany (Christmas Season)	15
Epiphany to Lent	9
Lent	2
Easter Day	2
Easter to Pentecost	9
Pentecost to Advent	2

*Biblical Psalms*

**Psalm 130**

- 1 Out of the deep have I called unto thee, O Lord \* Lord, hear my voice.
- 2 O let thine ears consider well \* the voice of my complaint.
- 3 If thou, Lord, wilt be extreme to mark what is done amiss \* O Lord, who may abide it?
- 4 For there is mercy with thee \* therefore shalt thou be feared.
- 5 I look for the Lord; my soul doth wait for him \* in his word is my trust.
- 6 My soul fleth unto the Lord \* before the morning watch, I say, before the morning watch.
- 7 O Israel, trust in the Lord, for with the Lord there is mercy \* and with him is plenteous redemption.
- 8 And he shall redeem Israel \* from all his sins.

*At the conclusion of the Psalm say:*

**Glory to God, Creator, Redeemer, Consoler and Our Saviour.**

**As it was in the beginning, is now and shall be forevermore. Amen.**

*Intercessions (required)*

*The Our Father (required)*

**Our Father, who is in heaven, holy is 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 sins, as we forgive those who sin against us. Save us when we are tempted and deliver us from evil.**

**For the kingdom, the power and the glory are yours, now and forever.**

**Amen**

*Prayer at end of office (required)*

Let us bless the Lord God, living and true; let us always return unto Him  
praise, glory, honour, blessing and all good things.

Amen. **Amen.**

Let it be. **Let it be.**