

## **Thursday 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 102**

- 1 Hear my prayer, O Lord \* and let my crying come unto thee.
- 2 Hide not thy face from me in the time of my trouble \* incline thine ear unto me when I call; O hear me, and that right soon.
- 3 For my days are consumed away like smoke \* and my bones are burnt up as it were a firebrand.
- 4 My heart is smitten down, and withered liked grass \* so that I forget to eat my bread.
- 5 For the voice of my groaning \* my bones will scarce cleave to my flesh.
- 6 I am become like a pelican in the wilderness \* and like an owl that is in the desert.
- 7 I have watched, and am even as it were a sparrow \* that sitteth alone upon the house-top.
- 8 Mine enemies revile me all the day long \* and they that are mad upon me are sworn together against me.
- 9 For I have eaten ashes as it were bread \* and mingled my drink with weeping.
- 10 And that because of thine indignation and wrath \* for thou hast taken me up, and cast me down.
- 11 My days are gone like a shadow \* and I am withered like grass.
- 12 But thou, O Lord, shalt endure for ever \* and thy remembrance throughout all generations.
- 13 Thou shalt arise, and have mercy upon Sion \* for it is time that thou have mercy upon her, yea, the time is come.
- 14 And why? thy servants think upon her stones \* and it pitieth them to see her in the dust.

15 The heathen shall fear thy Name, O Lord \* and all the kings of the earth thy majesty;  
16 When the Lord shall build up Sion \* and when his glory shall appear;  
17 When he turneth him unto the prayer of the poor destitute \* and despiseth not their desire.  
18 This shall be written for those that come after \* and the people which shall be born shall praise the Lord.  
19 For he hath looked down from his sanctuary \* out of the heaven did the Lord behold the earth;  
20 That he might hear the mournings of such as are in captivity \* and deliver the children appointed unto death;  
21 That they may declare the Name of the Lord in Sion \* and his worship at Jerusalem;  
22 When the people are gathered together \* and the kingdoms also, to serve the Lord.  
23 He brought down my strength in my journey \* and shortened my days.  
24 But I said, O my God, take me not away in the midst of mine age \* as for thy years, they endure throughout all generations.  
25 Thou, Lord, in the beginning hast laid the foundation of the earth \* and the heavens are the work of thy hands.  
26 They shall perish, but thou shalt endure \* they all shall wax old as doth a garment;  
27 And as a vesture shalt thou change them, and they shall be changed \* but thou art the same, and thy years shall not fail.  
28 The children of thy servants shall continue \* and their seed shall stand fast in thy sight.

*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.**