

Friday Sext

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

Angelus (optional)

The Angel of the Lord brought tidings unto Mary,

And she conceived by the Holy Spirit.

Hail Mary, full of grace, the Lord is with thee. Blessed art thou among women, and blessed is the fruit of thy womb, Jesus.

Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

"Behold the handmaid of the Lord."

"Be it unto me according to thy Word."

Hail Mary, full of grace the Lord is with thee. Blessed art thou among women, and blessed is the fruit of thy womb, Jesus.

And the Word was made flesh,

And dwelt among us.

Hail Mary, full of grace the Lord is with thee. Blessed art thou among women, and blessed is the fruit of thy womb, Jesus.

Pray for us, O Holy Mother of God.

That we may be made worthy of the promises of Christ.

Let us pray: We beseech thee, O Lord, pour thy grace into our hearts, that as we have known the Incarnation of thy Son Jesus Christ by the message of an angel, so by his Cross and Passion we may be brought unto the glory of his Resurrection; through the same Christ our Lord. Amen.

Canticle of the Creatures (optional)

Most high, all-powerful, good Lord,

All praise, glory, honour and blessing are yours.

Most High, to you alone, do they belong,

And there is no one worthy to mention you.

Praise be to you, my Lord, with all your creatures,

Especially for wondrous brother sun,

Who lights up the day, and through him your brightness shines;

For he is beautiful and radiant with great splendour;

Of you, Most High, does he remind us.

Praised be to you my Lord, for sister moon and for the stars,

In heaven you have formed them clear, precious and fair.

Praised be to you my Lord, for brother wind,

And for the air, clouds, fair and stormy, every kind of weather,

By whom you sustain to your creatures.

Praised be to you my Lord for sister water,
Who is greatly helpful, humble, precious and pure.

Praised be to you my Lord for brother fire,
By whom you light up the darkness.
For he is fair, mighty and powerfully strong.

Praised be to you my Lord for our sister, mother earth,
By whom you sustain and keep us,
Who nurtures fruits, plants, coloured flowers and herbs.

Praised be to you my Lord for those who for your love, forgive
And bear weakness and tribulation.
Blessed are those who shall in peace endure,
For by you, most High, shall they be crowned.

Praised be to you my Lord for our sister, bodily death,
From whom no living human can flee.
Woe to them who die in mortal sin;
Blessed are those who shall find themselves in your most holy will,
For the second death shall do them no harm.

All creation, praise and bless my Lord, and give Him thanks,
And with great humility, be dutiful to Him.

Francis' Psalm according to the hours. (required)

<i>Season</i>	<i>Psalm</i>
Advent to Nativity	11
Nativity to Epiphany (Christmas Season)	15
Epiphany to Lent	5
Lent	5
Easter to Pentecost	9
Pentecost to Advent	5

Biblical Psalms

Psalm 62

- 1 My soul truly waiteth still upon God * for of him cometh my salvation.
- 2 He verily is my strength and my salvation * he is my defence, so that I shall not greatly fall.

3 How long will ye imagine mischief against every man * ye shall be
slain all the sort of you; yea, as a tottering wall shall ye be, and like a
broken hedge.

4 Their device is only how to put him out whom God will exalt * their
delight is in lies; they give good words with their mouth, but curse
with their heart.

5 Nevertheless, my soul, wait thou still upon God * for my hope is in
him.

6 He truly is my strength and my salvation * he is my defence, so that I
shall not fall.

7 In God is my health, and my glory * the rock of my might, and in
God is my trust.

8 O put your trust in him always, ye people * pour out your hearts
before him, for God is our hope.

9 As for the children of men, they are but vanity * the children of men
are deceitful upon the weights, they are altogether lighter than vanity
itself.

10 O trust not in wrong and robbery, give not yourselves unto vanity * if
riches increase, set not your heart upon them.

11 God spake once, and twice I have also heard the same * that power
belongeth unto God;

12 And that thou, Lord, art merciful * for thou rewardest every man
according to his work.

Psalm 121

1 I will lift up mine eyes unto the hills * from whence cometh my help.

2 My help cometh even from the Lord * who hath made heaven and
earth.

3 He will not suffer thy foot to be moved * and he that keepeth thee
will not sleep.

4 Behold, he that keepeth Israel * shall neither slumber nor sleep.

5 The Lord himself is thy keeper * the Lord is thy defence upon thy
right hand.

6 So that the sun shall not burn thee by day * neither the moon by
night.

7 The Lord shall preserve thee from all evil * yea, it is even he that shall
keep thy soul.

8 The Lord shall preserve thy going out, and thy coming in* from this
time forth for evermore.

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

Admonitions according to the date. (required if not said at Morning Prayer)

At the conclusion of the Admonition say

For the words of our Holy Father, St Francis of Assisi, we give thanks to God.

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.