

## **Tuesday 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 Psalm*

**Psalm 100**

- 1 O be joyful in the Lord, all ye lands \* serve the Lord with gladness,  
and come before his presence with a song.
- 2 Be ye sure that the Lord he is God \* it is he that hath made us, and  
not we ourselves; we are his people, and the sheep of his pasture.

- 3 O go your way into his gates with thanksgiving, and into his courts  
with praise \* be thankful unto him, and speak good of his Name.
- 4 For the Lord is gracious, his mercy is everlasting \* and his truth  
endureth from generation to generation.

### **Psalm 103**

- 1 Praise the Lord, O my soul \* and all that is within me praise his holy  
Name.
- 2 Praise the Lord, O my soul \* and forget not all his benefits;  
3 Who forgiveth all thy sin \* and healeth all thine infirmities;  
4 Who saveth thy life from destruction \* and crowneth thee with mercy  
and loving-kindness;  
5 Who satisfieth thy mouth with good things \* making thee young and  
lusty as an eagle.
- 6 The Lord executeth righteousness and judgement \* for all them that  
are oppressed with wrong.
- 7 He shewed his ways unto Moses \* his works unto the children of  
Israel.
- 8 The Lord is full of compassion and mercy \* long-suffering, and of  
great goodness.
- 9 He will not always be chiding \* neither keepeth he his anger for ever.
- 10 He hath not dealt with us after our sins \* nor rewarded us according  
to our wickednesses.
- 11 For look how high the heaven is in comparison of the earth \* so great  
is his mercy also toward them that fear him.
- 12 Look how wide also the east is from the west \* so far hath he set our  
sins from us.
- 13 Yea, like as a father pitieth his own children \* even so is the Lord  
merciful unto them that fear him.
- 14 For he knoweth whereof we are made \* he remembereth that we are  
but dust.
- 15 The days of man are but as grass \* for he flourisheth as a flower of the  
field.
- 16 For as soon as the wind goeth over it, it is gone \* and the place  
thereof shall know it no more.
- 17 But the merciful goodness of the Lord endureth for ever and ever  
upon them that fear him \* and his righteousness upon children's  
children;

- 18 Even upon such as keep his covenant \* and think upon his commandments to do them.
- 19 The Lord hath prepared his seat in heaven \* and his kingdom ruleth over all.
- 20 O praise the Lord, ye angels of his, ye that excel in strength \* ye that fulfil his commandment, and hearken unto the voice of his words.
- 21 O praise the Lord, all ye his hosts \* ye servants of his that do his pleasure.
- 22 O speak good of the Lord, all ye works of his, in all places of his dominion \* praise thou the Lord, O my soul.

*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.**