

Psalms, readings and collect

Date: 7th February - week IV

Friday

Venite antiphon:

God made all that passes through the seas; O come, let us adore Him.

Office hymns:

Mattins:

Eternal Glory of the sky,
Blest hope of frail humanity,
The Father's sole-begotten One,
Yet born a spotless Virgin's Son!

Within our senses ever dwell,
And worldly darkness thence expel;
Long as the days of life endure,
Preserve our souls devout and pure.

Uplift us with Thine arm of might,
And let our hearts rise pure and bright,
And, ardent in God's praises, pay
The thanks we owe his every day.

The Faith that first must be possest,
Root deep within our inmost breast;
And joyous hope in second place,
Then charity, Thy greatest grace.

The Daystar's rays are glittering clear,
And tell that day itself is bear:
The shadows of the night depart;
Thou, holy Light, illumine the heart!

All laud to God the Father be,
All praise, eternal Son to Thee;
All glory as is ever meet,
To God the Holy Paraclete.

Evensong:

Maker of men, from Heav'n Thy Throne,
Who ord'rest all things, God alone;
By Whose decree the teeming earth
To reptile and to beast gave birth:

In Heav'n, Thine endless joys bestow,
But grant Thy gifts of grace below:
From chains of strife our souls release;
Bind fast the gentle bands of peace.

Te might forms that fill the land,
Instinct with life at Thy command,
Thou gav'st subdued to humankind
For service in their rank assigned.

O Father, that we ask be done
Through Jesus Christ, Thine only Son;
Who, with the Holy Ghost and Thee,
Shall live and reign eternally.

From all Thy servants chase away
Whate'er of thought impure today
Hath mingled with the heart's intent,
Or with the actions hath been blent.

Psalm:

(55) HEAR my prayer, O God : and hide not thyself from my petition.

2 Take heed unto me, and hear me : how I mourn in my prayer, and am vexed.

3 The enemy crieth so, and the ungodly cometh on so fast : for they are minded to do me some mischief; so maliciously are they set against me.

4 My heart is disquieted within me : and the fear of death is fallen upon me.
5 Fearfulness and trembling are come upon me : and an horrible dread hath overwhelmed me.
6 And I said, O that I had wings like a dove : for then would I flee away, and be at rest.
7 Lo, then would I get me away far off : and remain in the wilderness.
8 I would make haste to escape : because of the stormy wind and tempest.
9 Destroy their tongues, O Lord, and divide them : for I have spied unrighteousness and strife in the city.
10 Day and night they go about within the walls thereof : mischief also and sorrow are in the midst of it.
11 Wickedness is therein : deceit and guile go not out of their streets.
12 For it is not an open enemy, that hath done me this dishonour : for then I could have borne it.
13 Neither was it mine adversary, that did magnify himself against me : for then peradventure I would have hid myself from him.
14 But it was even thou, my companion : my guide, and mine own familiar friend.
15 We took sweet counsel together : and walked in the house of God as friends.
16 Let death come hastily upon them, and let them go down quick into hell : for wickedness is in their dwellings, and among them.
17 As for me, I will call upon God : and the Lord shall save me.
18 In the evening, and morning, and at noon-day will I pray, and that instantly : and he shall hear my voice.
19 It is he that hath delivered my soul in peace from the battle that was against me : for there were many with me.
20 Yea, even God, that endureth for ever, shall hear me, and bring them down : for they will not turn, nor fear God.
21 He laid his hands upon such as be at peace with him : and he brake his covenant.
22 The words of his mouth were softer than butter, having war in his heart : his words were smoother than oil, and yet be they very swords.
23 O cast thy burden upon the Lord, and he shall nourish thee : and shall not suffer the righteous to fall for ever.
24 And as for them : thou, O God, shalt bring them into the pit of destruction.
25 The blood-thirsty and deceitful men shall not live out half their days : nevertheless, my trust shall be in thee, O Lord.
Glory be to the Father and to the Son: and to the Holy Ghost.
As it was in the beginning, is now and ever shall be: world without end. Amen.

Reading:

A Reading from the Gospel according to Saint Mark.

King Herod heard of it; for Jesus' name had become known. Some said, "John the baptizer has been raised from the dead; that is why these powers are at work in him." But others said, "It is Eli'jah." And others said, "It is a prophet, like one of the prophets of old." But when Herod heard of it he said, "John, whom I beheaded, has been raised." For Herod had sent and seized John, and bound him in prison for the sake of Hero'di-as, his brother Philip's wife; because he had married her. For John said to Herod, "It is not lawful for you to have your brother's wife." And Hero'di-as had a grudge against him, and wanted to kill him. But she could not, for Herod feared John, knowing that he was a righteous and holy man, and kept him safe. When he heard him, he was much perplexed; and yet he heard him gladly. But an

opportunity came when Herod on his birthday gave a banquet for his courtiers and officers and the leading men of Galilee. For when Hero'di-as' daughter came in and danced, she pleased Herod and his guests; and the king said to the girl, "Ask me for whatever you wish, and I will grant it." And he vowed to her, "Whatever you ask me, I will give you, even half of my kingdom." And she went out, and said to her mother, "What shall I ask?" And she said, "The head of John the baptizer." And she came in immediately with haste to the king, and asked, saying, "I want you to give me at once the head of John the Baptist on a platter." And the king was exceedingly sorry; but because of his oaths and his guests he did not want to break his word to her. And immediately the king sent a soldier of the guard and gave orders to bring his head. He went and beheaded him in the prison, and brought his head on a platter, and gave it to the girl; and the girl gave it to her mother. When his disciples heard of it, they came and took his body, and laid it in a tomb.

Responsories:

Mattins:

I called unto the Most High; for He hath been my help.
I called unto the Most High; for He hath been my help.
May He send from Heaven and save me.
I called unto the Most High; for He hath been my help.
Glory be to the Father and to the Son and to the Holy Ghost.
I called unto the Most High; for He hath been my help.

Evensong:

We give thanks unto Thee, O God; and call upon Thy Name.
We give thanks unto Thee, O God; and call upon Thy Name.
We recount Thy wonderful deeds.
We give thanks unto Thee, O God; and call upon Thy Name.
Glory be to the Father and to the Son and to the Holy Ghost.
We give thanks unto Thee, O God; and call upon Thy Name.

Benedictus antiphon:

The Lord hath set us free from our enemies and from the hands of all that hate Him.

Magnificat antiphon:

He hath put down the mighty that persecute the holy; and hath exalted the humble that confess Your Christ.

Collect of the day:

O Lord, we beseech Thee favourably to hear the prayers of Thy people; that we, who are justly punished for our offences, may be mercifully delivered by Thy goodness, for the glory of Thy Name; through Jesus Christ Thy Son our Lord; Who liveth and reigneth with Thee in the unity of the Holy Ghost, God, throughout all ages world without end. Amen.