



## QUIET DAY: OFFICE OF READINGS

### PREPARATION

O Lord open our lips.

**And our mouth shall proclaim your praise.**

Glory to God, Source of all being, Eternal Word and Holy Spirit:  
**as it was in the beginning is now and shall be for ever. Amen.**

### INVITATORY PSALM 95

Come, let us sing to the Lord;  
let us shout for joy to the rock of our salvation.  
Let us come before God's presence with thanksgiving  
and raise a loud shout to him with psalms.  
**Come, let us sing to the Lord.**

For the Lord is a great God, and a great King above all gods.  
In his hand are the caverns of the earth, and the  
heights of the hills are his also.  
The sea is his, for he made it, and his hands have moulded the dry land.  
**Come, let us sing to God, the creator of all.**

Come, let us bow down, and bend the knee, and kneel  
before the Lord our Maker.  
For he is our God, and we are the people of his pasture and the sheep of his hand.  
**Come, let us worship and bow down.**

O, that today you would hearken to his voice!  
Harden not your hearts, as your forebears did in the wilderness,  
at Meribah, and on that day at Massah, when they tempted me.  
They put me to the test, though they had seen my works.  
**Come, let us listen to his voice.**

Forty years long I detested that generation and said, 'This people  
are wayward in their hearts; they do not know my ways.'  
So I swore in my wrath, 'They shall not enter into my rest.'  
**Come, let us kneel before our God.**

Glory to God, Source of all being, Eternal Word and Holy Spirit:  
**as it was in the beginning is now and shall be for ever. Amen.**

HMYN: *See online recording*

PSALM 22

Antiphon: Be not far from me, for trouble is near at hand [*to be said at the beginning and end of the psalm*]

PSALM 69

Antiphon: Give your strength to your servant, O Lord.

READING: Exodus 10

RESPONSORY

V. Beloved, let us love one another, for love is of God

R. **Beloved, let us love one another, for love is of God**

V. In this is love, not that we love God, but that God loves us.

R. **For Love is of God.**

V. Glory to God, Source of all being, Eternal Word and Holy Spirit

R. **Beloved, let us love one another, for love is of God.**

PSALM 3

Antiphon: You, Lord, are a shield about me.

PSALM 43

Antiphon: I will go to the altar of God, to God who is my joy and my gladness.

READING FROM *THE PHILOKALIA*

“Evil is not an actual substance, but the absence of Good; just as darkness is nothing but the absence of light” – Evagrius of Pontus

COLLECT

Most merciful God, who by the death and resurrection of your Son Jesus Christ delivered and saved the world: grant that by faith in him who suffered on the cross we may triumph in the power of his victory; through Jesus Christ your Son our Lord, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever.

BLESSING

May God bless us, and preserve us from all evil, and keep us in eternal life. **Amen.**

CONCLUSION

V. Let us praise the Lord

R. **Thanks be to God**

V. May the divine help remain with us always

R. And with our absent brothers and sisters. **Amen.**