

EOCCC MID-YEAR RETREAT

NIGHT PRAYER

Wednesday, Second Week of Lent



SILENT READING

Friends, in today's Gospel, Jesus commands us to be reconciled with one another. I want to say something about the role of forgiveness in repairing our broken relationships.

When you are at worship and realize that you need to forgive someone (or be forgiven by someone), go and do it. Go get reconciled, then come back. It's like a rule of physics. There is something hidden in the deep mystery of God, and I can't fully explicate it. Somehow, if there is a lack of forgiveness in you, it blocks the movement of God in you. Perhaps it's simply because God is love, and so whatever is opposed to love in us blocks the flow of God's power and God's life. One reason we do not forgive is that we feel that some injustice has been done to us, and we resent it. A good cure for this feeling is to kneel before the cross of Jesus. What do you see there? The innocent Son of God nailed to the cross—the ultimate injustice. What does he do? He forgives his persecutors. Meditate on that, and your sense of being treated unjustly will fade away.

<https://www.wordonfire.org/reflections/lent/b-lent-wk1-friday/>

▶ Musical Aramaic rendition of the Our Father that moved the pope in Georgia

LEADER: God, come to my assistance.

PEOPLE: Lord, make haste to help me.

LEADER: Glory to the Father, and to the Son, and to the Holy Spirit:

PEOPLE: as it was in the beginning, is now and will be for ever. Amen.

EXAMINATION OF CONSCIENCE

Step One – Seek the aid of the Holy Spirit in discerning God in your day.

Step Two – Consider the day in gratitude for what it was and what it can teach you.

Step Three – Search for God by reviewing the day.

Step Four – Consider what response is required, or what lesson God may teach you amid the “material” of life.

Ant. 1 Lord God, be my refuge and my strength.

Psalm 31:1-6

Trustful prayer in adversity

Father, into your hands I commend my spirit (Luke 23:46).

In you, O Lord, I take refuge.

Right Side

Let me never be put to shame.

In your justice, set me free,

hear me and speedily rescue me.

Be a rock of refuge for me,

Left Side

a mighty stronghold to save me,

for you are my rock, my stronghold.

For your name's sake, lead me and guide me.

Release me from the snares they have hidden

Right Side

for you are my refuge, Lord.

Into your hands I commend my spirit.

It is you who will redeem me, Lord.

Glory to the Father, and to the Son, and to the Holy Spirit:

– as it was in the beginning, is now, and will be for ever. Amen.

Ant. 1 Lord God, be my refuge and my strength.

Ant. 2 Out of the depths I cry to you, Lord.

Psalm 130- A cry from the depths

He will save his people from their sins (Matthew 1:21).

Out of the depths I cry to you, O Lord,
Lord, hear my voice!
O let your ears be attentive
to the voice of my pleading.

Right Side

If you, O Lord, should mark our guilt,
Lord, who would survive?
But with you is found forgiveness:
for this we revere you.

Left Side

My soul is waiting for the Lord,
I count on his word.
My soul is longing for the Lord
more than watchman for daybreak.
Let the watchman count on daybreak
and Israel on the Lord.

Right Side

Because with the Lord there is mercy
and fullness of redemption,
Israel indeed he will redeem
from all its iniquity.

Left Side

Glory to the Father, and to the Son, and to the Holy Spirit:
— as it was in the beginning, is now, and will be for ever. Amen.

Ant. 2 Out of the depths I cry to you, Lord.

READING Ephesians 4:26-27

If you are angry, let it be without sin. The sun must not go down on your wrath; do not give the devil a chance to work on you.

RESPONSORY

Into your hands, Lord, I commend my spirit.

— Into your hands, Lord, I commend my spirit.

You have redeemed us, Lord God of truth.

— I commend my spirit.

Glory to the Father, and to the Son, and to the Holy Spirit,

— Into your hands, Lord, I commend my spirit.

Gospel Canticle

Ant. Protect us, Lord, as we stay awake; watch over us as we sleep, that awake, we may keep watch with Christ, and asleep, rest in his peace.

Luke 2:29-32

Christ is the light of the nations and the glory of Israel Lord, now you let your servant go in peace; your word has been fulfilled: my own eyes have seen the salvation which you have prepared in the sight of every people: a light to reveal you to the nations and the glory of your people Israel.

Glory to the Father, and to the Son, and to the Holy Spirit:

— as it was in the beginning, is now, and will be for ever. Amen.

Ant. Protect us, Lord, as we stay awake; watch over us as we sleep, that awake, we may keep watch with Christ, and asleep, rest in his peace.

Concluding Prayer

Lord Jesus Christ, you have given your followers an example of gentleness and humility, a task that is easy, a burden that is light. Accept the prayers and work of this day, and give us the rest that will strengthen us to render more faithful service to you who live and reign for ever and ever.— Amen.

Blessing

May the all-powerful Lord grant us a restful night and a peaceful death.

— Amen.