

MORNING PRAYERS & MEDITATION

as suggested for Lent by
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During the season of Lent, the Christian, on waking in the morning, will unite himself with the Church, who, at the first dawn of the day, begins her Psalms of Lauds with these words of the Royal Prophet:

Miserere mei Deus,
secundum magnam
misericordiam tuam.

Have mercy on me, O God,
according to thy great mercy.

He should, after this, profoundly adore that great God, before whom the sinner should tremble, but yet fears not to offend him, as though he deserved neither reverence nor love. It is with this deep sentiment of holy fear, that he must perform the first acts of religion, both interior and exterior, wherewith he begins each day of this present Season. The time for Morning Prayer being come, he may use the following method, which is formed upon the very prayers of the Church:-

First, praise and adoration of the most holy Trinity:-

V. Benedicamus Patrem, et Filium, cum Sancto Spiritu.

R. Laudemus et superexaltemus eum in saecula.

V. Gloria Patri et Filio et Spiritui Sancto.

R. Sicut erat in principio, et nunc, et semper, et in saecula saeculorum. Amen.

V. Let us bless the Father, and the Son, and the Holy Ghost.

R. Let us praise him and extol him above all for ever.

V. Glory be to the Father, and to the Son, and to the Holy Ghost.

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

Then, praise to our Lord and Saviour, Jesus Christ:-

V. Adoramus te, Christe, et benedicimus tibi.

R. Quia per Crucem tuam redemisti mundum.

V. We adore thee, O Christ, and we bless thee.

R. Because by thy cross thou hast redeemed the world.

Thirdly, invocation of the Holy Ghost:-

Veni, sancte Spiritus, reple tuorum corda fidelium, et tui amoris in eis ignem accende.

Come, O holy Spirit, fill the hearts of thy faithful, and enkindle within them the fire of thy love.

HYMN

O sol salutis, intimis,
Jesu, refulge mentibus,
Dum nocte pulsa, gratior
Orbi dies renascitur.

Dans tempus acceptabile,
Da lacrimarum rivulis
Lavare cordis víictimam,
Quam laeta adurat charitas.

Te prona mundi machina,
Clemens, adoret, Trinitas,
Et nos novi per gratiam
Novum canamus canticum.
Amen.

O Jesus! thou Sun of the world's salvation!
shine in the depths of our souls; for now is the
hour of night's departure, and sweeter day-
break dawns upon the earth.

O thou that givest us this *acceptable time!*
give us to wash, with our tears, the victim we
offer thee, - which is our heart; and grant that
it may burn with joyous love.

O merciful Trinity! may the World prostrate
itself before thee, and adore; and we, made
new by grace, sing a new canticle of praise.
Amen.

After these fundamental acts of religion, you will recite the Lord's Prayer, begging your heavenly Father to be mindful of his infinite mercy and goodness, - to forgive you your trespasses, - to come to your assistance in the temptations and dangers which so thickly beset the path of this life, - and finally, to deliver you from evil, by removing from you every remnant of sin, which is the great evil, the evil that offends God, and entails the sovereign evil of man himself.

Pater noster, qui es in coelis,
sanctificetur nomen tuum:
adveniat regnum tuum:
fiat voluntas tua, sicut in coelo,
et in terra.

**Panem nostrum quotidianum da nobis hodie:
et dimitte nobis debita nostra,
sicut et nos dimittimus debitoribus nostris:
et ne nos inducas in tentationem:
sed libera nos a malo. Amen.**

Our Father, who art in heaven,
hallowed be thy name:
thy kingdom come:
thy will be done on earth,
as it is in heaven.

**Give us this day our daily bread;
and *forgive us our trespasses,*
as we forgive them that trespass against us:
and lead us not into temptation:
but deliver us from evil. Amen.**

Then address our Blessed Lady, using the words of the Angelical Salutation. Pray to her with confidence and love, for she is the Refuge of Sinners.

Ave Maria, gratia plena:
Dominus tecum:
benedicta tu in mulieribus,
et benedictus fructus ventris tui, Jesus.

**Sancta Maria, Mater Dei,
ora pro nobis peccatoribus,
nunc et in hora mortis nostrae.
Amen.**

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.**

After this, recite the Creed, that is, the Symbol of Faith. It contains the dogmas we are to believe; and during this season, you should dwell with loving attention on that Article, which is so full of hope, - the Forgiveness of sins. Let us do our utmost to merit, by our sincere conversion and amendment of our lives, that our Saviour, after the coming penitential Forty Days are over, may say to each of us those words, which are so sweet to a penitent sinner: Go, thy sins are forgiven!

Credo in Deum, Patrem omnipotentem,
Creatorem coeli et terrae. Et in Jesum Christum
Filiū ejus unicum Dominum nostrum: qui
conceptus est de Spiritu sancto, natus ex Maria
Virgine, passus sub Pontio Pilato, crucifixus,
mortuus, et sepultus: descendit ad infernos,
tertia die resurrexit a mortuis: ascendit ad
coelos, sedet ad dexteram Dei Patris
omnipotentis: inde venturus est judicare vivos et
mortuos.

Credo in Spiritum Sanctum, sanctam Ecclesiam
Catholicam, sanctorum communionem,
remissionem peccatorum, carnis resurrectionem,
vitam + aeternam. Amen.

I believe in God the Father almighty, Creator of
heaven and earth. And in Jesus Christ, his only
Son our Lord, who was conceived by the holy
Ghost, born of the Virgin Mary; suffered under
Pontius Pilate, was crucified, dead, and buried;
he descended into hell, the third day he rose
again from the dead; he ascended into heaven,
sitteth at the right hand of God the Father
almighty; from thence he shall come to judge the
living and the dead.

I believe in the Holy Ghost: the holy Catholic
Church; the communion of saints, *the
forgiveness of sins*, the resurrection of the body,
and life + everlasting. Amen.

*Having thus made the Profession of your Faith, endeavour to excite yourself to sorrow for the sins you have committed. For this purposes, recite one of the Penitential Psalms; the first on Sunday, the second on Monday, and so on with the rest, each concluding with the **Gloria Patri**. These admirable Psalms, whereby David expressed his grief after he had fallen into sin, are most appropriate for the Season of Septuagesima.*

SUNDAY Psalmus [6]:

Domine ne in furore tuo arguas me: neque in ira tua corripas me.

Miserere mei Domine, quoniam infirmus sum: sana me Domine, quoniam conturbata sunt ossa mea.

Et anima mea turbata est valde: sed tu Domine usquequo.

Convertere Domine, et eripe animam meam: salvum me fac propter misericordiam tuam.

Quoniam non est in morte, qui memor sit tui: in inferno autem quis confitebitur tibi?

Laboravi in gemitu meo, lavabo per singulas noctes lectum meum: lacrymis meis stratum meum rigabo.

Turbatus est a furore oculus meus: inveteravi inter omnes inimicos meos.

Discedite a me omnes, qui operamini iniquitatem: quoniam exaudivit Dominus vocem fletus mei.

Exaudivit Dominus deprecationem meam: Dominus orationem meam suscepit.

Erubescant, et conturbentur vehementer omnes inimici mei: convertantur, et erubescant valde velociter.

Psalm [6]:

Lord rebuke me not in thy fury: nor chastise me in thy wrath.

Have mercy on me Lord, because I am weak: heal me Lord, because all my bones be troubled.

And my soul is troubled exceedingly: but thou Lord how long?

Turn thee O Lord, and deliver my soul: save me for thy mercy.

Because there is not in death, that is mindful of thee: and in hell who shall confess to thee?

I have laboured in my mourning, I will every night wash my bed: I will water my couch with tears.

Mine eye is troubled for fury: I have waxen old among all mine enemies.

Depart from me all ye, that work iniquity: because our Lord hath heard the voice of my weeping.

Our Lord hath heard my petition: our Lord hath received my prayer.

Let all my enemies be ashamed, and very sore troubled: let them be converted, and ashamed very speedily.

MONDAY Psalmus [31]:

Beati quorum remissae sunt iniquitates: et quorum tecta sunt peccata.

Beatus vir cui non inputavit Dominus peccatum: nec est in spiritu eius dolus.

Quoniam tacui, inveteraverunt ossa mea: dum clamarem tota die.

Quoniam die, ac nocte gravata est super me manus tua: conversus sum in aerumna mea, dum configitur spina.

Delictum meum cognitum tibi feci: et iniustitiam meam non abscondi.

Dixi, confitebor adversum me iniustitiam meam Domino: et tu remisisti impietatem peccati mei.

Pro hac orabit ad te omnis sanctus: in tempore oportuno.

Verumtamen in diluvio aquarum multarum: ad eum non approximabunt.

Tu es refugium meum a tribulatione, quae circumdedit me: exultatio mea, erue me a circumdantibus me.

Intellectum tibi dabo, et instruam te in via hac, qua gradieris: firmabo super te oculos meos.

Nolite fieri sicut equus et mulus: quibus non est intellectus.

In camo et freno maxillas eorum constringe: qui non approximant ad te.

Multa flagella peccatoris: sperantem autem in Domino misericordia circumdabit.

Laetamini in Domino, et exultate iusti: et gloriamini omnes recti corde.

Psalm [31]:

Blessed are they whose iniquities are forgiven: and whose sins be covered.

Blessed is the man to whom our Lord hath not imputed sin: neither is there guile in his spirit.

Because I held my peace, my bones are waxen old: whilst I cried all the day.

Because day, and night thy hand is made heavy upon me: I am turned in my anguish, whilst the thorn is fastened.

I have made my sin known to thee: and my injustice I have not hid. I said, I will confess against me my injustice to our Lord: and thou hast forgiven the impiety of my sin.

For this shall every holy one pray to thee: in time convenient.

But yet in the overflow of many waters: they shall not approach to him.

Thou art my refuge from tribulation, which hath compassed me: my joy, deliver me from them that compass me.

I will give thee understanding, and will instruct thee in the way, that thou shalt go: I will fasten mine eyes upon thee.

Do not become as horse and mule: who have no understanding.

In bit and bridle bind fast their jaws that approach not to thee.

Many are the scourges of a sinner: but mercy shall compass him that hopeth in our Lord.

Be joyful in our Lord, and rejoice ye just: and glory all ye right of heart.

TUESDAY Psalmus [37]:

Domine ne in furore tuo arguas me: neque in ira tua corripas me.
Quoniam sagittae tuae infixae sunt mihi: et confirmasti super me
manum tuam.

Non est sanitas in carne mea a facie irae tuae: non est pax ossibus
meis a facie peccatorum meorum.

Quoniam iniquitates meae supergressae sunt caput meum: et
sicut onus grave gravatae sunt super me.

Putruerunt, et corruptae sunt cicatrices meae: a facie insipientiae
meae.

Miser factus sum, et curvatus sum usque in finem: tota die
contristatus ingrediebar.

Quoniam lumbi mei impleti sunt illusionibus: et non est sanitas in
carne mea.

Afflictus sum, et humiliatus sum nimis: rugiebam a gemitu cordis
mei.

Domine ante te omne desiderium meum: et gemitus meus a te
non est absconditus.

Cor meum conturbatum est, dereliquit me virtus mea: et lumen
oculorum meorum, et ipsum non est mecum.

Amici mei, et proximi mei: adversum me appropinquaverunt, et
steterunt.

Et qui iuxta me erant, de longe steterunt: et vim faciebant, qui
quaerebant animam meam.

Psalm [37]:

Lord rebuke me not in thy fury: nor chastise me in thy wrath.
Because thy arrows are fastened in me: and thou hast confirmed
thy hand upon me.

There is no health in my flesh in respect of thy wrath: my bones
have no peace in respect of my sins.

Because mine iniquities are gone over my head: and as a heavy
burden are become heavy upon me.

My scars are putrified, and corrupted: in respect of my
foolishness.

I am become miserable, and am made crooked, even to the end: I
went sorrowful all the day.

Because my loins are filled with illusions: and there is no health in
my flesh.

I am afflicted, and am humbled exceedingly: I roared for the
groaning of my heart.

Lord before thee is all my desire: and my groaning is not hid from
thee.

My heart is troubled, my strength hath forsaken me: and the light
of mine eyes, and the same is not with me.

My friends, and my neighbours: have approached, and stood
against me.

And they that were near me, stood far off: and they did violence,
which sought my soul.

TUESDAY Psalmus [37]:

Et qui inquirebant mala mihi, locuti sunt vanitates: et dolos tota die meditabantur.

Ego autem tamquam surdus non audiebam: et sicut mutus non aperiens os suum.

Et factus sum sicut homo non audiens: et non habens in ore suo redargutiones.

Quoniam in te Domine speravi: tu exaudies Domine Deus meus.

Quia dixi, ne quando supergaudeant mihi inimici mei: et dum commoventur pedes mei, super me magna locuti sunt.

Quoniam ego in flagella paratus sum: et dolor meus in conspectu meo semper.

Quoniam iniquitatem meam annuntiabo: et cogitabo pro peccato meo.

Inimici autem mei vivunt, et confirmati sunt super me: et multiplicati sunt, qui oderunt me inique.

Qui retribuunt mala pro bonis, detrahebant mihi: quoniam sequebar bonitatem.

Non derelinquas me Domine Deus meus: ne discesseris a me.

Intende in adiutorium meum: Domine Deus salutis meae.

Psalm [37]:

And they that sought out evils against me, spake vanities: and devised guiles all the day.

But I as deaf did not hear: and as one dumb not opening his mouth.

And I became as a man not hearing: and not having reprehensions in his mouth.

Because in thee O Lord have I hoped: thou shalt hear me O Lord my God.

For I have said, lest sometimes my enemies rejoice over me: and whilst my feet are moved, they spake great things upon me.

Because I am ready for scourges: and my sorrow is in my sight always.

Because I will declare my iniquity: and I will think for my sin. But mine enemies live, and are confirmed over me: and they are multiplied that hate me unjustly.

They that repay evil things for good, did backbite me: because I followed goodness.

Forsake me not O Lord my God: depart not from me.

Incline unto my help: O Lord God of my salvation.

WEDNESDAY Psalmus [50]:

Miserere mei Deus: secundum magnam misericordiam tuam.

Et secundum multitudinem miserationum tuarum: dele iniquitatem meam.

Amplius lava me ab iniquitate mea: et a peccato meo munda me.

Quoniam iniquitatem meam ego cognosco: et peccatum meum contra me est semper.

Tibi soli peccavi, et malum coram te feci: ut iustificeris in sermonibus tuis, et vincas cum iudicaris.

Ecce enim in iniquitatibus conceptus sum: et in peccatis concepit me mater mea.

Ecce enim veritatem dilexisti: incerta et occulta sapientiae tuae manifestasti mihi.

Asperges me Domine hyssopo, et mundabor: lavabis me, et super nivem dealbabor.

Auditui meo dabis gaudium, et laetitiam: et exultabunt ossa humiliata.

Psalm [50]:

Have mercy on me O God: according to thy great mercy. And according to the multitude of thy tender mercies: blot out my iniquity.

Wash me more from my iniquity: and cleanse me from my sin.

Because I know my iniquity: and my sin is always against me.

To thee only have I sinned, and have done evil before thee: that thou mayest be justified in thy words, and mayest overcome when thou art judged.

For behold I was conceived in iniquities: and my mother conceived me in sins.

For behold thou hast loved truth: the uncertain and hidden things of thy wisdom thou hast made manifest to me.

Thou shalt sprinkle me with hyssop, and I shall be cleansed: thou shalt wash me, and I shall be made whiter than snow.

To my hearing thou shalt give joy, and gladness: and humbled bones shall rejoice.

WEDNESDAY Psalmus [50]:

Averte faciem tuam a peccatis meis: et omnes iniquitates meas dele.

Cor mundum crea in me Deus: et spiritum rectum innova in visceribus meis.

Ne proicias me a facie tua: et spiritum sanctum tuum ne auferas a me.

Redde mihi laetitiam salutaris tui: et spiritu principali confirma me.

Docebo iniquos vias tuas: et impii ad te convertentur.

Libera me de sanguinibus Deus, Deus salutis meae: et exultabit lingua mea iustitiam tuam.

Domine labia mea aperies: et os meum annuntiabit laudem tuam.

Quoniam si voluisses, sacrificium dedissem utique: holocaustis non delectaberis.

Sacrificium Deo spiritus contribulatus: cor contritum, et humiliatum Deus non despicias.

Benigne fac Domine in bona voluntate tua Sion: ut aedificentur muri Hierusalem.

Tunc acceptabis sacrificium iustitiae, oblationes, et holocausta: tunc inponent super altare tuum vitulos.

Psalm [50]:

Turn away thy face from my sins: and blot out all my iniquities.

Create a clean heart in me O God: and renew a right spirit in my bowels.

Cast me not away from thy face: and thy holy spirit take not from me.

Render unto me the joy of thy salvation: and confirm me with a principal spirit.

I will teach the unjust thy ways: and the impious shall be converted unto thee.

Deliver me from bloods O God, the God of my salvation: and my tongue shall extol thy justice.

Thou O Lord wilt open my lips: and my mouth shall declare thy praise.

Because if thou wouldst have had sacrifice, I had verily given it: with burnt offerings thou wilt not be delighted.

A sacrifice to God is a troubled spirit: a contrite, and humble heart O God, thou wilt not despise.

Deal favourably O Lord, in thy good will with Sion: and let the walls of Jerusalem be built up.

Then shalt thou accept sacrifice of justice, oblations, and whole burnt offerings: then shall they lay calves upon thy altar.

THURSDAY Psalm [101]:

Domine exaudi orationem meam: et clamor meus ad te veniat.

Non avertas faciem tuam a me: in quacumque die tribulor, inclina ad me aurem tuam.

In quacumque die invocavero te: velociter exaudi me.

Quia defecerunt sicut fumus, dies mei: et ossa mea sicut gremium aruerunt.

Percussus sum, ut faenum, et aruit cor meum: quia oblitus sum comedere panem meum.

A voce gemitus mei: adhaesit os meum carni meae.

Similis factus sum pelicano solitudinis: factus sum sicut nycticorax in domicilio.

Vigilavi: et factus sum sicut passer solitarius in tecto.

Tota die exprobrabant mihi inimici mei: et qui laudabant me, adversum me iurabant.

Quia cinerem tamquam panem manducabam: et potum meum cum fletu miscebam.

A facie irae et indignationis tuae: quia elevans allisisti me.

Dies mei sicut umbra declinaverunt: et ego sicut faenum arui.

Tu autem Domine in aeternum permanes: et memoriale tuum in generatione, et generationem.

Psalm [101]:

O Lord hear my prayer: and let my cry come to thee.

Turn not away thy face from me: in what day soever I am in tribulation, incline thine ear to me.

In what day soever I shall call upon thee: hear me speedily.

For my days have vanished as smoke: and my bones are withered as a dry burnt thing.

I am smitten as grass, and my heart is withered: for I forgot to eat my bread.

From the voice of any groaning: my bone hath cleaved to my flesh.

I am become like a pelican of the wilderness: I am become as a night crow in the house.

I have watched: and am become as a sparrow solitary in the housetop.

All the day did mine enemies upbraid me: and they that praised me, swear against me.

For I did eat ashes as bread, and mingled my drink with weeping.

At the face of the wrath of thine indignation: for that lifting me up thou hast thrown me down.

My days have declined as a shadow: and I am withered as grass. But thou O Lord endurest for ever: and thy memorial in generation and generation.

THURSDAY Psalmus [101]:

Tu exurgens Domine misereberis Sion: quia tempus miserendi eius, quia venit tempus.

Quoniam placuerunt servis tuis lapides eius: et terrae eius miserebuntur.

Et timebunt gentes nomen tuum Domine: et omnes reges terrae gloriam tuam.

Quia aedificavit Dominus Sion: et videbitur in gloria sua. Respexit in orationem humilium: et non spreuit precem eorum.

Scribantur haec in generatione altera: et populus qui creabitur, laudabit Dominum.

Quia prospexit de excelso sancto suo: Dominus de caelo in terram aspexit.

Ut audiret gemitus conpeditorum: ut solveret filios interemptorum.

Ut annuncient in Sion nomen Domini: et laudem eius in Hierusalem.

Psalm [101]:

Thou rising up shalt have mercy on Sion: for it is time to have mercy on it, for the time is come.

Because the stones thereof have pleased thy servants: and they shall have pity on the earth thereof.

And the Gentiles shall fear thy name O Lord: and all the kings of the earth thy glory.

For our Lord hath builded Sion: and he shall be seen in his glory.

He hath had respect to the prayer of the humble: and he hath not despised their petition.

Let these things be written in another generation: and the people that shall be created, shall praise our Lord:

Because he hath looked forth from his high holy place: our Lord from heaven hath looked upon the earth.

That he might hear the groanings of the fettered: that he might unbind the children of them that are slain.

That they may show forth the name of our Lord in Sion: and his praise in Jerusalem.

THURSDAY Psalmus [101]:

In conveniendo populos in unum: et reges ut serviant Domino.

Respondit ei in via virtutis suae: paucitatem dierum meorum nuncia mihi.

Ne revoces me in dimidio dierum meorum: in generatione, et generationem anni tui.

Initio tu Domine terram fundasti: et opera manuum tuarum sunt caeli.

Ipsi peribunt, tu autem permanes: et omnes sicut vestimentum veterescent.

Et sicut opertorium mutabis eos, et mutabuntur: tu autem idem ipse es, et anni tui non deficient.

Filii servorum tuorum habitabunt: et semen eorum in saeculum dirigetur.

Gloria Patri, et Filio, et Spiritui Sancto.

Sicut erat in principio, et nunc, et semper: et in saecula saeculorum. Amen.

Psalm [101]:

In the assembling of the people together in one: and kings to serve our Lord.

He answered them in the way of his strength: show me the fewness of my days.

Call me not away in the half of my days: thy years are unto generation, and generation.

In the beginning O Lord thou didst found the earth: and the heavens are the works of thy hands.

They shall perish but thou remainest: and they shall all wax old as a garment.

And as a vesture thou shalt change them, and they shall be changed: but thou art the selfsame, and thy years shall not fail.

The sons of thy servants shall inhabit: and their seed shall be directed for ever.

Glory be to the Father, and to the Son, and to the Holy Ghost.

Even as it was in the beginning, and now, and ever: and world without end. Amen.

FRIDAY Psalmus [129]:

De profundis clamavi ad te Domine: Domine exaudi vocem meam.

Fiant aures tuae intendentes: in vocem deprecationis meae.

Si iniquitates observaveris Domine: Domine quis sustinebit?

Quia apud te propitiatio est: propter legem tuam sustinui te Domine.

Sustinuit anima mea in verbo eius: speravit anima mea in Domino.

A custodia matutina usque ad noctem: speret Israel in Domino.

Quia apud Dominum misericordia: et copiosa apud eum redemptio.

Et ipse redimet Israel: ex omnibus iniquitatibus eius.

Gloria Patri, et Filio, et Spiritui Sancto.

Sicut erat in principio, et nunc, et semper: et in saecula saeculorum. Amen.

Psalm [129]:

From the depths I have cried to thee O Lord: Lord hear my voice.

Let thine ears be attentive: unto the voice of my petition. If thou wilt observe iniquities O Lord: Lord who shall endure it?

Because with thee there is pitifulness: and for thy law I have expected thee O Lord.

My soul hath stayed in his word: my soul hath hoped in our Lord.

From the morning watch even until night: let Israel hope in our Lord.

Because with our Lord there is mercy: and with him plentiful redemption.

And he shall redeem Israel: from all his iniquities.

Glory be to the Father, and to the Son, and to the Holy Ghost.

Even as it was in the beginning, and now, and ever: and world without end. Amen.

SATURDAY Psalmus [142]:

Domine exaudi orationem meam, auribus percipe obsecrationem meam: in veritate tua, exaudi me in tua iustitia.

Et non intres in iudicium cum servo tuo: quia non iustificabitur in conspectu tuo omnis vivens.

Quia persecutus est inimicus animam meam: humiliavit in terra vitam meam.

Collocavit me in obscuris sicut mortuos saeculi: et anxius est super me spiritus meus, in me turbatum est cor meum.

Memor fui dierum antiquorum, meditatus sum in omnibus operibus tuis: et in factis manuum tuarum meditabar.

Expandi manus meas ad te: anima mea sicut terra sine aqua tibi.

Velociter exaudi me Domine: defecit spiritus meus.

Auditam fac mihi mane misericordiam tuam: quia in te speravi.

Notam fac mihi viam, in qua ambulem: quia ad te levavi animam meam.

Psalm [142]:

Lord hear my prayer, with thine ears receive my petition: in thy truth, hear me in thy justice.

And enter not into judgment with thy servant: for every one living shall not be justified in thy sight.

For the enemy hath persecuted my soul: he hath humbled my life in the earth.

He hath set me in obscure places as the dead of the world: and my spirit is in anguish upon me, within me my heart is troubled.

I was mindful of old days, I have meditated in all thy works: in the deeds of thy hands did I meditate.

I have stretched forth my hands to thee: my soul as earth without water unto thee.

Hear me quickly O Lord: my spirit hath fainted.

Turn not away thy face from me: and I shall be like to them that descend into the lake.

Make me hear thy mercy in the morning: for I have hoped in thee.

Make the way known to me, wherein I may walk: because I have lifted up my soul to thee.

SATURDAY Psalmus [142]:

Eripe me de inimicis meis, Domine, ad te confugi: doce me
facere voluntatem tuam, quia Deus meus es tu.

Spiritus tuus bonus deducet me in terram rectam: propter
nomen tuum Domine vivificabis me in aequitate tua.

Educes de tribulatione animam meam: et in misericordia
tua disperdes inimicos meos.

Et perdes omnes, qui tribulant animam meam: quoniam
ego servus tuus sum.

Gloria Patri, et Filio, et Spiritui Sancto.

Sicut erat in principio, et nunc, et semper: et in saecula
saeculorum. Amen

Ant: Ne reminiscaris Domine delicta nostra, vel parentem
nostrorum: neque vindictam sumas de peccatis nostris.

Psalm [142]:

Deliver me from mine enemies, O Lord, to thee I have
fled: teach me to do thy will, because thou art my God.

Thy good spirit shall conduct me into the right land: for
thy name's sake O Lord thou shalt quicken me in thine
equity.

Thou shalt bring my soul out of tribulation: and in thy
mercy thou shalt destroy mine enemies.

And thou shalt destroy all, that afflict my soul: because I
am thy servant.

Glory be to the Father, and to the Son, and to the Holy
Ghost.

Even as it was in the beginning, and now, and ever: and
world without end. Amen

Ant: Remember, not O Lord our or our parents' offences:
neither take vengeance of our sins.

Then make a humble confession of your sins, reciting the general formula made use of by the Church.

Confiteor Deo omnipotenti,
beatae Mariae semper Virgini,
beato Michaeli Archangelo, beato Joanni Baptistae,
sanctis apostolis Petro et Paulo, et omnibus sanctis,
quia peccavi nimis cogitatione, verbo, et opere:
mea culpa,
mea culpa,
mea maxima culpa.

Ideo precor beatam Mariam semper Virginem,
beatum Michaellem Archangelum, beatum Joannem
Baptistam, sanctos apostolos Petrum et Paulum, et
omnes sanctos, orare pro me ad Dominum Deum
nostrum.

Misereatur nostri omnipotens Deus, et dimissis
peccatis nostris, perducatur nos ad vitam aeternam.
Amen.

Indulgentiam, absolutionem, et remissionem
peccatorum nostrorum tribuat nobis omnipotens et
misericors Dominus. Amen.

I confess to almighty God,
to blessed Mary ever Virgin, to blessed Michael the
Archangel, to blessed John the Baptist, to the holy
apostles Peter and Paul, and to all the saints, that I
have sinned exceedingly in thought, word, and deed:
through my fault,
through my fault,
through my most grievous fault.

Wherefore I beseech blessed Mary ever Virgin,
blessed Michael the Archangel, blessed John the
Baptist, the holy apostles Peter and Paul, and all the
saints, to pray to the Lord our God for me.

May almighty God have mercy on us, and, our sins
being forgiven, bring us to life everlasting. Amen.

May the almighty and merciful Lord grant us pardon,
absolution, and remission of our sins. Amen.

MEDITATION



MEDITATION

This is the proper place for making your Meditation, as no doubt you practise this holy exercise. During Septuagesima, the subject of our Meditation ought mainly to be on the evils brought on man by Original sin; on the necessity of an untiring resistance against our corrupt nature, whose tendencies and inclinations would lead us to destruction; on the grievousness of Actual sin, how it robs us of countless blessings, and exposes us to punishments both here and hereafter; on the ineffable goodness of God, who comes himself to offer reconciliation to the sinner, and who, after the salutary mournfulness and the works of penance of the weeks of Septuagesima and Lent, will give all the joy, peace, and blessing of a new life in our Risen Jesus.

The next part of your morning prayer must be to ask of God, by the following prayers, grace to avoid every kind of sin during the day you are just beginning. Say, then, with the Church, whose prayers must always be preferred to all others:

V. Domine, exaudi orationem meam.

R. Et clamor meus ad te veniat.

Oremus

Domine, Deus omnipotens, qui ad principium hujus diei nos pervenire fecisti, tua nos hodie salva virtute, ut in hac die ad nullum declinemus peccatum, sed semper ad tuam justitiam faciendam nostra procedant eloquia, dirigantur cogitationes et opera. Per Dominum nostrum Jesum Christum Filium tuum, qui tecum vivit et regnat in unitate Spiritus sancti, Deus, per omnia saecula saeculorum. Amen.

V. O Lord, hear my prayer.

R. And let my cry come unto thee.

Let us Pray

Almighty Lord and God, who hast brought us to the beginning of this day, let thy powerful grace so conduct us through it, that we may not fall into any sin, but that all our thoughts, words, and actions may be regulated according to the rules of thy heavenly justice, and tend to the observance of thy holy law. Through Jesus Christ our Lord. Amen.

Then beg the divine assistance for the actions of the day, that you may do them well; and say thrice:

V. Deus, + in adjutorium meum intende.

R. Domine, ad adjuvandum me festina.

V. Deus, + in adjutorium meum intende.

R. Domine, ad adjuvandum me festina.

V. Deus, + in adjutorium meum intende.

R. Domine, ad adjuvandum me festina.

Oremus

Dirigere et sanctificare, regere et gubernare dignare, Domine Deus, Rex coeli et terrae, hodie corda et corpora nostra, sensus, sermones et actus nostros in lege tua, et in operibus mandatorum tuorum, ut hic et in aeternum, te auxiliante, salvi et liberi esse mereamur, Salvator mundi. Qui vivis et regnas in saecula saeculorum.

R. Amen

V. Incline + unto my aid, O God.

R. Lord, make haste to help me.

V. Incline + unto my aid, O God.

R. O Lord, make haste to help me.

V. Incline + unto my aid, O God.

R. O Lord, make haste to help me.

Let us pray. Lord God, and King of heaven and earth, vouchsafe this day to rule and sanctify, to direct and govern our souls and bodies, our senses, words, and actions in conformity to thy law, and strict obedience to thy commands; that by the help of thy grace, O Saviour of the world, we may be fenced and freed from all evils. Who livest and reignest for ever and ever.

R. Amen