

# The Saint Bede's Breviary: Companions of St. Luke Edition

## Matins for Saturday after the First Sunday in Lent

(Spring Ember Saturday)

Commemoration of First Sunday in Lent and [George Herbert, Priest and Poet, 1633](#)

### The Invitatory and Psalter

V: Lord, open our lips.

R: And our mouth shall proclaim your praise.

Glory to the Father, and to the Son, and to the Holy Spirit: \*  
as it was in the beginning, is now, and will be for ever. Amen.

**Psalm 51** *Miserere mei, Deus*

*The Lord is full of compassion and mercy: Come let us adore him.*

<sup>1</sup> Have mercy on me, O God, according to your loving-kindness; \*  
in your great compassion blot out my offenses.

<sup>2</sup> Wash me through and through from my wickedness \*  
and cleanse me from my sin.

<sup>3</sup> For I know my transgressions, \*  
and my sin is ever before me.

<sup>4</sup> Against you only have I sinned \*  
and done what is evil in your sight.

*The Lord is full of compassion and mercy: Come let us adore him.*

<sup>5</sup> And so you are justified when you speak \*  
and upright in your judgment.

<sup>6</sup> Indeed, I have been wicked from my birth, \*  
a sinner from my mother's womb.

<sup>7</sup> For behold, you look for truth deep within me, \*  
and will make me understand wisdom secretly.

*The Lord is full of compassion and mercy: Come let us adore him.*

<sup>8</sup> Purge me from my sin, and I shall be pure; \*  
wash me, and I shall be clean indeed.

<sup>9</sup> Make me hear of joy and gladness, \*  
that the body you have broken may rejoice.

<sup>10</sup> Hide your face from my sins \*  
and blot out all my iniquities.

*The Lord is full of compassion and mercy: Come let us adore him.*

<sup>11</sup> Create in me a clean heart, O God, \*  
and renew a right spirit within me.

<sup>12</sup> Cast me not away from your presence \*  
and take not your holy Spirit from me.

<sup>13</sup> Give me the joy of your saving help again \*  
and sustain me with your bountiful Spirit.

*The Lord is full of compassion and mercy: Come let us adore him.*

<sup>14</sup> I shall teach your ways to the wicked, \*  
and sinners shall return to you.

<sup>15</sup> Deliver me from death, O God, \*  
and my tongue shall sing of your righteousness, O God of my salvation.

<sup>16</sup> Open my lips, O Lord, \*  
and my mouth shall proclaim your praise.

<sup>17</sup> Had you desired it, I would have offered sacrifice, \*  
but you take no delight in burnt-offerings.

<sup>18</sup> The sacrifice of God is a troubled spirit; \*  
a broken and contrite heart, O God, you will not despise.

Glory to the Father, and to the Son, and to the Holy Spirit: \*  
as it was in the beginning, is now, and will be for ever. Amen.

*The Lord is full of compassion and mercy: Come let us adore him.*

# The Psalm or Psalms Appointed

## Psalm 62 *Nonne Deo?*

*Put your trust in God always, O people, pour out your hearts before God, for God is our refuge.*

<sup>1</sup> For God alone my soul in silence waits; \*  
from him comes my salvation.

<sup>2</sup> He alone is my rock and my salvation, \*  
my stronghold, so that I shall not be greatly shaken.

<sup>3</sup> How long will you assail me to crush me, all of you together, \*  
as if you were a leaning fence, a toppling wall?

<sup>4</sup> They seek only to bring me down from my place of honor; \*  
lies are their chief delight.

<sup>5</sup> They bless with their lips, \*  
but in their hearts they curse.

<sup>6</sup> For God alone my soul in silence waits; \*  
truly, my hope is in him.

<sup>7</sup> He alone is my rock and my salvation, \*  
my stronghold, so that I shall not be shaken.

<sup>8</sup> In God is my safety and my honor; \*  
God is my strong rock and my refuge.

<sup>9</sup> Put your trust in him always, O people, \*  
pour out your hearts before him, for God is our refuge.

<sup>10</sup> Those of high degree are but a fleeting breath, \*  
even those of low estate cannot be trusted.

<sup>11</sup> On the scales they are lighter than a breath, \*  
all of them together.

<sup>12</sup> Put no trust in extortion; in robbery take no empty pride; \*  
though wealth increase, set not your heart upon it.

<sup>13</sup> God has spoken once, twice have I heard it, \*  
that power belongs to God.

<sup>14</sup> Steadfast love is yours, O Lord, \*  
for you repay everyone according to his deeds.

Glory to the Father, and to the Son, and to the Holy Spirit: \*  
as it was in the beginning, is now, and will be for ever. Amen.

*Put your trust in God always, O people, pour out your hearts before God, for God is our refuge.*

**Psalm 92** *Bonum est confiteri*

*The wicked flourish only to be destroyed for ever; but you, O LORD, are exalted for evermore.*

<sup>1</sup> It is a good thing to give thanks to the LORD, \*  
and to sing praises to your Name, O Most High;

<sup>2</sup> To tell of your loving-kindness early in the morning \*  
and of your faithfulness in the night season;

<sup>3</sup> On the psaltery, and on the lyre, \*  
and to the melody of the harp.

<sup>4</sup> For you have made me glad by your acts, O LORD; \*  
and I shout for joy because of the works of your hands.

<sup>5</sup> LORD, how great are your works! \*  
your thoughts are very deep.

<sup>6</sup> The dullard does not know, nor does the fool understand, \*  
that though the wicked grow like weeds, and all the workers of iniquity flourish,

<sup>7</sup> They flourish only to be destroyed for ever; \*  
but you, O LORD, are exalted for evermore.

<sup>8</sup> For lo, your enemies, O LORD, lo, your enemies shall perish, \*  
and all the workers of iniquity shall be scattered.

<sup>9</sup> But my horn you have exalted like the horns of wild bulls; \*  
I am anointed with fresh oil.

<sup>10</sup> My eyes also gloat over my enemies, \*  
and my ears rejoice to hear the doom of the wicked who rise up against me.

<sup>11</sup> The righteous shall flourish like a palm tree, \*  
and shall spread abroad like a cedar of Lebanon.

<sup>12</sup> Those who are planted in the house of the LORD \*  
shall flourish in the courts of our God;

<sup>13</sup> They shall still bear fruit in old age; \*  
they shall be green and succulent;

<sup>14</sup> That they may show how upright the LORD is, \*  
my Rock, in whom there is no fault.

Glory to the Father, and to the Son, and to the Holy Spirit: \*  
as it was in the beginning, is now, and will be for ever. Amen.

*The wicked flourish only to be destroyed for ever; but you, O LORD, are exalted for evermore.*

### **Psalm 150** *Laudate Dominum*

*Praise the Lord in the firmament of his power.*

<sup>1</sup> Hallelujah! Praise God in his holy temple; \*  
praise him in the firmament of his power.

<sup>2</sup> Praise him for his mighty acts; \*  
praise him for his excellent greatness.

<sup>3</sup> Praise him with the blast of the ram's-horn; \*  
Praise him with lyre and harp.

<sup>4</sup> Praise him with timbrel and dance; \*  
praise him with strings and pipe.

<sup>5</sup> Praise him with resounding cymbals; \*  
praise him with loud-clanging cymbals.

<sup>6</sup> Let everything that has breath \*  
praise the Lord. Hallelujah!

Glory to the Father, and to the Son, and to the Holy Spirit: \*  
as it was in the beginning, is now, and will be for ever. Amen.

*Praise the Lord in the firmament of his power.*

## **The Lessons**

A reading from Deuteronomy 11:18-28 (NRSV)

You shall put these words of mine in your heart and soul, and you shall bind them as a sign on your hand, and fix them as an emblem on your forehead. Teach them to your children, talking about them when you are at home and when you are away, when you lie down and when you rise. Write them on the doorposts of your house and on your gates, so that your days and the days of your children may be multiplied in the land that the LORD swore to your ancestors to give them, as long as the heavens are above the earth. If you will diligently observe this entire commandment that I am commanding you, loving the LORD your God, walking in all his ways, and holding fast to him, then the LORD will drive out all these nations before you, and you will dispossess nations larger and mightier than yourselves. Every place on which you set foot shall be yours; your territory shall extend from the wilderness to the Lebanon and from the River, the river Euphrates, to the Western Sea. No one will be able to

stand against you; the LORD your God will put the fear and dread of you on all the land on which you set foot, as he promised you. See, I am setting before you today a blessing and a curse: the blessing, if you obey the commandments of the LORD your God that I am commanding you today; and the curse, if you do not obey the commandments of the LORD your God, but turn from the way that I am commanding you today, to follow other gods that you have not known.

Here ends the Reading.

**Lament by Jerusalem** *O vos omnes* (Lamentations 1:12,16; 3:19,22-24,26)

*Look and see if there is any sorrow like my sorrow.*

Is it nothing to you, all you who pass by? \*

Look and see if there is any sorrow like my sorrow,  
Which was brought upon me, \*  
inflicted by God's fierce anger.

For these things I weep; my eyes flow with tears, \*  
for a comforter is far from me, one to revive my courage.

Remember my affliction and my bitterness, \*  
wormwood and gall!

The steadfast love of God never ceases, \*  
God's mercies never end.

They are new every morning; \*  
great is your faithfulness.

"God is my portion," says my soul, \*  
"therefore will I hope in God."

It is good that we should wait quietly \*  
for the coming of God's salvation.

Glory to the Father, and to the Son, and to the Holy Spirit:  
as it was in the beginning, is now, and will be for ever. Amen.

*Look and see if there is any sorrow like my sorrow.*

A reading from Hebrews 5:1-10 (NRSV)

Every high priest chosen from among mortals is put in charge of things pertaining to God on their behalf, to offer gifts and sacrifices for sins. He is able to deal gently with the ignorant and wayward, since he himself is subject to weakness; and because of this he must offer sacrifice for his own sins as well as for those of the people. And one does not presume to take this honor, but takes it only when called by God, just as Aaron was. So also Christ did not glorify himself in becoming a high priest, but was appointed by the one who said to him, "You are my Son,

today I have begotten you"; as he says also in another place, "You are a priest forever, according to the order of Melchizedek." In the days of his flesh, Jesus offered up prayers and supplications, with loud cries and tears, to the one who was able to save him from death, and he was heard because of his reverent submission. Although he was a Son, he learned obedience through what he suffered; and having been made perfect, he became the source of eternal salvation for all who obey him, having been designated by God a high priest according to the order of Melchizedek.

Here ends the Reading.

*To those who fear you, you continue to show mercy.*

**The Song of Zechariah** *Benedictus Dominus Deus*

*Luke 1: 68-79*

Blessed be the Lord, the God of Israel; \*  
he has come to his people and set them free.  
He has raised up for us a mighty savior, \*  
born of the house of his servant David.  
Through his holy prophets he promised of old,  
that he would save us from our enemies, \*  
from the hands of all who hate us.  
He promised to show mercy to our fathers \*  
and to remember his holy covenant.  
This was the oath he swore to our father Abraham, \*  
to set us free from the hands of our enemies,  
Free to worship him without fear, \*  
holy and righteous in his sight  
Free to worship him without fear, \*  
holy and righteous in his sight  
for you will go before the Lord to prepare his way,  
To give his people knowledge of salvation \*  
by the forgiveness of their sins.  
In the tender compassion of our God \*  
the dawn from on high shall break upon us,  
To shine on those who dwell in darkness and the  
shadow of death, \*  
and to guide our feet into the way of peace.

Glory to the Father, and to the Son, and to the Holy Spirit: \*  
as it was in the beginning, is now, and will be for ever. Amen.

*To those who fear you, you continue to show mercy.*

# The Prayers

V: The Lord be with you.

R: *And also with you.*

Let us pray.

Our Father in heaven, hallowed be your Name, your kingdom come, your will be done, on earth as in heaven. Give us today our daily bread. Forgive us our sins as we forgive those who sin against us. Save us from the time of trial, and deliver us from evil. For the kingdom, the power, and the glory are yours, now and for ever. Amen.

## Suffrages B

V. Save your people, Lord, and bless your inheritance;

R. Govern and uphold them, now and always.

V. Day by day we bless you;

R. We praise your name for ever.

V. Lord, keep us from all sin today;

R. Have mercy on us, Lord, have mercy.

V. Lord, show us your love and mercy;

R. For we put our trust in you.

V. In you, Lord, is our hope;

R. And we shall never hope in vain.

## *Collect of the Day*

Almighty and everlasting God, by whose Spirit the whole body of your faithful people is governed and sanctified: Receive our supplications and prayers, which we offer before you for all members of your holy Church, that in their vocation and ministry they may truly and devoutly serve you; through our Lord and Savior Jesus Christ, who lives and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. Amen.

## *Commemoration of First Sunday in Lent*

Jesus was among the wild beasts, and the angels waited on him.

V. God shall give his angels charge over you.

**R. To keep you in all your ways.**

Almighty God, whose blessed Son was led by the Spirit to be tempted by Satan; Come quickly to help us who are assaulted by many temptations; and, as you know the weaknesses of each of us, let each one find you mighty to save; through Jesus Christ your Son our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. Amen.



*George Herbert, Priest and Poet, 1633*

Blessed be the Name of God forever and ever, for wisdom and might are his; I thank you, O God of my Fathers, who has given us wisdom and might, that you have revealed the deep and secret things

V. With my lips, I have been telling of all the judgements of your mouth.

**R. I have had more delight in the way of your testimonies than in all manner of riches.**

Almighty God, who called your servant George Herbert from the pursuit of worldly honors to be a poet and a pastor of souls: Give us grace, we pray, joyfully to dedicate all our powers to your service; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

*62. A Prayer attributed to St. Francis*

Lord, make us instruments of your peace. Where there is hatred, let us sow love; where there is injury, pardon; where there is discord, union; where there is doubt, faith; where there is despair, hope; where there is darkness, light; where there is sadness, joy. Grant that we may not so much seek to be consoled as to console; to be understood as to understand; to be loved as to love. For it is in giving that we receive; it is in pardoning that we are pardoned; and it is in dying that we are born to eternal life. *Amen.*

O God, you have made of one blood all the peoples of the earth, and sent your blessed Son to preach peace to those who are far off and to those who are near: Grant that people everywhere may seek after you and find you; bring the nations into your fold; pour out your Spirit upon all flesh; and hasten the coming of your kingdom; through Jesus Christ our Lord. Amen.

Let us bless the Lord.

*Thanks be to God.*

The grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit, be with us all evermore.

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

## **The Angelus**

The Angel of the Lord announced to Mary

*And she conceived by the Holy Spirit.*

Hail Mary, full of grace, the Lord is with you. Blessed are you among women, and blessed is the fruit of your womb, Jesus

*Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.*

Behold the handmaid of the Lord

*Be it unto me according to your word*

Hail Mary, full of grace, the Lord is with you. Blessed are you among women, and blessed is the fruit of your womb, Jesus

*Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.*

And the Word was made flesh.

*And dwelled among us.*

Hail Mary, full of grace, the Lord is with you. Blessed are you among women, and blessed is the fruit of your womb, Jesus

*Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.*

V: Pray for us, O holy Mother of God.

R: *That we may be made worthy of the promises of Christ.*

Let us pray:

Pour your grace into our hearts, O Lord, that we who have known the incarnation of your Son Jesus Christ, announced by an angel to the Virgin Mary, may by his cross and passion be brought to the glory of his resurrection; through Jesus Christ our Lord. *Amen.*