

# Three Little Hours of the Office for the BSP

## THE THIRD HOUR OF THE DAY: MID-MORNING PRAYER (TERCE)

(Psalms from the Complementary Psalmody - Reading and prayer as noted )  
*Series I (Midmorning)*

*Ant. 1* I cried out, and the Lord heard me.

### **Psalm 120** **Longing for peace**

To the Lord in the hour of my distress  
I call and he answers me.  
"O Lord, save my soul from lying lips,  
from the tongue of the deceitful."

What shall he pay you in return  
O treacherous tongue?  
The warrior's arrows sharpened  
and coals, red-hot blazing.

Alas, that I abide a stranger in Meshech,  
dwell among the tents of Kedar!

Long enough have I been dwelling  
with those who hate peace.  
I am for peace, but when I speak,  
they are for fighting.

Glory to the Father...

*Ant. 1* I cried out, and the Lord heard me.

*Ant. 2* May the Lord watch over you as you come and as you go.

### **Psalm 121** **Guardian of his people**

I lift up my eyes to the mountains:  
from where shall come my help?  
My help shall come from the Lord  
who made heaven and earth.

May he never allow you to stumble!  
Let him sleep not, your guard.  
No, he sleeps not nor slumbers,  
Israel's guard.

The Lord is your guard and your shade;  
at your right side he stands.  
By day the sun shall not smite you  
nor the moon in the night.

The Lord will guard you from evil,  
he will guard your soul.  
The Lord will guard your going or coming  
both now and for ever.

Glory to the Father...

*Ant. 2* May the Lord watch over you as you come and as you go.

*Ant. 3* I rejoiced in the good news they told me.

### **Psalm 122** **The holy city, Jerusalem**

I rejoiced when I heard them say:  
"Let us go to God's house."  
And now our feet are standing  
within your gates, O Jerusalem

Jerusalem is built as a city  
strongly compact.  
It is there that the tribes go up,  
the tribes of the Lord.

For Israel's law it is,  
there to praise the Lord's name.  
There were set the thrones of judgment  
of the house of David.

For the peace of Jerusalem pray:  
"Peace be to your homes!  
May peace reign in your walls,  
in your palaces, peace!"

For love of my brethren and friends  
I say: "Peace upon you!"  
For love of the house of the Lord  
I will ask for your good.

Glory to the Father...

*Ant. 3* I rejoiced in the good news they told me.

### **Reading - one of three readings on which St. Francis based his Rules of life for his three Orders**

*The Conditions of Discipleship*  
(Matt. 16:24,25)

Then Jesus said to his disciples, "Whoever wishes to come after me must deny himself, take up his cross, and follow me. For whoever wishes to save his life will lose it, but whoever loses his life for my sake will find it."

### **Prayer from Thursday Morning Prayer - Seventh Week of Easter**

Father, let your Spirit come upon us with power to fill us with his gifts. May he make our hearts pleasing to you, and ready to do your will.

We ask this through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God, forever and ever.

*Final Blessing*

May the Lord bless us, protect us from evil and bring us to everlasting life. Amen.

## THE FOURTH HOUR OF THE DAY: MIDDAY PRAYER (SEXT)

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(Psalms from the Complementary Psalmody - Reading and prayer as noted)  
*Series II (Midday)*

*Ant. 1* You dwell in the heavens; have mercy on us.

### ***Psalm 123***

#### ***The Lord is the hope of his people***

To you have I lifted up my eyes,  
you who dwell in the heavens:  
my eyes, like the eyes of slaves  
on the hand of their lords.

Like the eyes of a servant  
on the hand of her mistress,  
so our eyes are on the Lord our God  
till he show us his mercy.

Have mercy on us, Lord, have mercy.  
We are filled with contempt.  
Indeed all too full is our soul  
with the scorn of the rich,  
with the proud man's disdain.

Glory to the Father..

*Ant. 1* You dwell in the heavens; have mercy on us.

*Ant. 2* Our help is in the name of the Lord.

### ***Psalm 124***

#### ***Our help is in the name of the Lord***

"If the Lord had not been on our side,  
this is Israel's song,  
if the Lord had not been on our side  
when men rose against us,  
then would they have swallowed us alive  
when their anger was kindled.

Then would the waters have engulfed us,  
the torrent gone over us;  
over our head would have swept  
the raging waters."

Blessed be the Lord who did not give us  
a prey to their teeth!  
Our life, like a bird has escaped  
from the snare of the fowler.

Indeed the snare has been broken  
and we have escaped.  
Our help is in the name of the Lord,  
who made heaven and earth.

Glory to the Father..

*Ant. 2* Our help is in the name of the Lord.

*Ant. 3* The Lord surrounds his people with love, now and for ever.

### ***Psalm 125***

#### ***The Lord, the guardian of his people.***

Those who put their trust in the Lord  
are like Mount Zion, that cannot be shaken,  
that stands forever.

Jerusalem! The mountains surround her,  
so the Lord surrounds his people  
both now and forever.

For the scepter of the wicked shall not rest  
over the land of the just  
for fear that the hands of the just  
should turn to evil.

Do good, Lord, to those who are good,  
to the upright of heart;  
but the crooked and those who do evil,  
drive them away!

On Israel, peace!

Glory to the Father..

*Ant. 3* The Lord surrounds his people with love, now and for ever.

#### **Reading - one of three readings on which St. Francis based his Rules of life for his three Orders**

*The Mission of the Seventy-two  
(Luke 10:1-4)*

After this the Lord appointed seventy-two others whom he sent ahead of him in pairs to every town and place he intended to visit. He said to them, "The harvest is abundant but the laborers are few; so ask the master of the harvest to send out laborers for his harvest. Go on your way; behold, I am sending you like lambs among wolves. Carry no money bag, no sack, no sandals; and greet no one along the way."

#### **Prayer from Monday Morning Prayer- Third Week of Advent**

Lord, hear our voices raised in prayer. Let the light of the coming of your Son free us from the darkness of sin.

We ask this through our Lord Jesus Christ, your son, who lives and reigns with you and the Holy Spirit, one God, forever and ever.

#### ***Final Blessing***

May the Lord bless us, protect us from evil and bring us to everlasting life. Amen.

## THE FIFTH HOUR OF THE DAY: MIDAFTERNOON PRAYER (NONE)

(Psalms from the Complementary Psalmody - Reading and prayer as noted) *Series III (Midafternoon)*

*Ant. 1* The Lord has done great things for us; he is the source of all our joy.

### ***Psalm 126*** ***Joyful hope in God***

When the Lord delivered Zion from bondage,  
it seemed like a dream.

Then was our mouth filled with laughter,  
on our lips there were songs.

The heathens themselves said: "What marvels  
the Lord worked for them!"

What marvels the Lord worked for us!  
Indeed we were glad.

Deliver us, O Lord, from our bondage  
as streams in dry land.  
those who are sowing in tears  
will sing when they reap.

They go out, they go out, full of tears,  
carrying seed for the sowing:  
they come back, they come back, full of song,  
carrying their sheaves.

Glory to the Father...

*Ant. 1* The Lord has done great things for us; he is the source of all our joy.

*Ant. 2* May the Lord build our house and watch over our city.

### ***Psalm 127*** ***Apart from God our labors are worthless***

If the Lord does not build the house,  
in vain does the builder labor;  
if the Lord does not watch over the city,  
in vain does the watchman keep vigil.

In vain is your earlier rising,  
your going later to rest,  
you who toil for the bread you eat:  
when he pours gifts on his beloved while  
they slumber.

Truly sons are a gift from the Lord,  
a blessing, the fruit of the womb.  
Indeed the sons of youth  
are like arrows in the hand of a warrior.

O the happiness of the man  
who has filled his quiver with these arrows!  
He will have no cause for shame  
when he disputes with his foes  
in the gateways.

Glory to the Father...

*Ant. 2* May the Lord build our house and watch over our city.

*Ant. 3* Blessed are those who fear the Lord

### ***Psalm 128*** ***Happiness of family life rooted in God***

O blessed are those who fear the Lord  
and walk in his ways!

By the labor of your hands you shall eat.  
You will be happy and prosper  
your wife like a fruitful vine  
in the heart of your house;  
your children like shoots of the olive,  
around your table.

Indeed thus shall be blessed  
the man who fears the Lord.  
May the Lord bless you from Zion  
all the days of your life!  
May you see your children's children  
in a happy Jerusalem!

On Israel, peace!

Glory to the Father...

*Ant. 3* Blessed are those who fear the Lord

### **Reading - one of three readings on which St. Francis based his Rules of life for his three Orders**

*The Rich Official (Luke 19: 18-25)*

An official asked him this question, "Good teacher, what must I do to inherit eternal life. Jesus answered him, "Why do you call me good? No one is good but God alone. You know the commandments, 'You shall not commit adultery; you shall not kill; you shall not steal; you shall not bear false witness; honor your father and your mother.'"

And he replied, "All of these I have observed from my youth.": When Jesus heard this he said to him, "There is still one thing left for you if you wish to be perfect: go, sell all that you have and distribute it to the poor, and you will have treasure in heaven. Then come, follow me." But when he heard this he became quite sad, for he was very rich.

Jesus looked at him and said, "How hard it is for those who have wealth to enter the kingdom of God! For it is easier for a camel to pass through the eye of a needle than for a rich person to enter the kingdom of God."

**Prayer from Friday Evening Prayer - Fifth Week of Lent**  
Lord, grant us your forgiveness, and set us free from our enslavement to sin.

We ask this through our Lord Jesus Christ, your son, who lives and reigns with you and the Holy Spirit, one God, forever and ever.

May the Lord bless us, protect us from evil and bring us to everlasting life. Amen.