

ADAPTED EVENING PRAYER for Monday, December 14, 2020

Monday of the 3rd Week of Advent

St. John of the Cross

Preparation

- Consider and set your “prayer space”
 - If you are praying alone, consider finding a quiet, prayerful space. If you are praying with your family or other members of a household, consider gathering around a coffee table or dining table.
 - Add optional items that may enhance your prayer if you desire: a small table with a purple cloth, a lit candle, a cross, holy images or statues.
 - You may want to have a journal available to write down reflections or words as you pray.
 - Lighting affects our mood. Consider dimming the lights or using a lamp instead of bright overheads.
- If you are praying in a group, you may want to assign parts to read along with the livestream. This is a great way to keep children engaged. You may want to consider splitting your “group” in half and alternating reading aloud each paragraph.
- Silence cell phones or tend to things that have the potential to disrupt your prayer time.

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Gathering We take a few moments to quiet our hearts.

Introduction

[All make the Sign of the Cross as the leader begins.]

Leader: God, + come to our assistance.

All: *Lord, make haste to help us.*

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

**All: *As it was in the beginning, is now, and will be forever.
Amen. Alleluia.***

Hymn

O COME, O COME, EMMANUEL

VENI, VENI, EMMANUEL

1. O come, O come, Emmanuel,
And ransom captive Israel,
That mourns in lonely exile here
Until the Son of God appear.

Refrain

Rejoice! Rejoice! Emmanuel
Shall come to thee, O Israel!

2. O come, Thou Wisdom from on high,
Who ord'rest all things mightily;
To us the path of knowledge show,
And teach us in her ways to go.
3. O come, O come, Thou Lord of might,
Who to thy tribes on Sinai's height
In ancient times didst give the law,
In cloud and majesty and awe.
4. O come, Thou Rod of Jesse's stem,
From ev'ry foe deliver them
That trust thy mighty pow'r to save,
And give them vict'ry o'er the grave.
5. O come, Thou Key of David, come,
And open wide our heav'nly home;
Make safe the way that leads on high,
And close the path to misery.
6. O come, Thou Dayspring from on high
And cheer us by thy drawing nigh;
Disperse the gloomy clouds of night,
And death's dark shadow put to flight.
7. O come, Desire of nations, bind
In one the hearts of all humankind;
Bid thou our sad divisions cease,
And be thyself our Prince of Peace.

Text: LM with refrain; Latin, 9th cent.; tr. by John M. Neale, 1818–1866, alt.
Music: Chant, Mode I; adapt. by Thomas Helmore, 1811–1890.

Psalm Psalm 123: The Lord guards his people

Leader: *Our eyes are fixed intently on the Lord; waiting for his merciful help.*

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 and to the Son,
 and to the Holy Spirit:

***ALL: as it was in the beginning, is now,
 and will be forever. Amen.***

ALL: Our eyes are fixed intently on the Lord; waiting for his merciful help.

Silence We sit in sacred silence for a few moments to allow our hearts to listen to the voice of the Spirit.

Psalm-prayer

Leader: Lord Jesus Christ, you will wait on the servants who have kept faithful watch for you. Teach us to keep our eyes fixed on every trace of the work of your hands, so that we may watch for your coming and enter your home, our lamps radiant with light. We ask this through Christ, our Lord.

ALL: Amen.

Psalm Psalm 124

Leader: *Our help is in the name of the Lord, who made heaven and earth.*

'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 up 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 and to the Son,
and to the Holy Spirit:

***ALL: as it was in the beginning, is now,
and will be forever. Amen.***

ALL: Our help is in the name of the Lord, who made heaven and earth.

Silence

Psalm-prayer

Leader: Lord Jesus, you foretold that your disciples would be despised on account of your name, but that not a hair of their heads is ever forgotten. In times of persecution, defend and revive us by the power and comfort of the Holy Spirit, so that we can be freed from our enemies and praise your saving help. We ask this through Christ, our Lord.

ALL: Amen.

Canticle Ephesians 1: God our Savior

Leader: *God chose us in his son to be his adopted children.*

Praised be the God and Father
of our Lord Jesus Christ,
who has bestowed on us in Christ
every spiritual blessing in the heavens.

God chose us in him
before the world began
to be holy
and blameless in his sight.

He predestined us
to be his adopted sons through Jesus Christ,
such was his will and pleasure,
that all might praise the glorious favor
he has bestowed on us in his beloved.

In him and through his blood, we have been redeemed,
and our sins forgiven,
so immeasurably generous
is God's favor to us.

God has given us the wisdom
to understand fully the mystery,
the plan he was pleased
to decree in Christ.

A plan to be carried out
in Christ, in the fullness of time,
to bring all things into one in him,
in the heavens and on earth.

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

***ALL: as it was in the beginning, is now,
and will be forever. Amen.***

ALL: God chose us in his son to be his adopted children.

Reading Philippians 3:20-21

We are waiting for our saviour, the Lord Jesus Christ, who will transfigure these wretched bodies of ours into copies of his glorious body. He will do that by the same power with which he can subdue the whole universe.

Reflection

Short Responsory

Leader: Come to us and save us, Lord God almighty.

ALL: Come to us and save us, Lord God almighty.

Leader: Let your face smile on us and we shall be safe.

ALL: Come to us and save us, Lord God almighty.

Leader: Glory to the Father and to the Son and to the Holy Spirit.

ALL: Come to us and save us, Lord God almighty.

Canticle Magnificat: My soul rejoices in the Lord

Leader: *All generations will call me blessed, for God has looked upon his lowly handmaid.*

My soul proclaims the greatness of the Lord
And my spirit exults in God my Savior
For He has looked with mercy on my lowliness
And my name will be forever exalted

For the mighty God has done great things for me
And His mercy will reach from age to age

And holy, holy, holy is His name.

He has mercy in every generation
He has revealed his power and His glory
He has cast down the mighty in their arrogance
And has lifted up the meek and the lowly
He has come to help His servant Israel
He remembers His promise to our fathers

ALL: All generations will call me blessed, for God has looked upon his lowly handmaid.

Prayers and intercessions

Leader: We cry to the Lord, who will come to bring us salvation:

ALL: Come, Lord, and save us!

Leader: Lord Jesus Christ, our God, Savior of all,
come swiftly and save us.

ALL: Come, Lord, and save us!

Leader: Lord, by your coming into this world,
free us from the sin of the world.

ALL: Come, Lord, and save us!

Leader: You came from the Father,
show us the path that leads to him.

ALL: Come, Lord, and save us!

Leader: You were conceived by the Holy Spirit,
by your word renew the same Spirit in our hearts.

ALL: Come, Lord, and save us!

Leader: You became incarnate from the Virgin Mary,
free our bodies from corruption.

ALL: Come, Lord, and save us!

Leader: Lord, be mindful of all men,
who from the beginning of time have placed their trust in you.

ALL: Come, Lord, and save us!

Leader: For what else shall we pray? (Type your intentions in the comments section.)

And for these, we pray,

ALL: Come, Lord, and save us!

The Lord's Prayer

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 those who trespass against us,
and lead us not into temptation,
but deliver us from evil.

Prayer

Leader: Lord God, you gave Saint John of the Cross
the grace of complete self-denial
and an ardent love for the cross of Christ.
Grant that by following always in his footsteps
we may come to the eternal vision of your glory.
Through our Lord Jesus Christ, your Son,
who lives and reigns with you in the unity of the Holy Spirit,
one God, for ever and ever.

ALL: Amen.

Dismissal

Leader: May the Lord bless us, and keep us from all evil, and bring us to everlasting life.

ALL: Amen.

Leader: Let us go forth wishing each other peace.