

Friday Terce

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.

As it was in the beginning, is now and ever shall be world without end.
Amen.

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	10
Nativity to Epiphany (Christmas Season)	15
Epiphany to Lent	4
Lent	4
Easter Day	4
Easter to Pentecost	9
Pentecost to Advent	4

Biblical Psalms:

Psalm 16

- 1 Preserve me, O God * for in thee have I put my trust.
- 2 O my soul, thou hast said unto the Lord * Thou art my God, my goods are nothing unto thee.
- 3 All my delight is upon the saints, that are in the earth * and upon such as excel in virtue.
- 4 But they that run after another god * shall have great trouble.
- 5 Their drink-offerings of blood will I not offer * neither make lips.
- 6 The Lord himself is the portion of mine inheritance, and of my cup * thou shalt maintain my lot.
- 7 The lot is fallen unto me in a fair ground * yea, I have a goodly heritage.
- 8 I will thank the Lord for giving me warning * my reins also chasten me in the night-season.
- 9 I have set God always before me * for he is on my right hand, therefore I shall not fall.
- 10 Wherefore my heart was glad, and my glory rejoiced * my flesh also shall rest in hope.
- 11 For why? thou shalt not leave my soul in hell * neither shalt thou suffer thy Holy One to see corruption.
- 12 Thou shalt shew me the path of life; in thy presence is the fulness of joy * and at thy right hand there is pleasure for evermore.

Psalm 24

- 1 The earth is the Lord's, and all that therein is * the compass of the world, and they that dwell therein.
- 2 For he hath founded it upon the seas * and prepared it upon the floods.

- 3 Who shall ascend into the hill of the Lord * or who shall rise up in his holy place?
- 4 Even he that hath clean hands, and a pure heart * and that hath not lift up his mind unto vanity, nor sworn to deceive his neighbour.
- 5 He shall receive the blessing from the Lord * and righteousness from the God of his salvation.
- 6 This is the generation of them that seek him * even of them that seek thy face, O Jacob.
- 7 Lift up your heads, O ye gates, and be ye lift up, ye everlasting doors * and the King of glory shall come in.
- 8 Who is the King of glory * it is the Lord strong and mighty, even the Lord mighty in battle.
- 9 Lift up your heads, O ye gates, and be ye lift up, ye everlasting doors * and the King of glory shall come in.
- 10 Who is the King of glory * even the Lord of hosts, he is the King of glory.

Psalm 50

- 1 The Lord, even the most mighty God, hath spoken * and called the world, from the rising up of the sun unto the going down thereof.
- 2 Out of Sion hath God appeared * in perfect beauty.
- 3 Our God shall come, and shall not keep silence * there shall go before him a consuming fire, and a mighty tempest shall be stirred up round about him.
- 4 He shall call the heaven from above * and the earth, that he may judge his people.
- 5 Gather my saints together unto me * those that have made a covenant with me with sacrifice.
- 6 And the heavens shall declare his righteousness * for God is Judge himself.
- 7 Hear, O my people, and I will speak * I myself will testify against thee, O Israel; for I am God, even thy God.
- 8 I will not reprove thee because of thy sacrifices, or for thy burnt-offerings * because they were not always before me.
- 9 I will take no bullock out of thine house * nor he-goat out of thy folds.
- 10 For all the beasts of the forest are mine * and so are the cattle upon a thousand hills.
- 11 I know all the fowls upon the mountains * and the wild beasts of the field are in my sight.

- 12 If I be hungry, I will not tell thee * for the whole world is mine, and all that is therein.
- 13 Thinkest thou that I will eat bulls' flesh * and drink the blood of goats?
- 14 Offer unto God thanksgiving * and pay thy vows unto the most Highest.
- 15 And call upon me in the time of trouble * so will I hear thee, and thou shalt praise me.
- 16 But unto the ungodly said God * Why dost thou preach my laws, and takest my covenant in thy mouth;
- 17 Whereas thou hatest to be reformed * and has cast my words behind thee?
- 18 When thou sawest a thief, thou consentedst unto him * and hast been partaker with the adulterers.
- 19 Thou hast let thy mouth speak wickedness * and with thy tongue thou hast set forth deceit.
- 20 Thou satest, and spakest against thy brother * yea, and hast slandered thine own mother's son.
- 21 These things hast thou done, and I held my tongue, and thou thoughtest wickedly, that I am even such a one as thyself * but I will reprove thee, and set before thee the things that thou hast done.
- 22 O consider this, ye that forget God * lest I pluck you away, and there be none to deliver you.
- 23 Whoso offereth me thanks and praise, he honoureth me * and to him that ordereth his conversation right will I shew the salvation of God.

At the conclusion of the Psalms 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)

Praises of God

Thou art holy, Lord God, who alone workest wonders.

Thou art strong. Thou art great.

Thou art most high. Thou art the Almighty King, Thou, holy Father, King of heaven and earth. Thou art the Lord God Triune and One; all good. Thou art good, all good, highest good, Lord God living and true.

Thou art charity, love. Thou art wisdom. Thou art humility. Thou art patience. Thou art security. Thou art quietude. Thou art joy and gladness. Thou art justice and temperance. Thou art all riches to sufficiency. Thou art beauty. Thou art meekness. Thou art protector. Thou art guardian and defender. Thou art strength. Thou art refreshment. Thou art our hope. Thou art our faith. Thou art our great sweetness. Thou art our eternal life, great and admirable Lord, God Almighty, merciful Saviour.

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.**