

Wednesday 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 40

- 1 I waited patiently for the Lord * and he inclined unto me, and heard my calling.
- 2 He brought me also out of the horrible pit, out of the mire and clay * and set my feet upon the rock, and ordered my goings.

3 And he hath put a new song in my mouth * even a thanksgiving unto
our God.

4 Many shall see it, and fear * and shall put their trust in the Lord.

5 Blessed is the man that hath set his hope in the Lord * and turned not
unto the proud, and to such as go about with lies.

6 O Lord my God, great are the wondrous works which thou hast
done, like as be also thy thoughts which are to us-ward * and yet
there is no man that ordereth them unto thee*

7 If I should declare them, and speak of them * they should be more
than I am able to express.

8 Sacrifice and meat-offering thou wouldest not * but mine ears hast
thou opened.

9 Burnt-offerings, and sacrifice for sin, hast thou not required * then
said I, Lo, I come,

10 In the volume of the book it is written of me, that I should fulfil thy
will, O my God * I am content to do it; yea, thy law is within my
heart.

11 I have declared thy righteousness in the great congregation * lo, I will
not refrain my lips, O Lord, and that thou knowest.

12 I have not hid thy righteousness within my heart * my talk hath been
of thy truth and of thy salvation.

13 I have not kept back thy loving mercy and truth * from the great
congregation.

14 Withdraw not thou thy mercy from me, O Lord * let thy loving-
kindness and thy truth always preserve me.

15 For innumerable troubles are come about me; my sins have taken
such hold upon me that I am not able to look up * yea, they are more
in number than the hairs of my head, and my heart hath failed me.

16 O Lord, let it be thy pleasure to deliver me * make haste, O Lord, to
help me.

17 Let them be ashamed and confounded together, that seek after my
soul to destroy it * let them be driven backward and put to rebuke,
that wish me evil.

18 Let them be desolate, and rewarded with shame * that say unto me,
Fie upon thee, fie upon thee.

19 Let all those that seek thee be joyful and glad in thee * and let such as
love thy salvation say always, The Lord be praised.

20 As for me, I am poor and needy * but the Lord careth for me.

21 Thou art my helper and redeemer * make no long tarrying, O my God.

Psalm 116

1 I am well pleased * that the Lord hath heard the voice of my prayer.
2 That he hath inclined his ear unto me * therefore will I call upon him as long as I live.
3 The snares of death compassed me round about * and the pains of hell gat hold upon me.
4 I shall find trouble and heaviness, and I will call upon the Name of the Lord * O Lord, I beseech thee, deliver my soul.
5 Gracious is the Lord, and righteous * yea, our God is merciful
6 The Lord preserveth the simple * I was in misery, and he helped me.
7 Turn again then unto thy rest, O my soul * for the Lord hath rewarded thee.
8 And why? thou hast delivered my soul from death * mine eyes from tears, and my feet from falling.
9 I will walk before the Lord * in the land of the living.
10 I believed, and therefore will I speak; but I was sore troubled * I said in my haste, All men are liars.
11 What reward shall I give unto the Lord * for all the benefits that he hath done unto me?
12 I will receive the cup of salvation * and call upon the Name of the Lord.
13 I will pay my vows now in the presence of all his people * right dear in the sight of the Lord is the death of his saints.
14 Behold, O Lord, how that I am thy servant * I am thy servant, and the son of thine handmaid; thou hast broken my bonds in sunder.
15 I will offer to thee the sacrifice of thanksgiving and will call upon the Name of the Lord.
16 I will pay my vows unto the Lord, in the sight of all his people * in the courts of the Lord's house, even in the midst of thee, O Jerusalem. Praise the Lord.

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.