

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

Vespers for Wednesday after the First Sunday in Lent

(Spring Ember Wednesday)

Commemoration of First Sunday in Lent and [David of Wales, Bishop, c. 544](#)

Opening Sentence

Yours is the day, O God, yours also the night; you established the moon and the sun. You fixed all the boundaries of the earth; you made both summer and winter. *Psalm 74:15,16*

The Invitatory

V: O God, make speed to save us.

R: O Lord, make haste to help us.

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.

O Gracious Light *Phos hilaron*

O gracious Light,
pure brightness of the everliving Father in heaven,
O Jesus Christ, holy and blessed!

Now as we come to the setting of the sun,
and our eyes behold the vesper light,
we sing your praises, O God: Father, Son, and Holy Spirit.

You are worthy at all times to be praised by happy voices,
O Son of God, O Giver of life,
and to be glorified through all the worlds.

The Psalms Appointed

Psalm 38 *Domine, ne in furore*

My friends and companions draw back from my affliction.

¹ O LORD, do not rebuke me in your anger; *
do not punish me in your wrath.

² For your arrows have already pierced me, *
and your hand presses hard upon me.

³ There is no health in my flesh, because of your indignation; *
there is no soundness in my body, because of my sin.

⁴ For my iniquities overwhelm me; *
like a heavy burden they are too much for me to bear.

⁵ My wounds stink and fester *
by reason of my foolishness.

⁶ I am utterly bowed down and prostrate; *
I go about in mourning all the day long.

⁷ My loins are filled with searing pain; *
there is no health in my body.

⁸ I am utterly numb and crushed; *
I wail, because of the groaning of my heart.

⁹ O Lord, you know all my desires, *
and my sighing is not hidden from you.

¹⁰ My heart is pounding, my strength has failed me, *
and the brightness of my eyes is gone from me.

¹¹ My friends and companions draw back from my affliction; *
my neighbors stand afar off.

¹² Those who seek after my life lay snares for me; *
those who strive to hurt me speak of my ruin and plot treachery all the day long.

¹³ But I am like the deaf who do not hear, *
like those who are mute and who do not open their mouth.

14 I have become like one who does not hear *
and from whose mouth comes no defense.

15 For in you, O LORD, have I fixed my hope; *
you will answer me, O Lord my God.

16 For I said, "Do not let them rejoice at my expense, *
those who gloat over me when my foot slips."

17 Truly, I am on the verge of falling, *
and my pain is always with me.

18 I will confess my iniquity *
and be sorry for my sin.

19 Those who are my enemies without cause are mighty, *
and many in number are those who wrongfully hate me.

20 Those who repay evil for good slander me, *
because I follow the course that is right.

21 O LORD, do not forsake me; *
be not far from me, O my God.

22 Make haste to help me, *
O Lord of my 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.

My friends and companions draw back from my affliction.

Psalm 70 *Deus, in adiutorium*

I will confess my iniquity and be sorry for my sin.

1 Be pleased, O God, to deliver me; *
O LORD, make haste to help me.

2 Let those who seek my life be ashamed and altogether dismayed; *
let those who take pleasure in my misfortune draw back and be disgraced.

3 Let those who say to me "Aha!" and gloat over me turn back, *
because they are ashamed.

4 Let all who seek you rejoice and be glad in you; *
let those who love your salvation say for ever, "Great is the LORD!"

⁵ But as for me, I am poor and needy; *
come to me speedily, O God.

⁶ You are my helper and my deliverer; *
O LORD, do not tarry.

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.

I will confess my iniquity and be sorry for my sin.

Psalm 56 *Miserere mei, Deus*

I am poor and needy; come to me speedily, O God.

¹ Have mercy on me, O God, for my enemies are hounding me; *
all day long they assault and oppress me.

² They hound me all the day long; *
truly there are many who fight against me, O Most High.

³ Whenever I am afraid, *
I will put my trust in you.

⁴ In God, whose word I praise, in God I trust and will not be afraid, *
for what can flesh do to me?

⁵ All day long they damage my cause; *
their only thought is to do me evil.

⁶ They band together; they lie in wait; *
they spy upon my footsteps; because they seek my life.

⁷ Shall they escape despite their wickedness? *
O God, in your anger, cast down the peoples.

⁸ You have noted my lamentation; put my tears into your bottle; *
are they not recorded in your book?

⁹ Whenever I call upon you, my enemies will be put to flight; *
this I know, for God is on my side.

¹⁰ In God the LORD, whose word I praise, in God I trust and will not be afraid, *
for what can mortals do to me?

¹¹ I am bound by the vow I made to you, O God; *
I will present to you thank-offerings;

¹² For you have rescued my soul from death and my feet from stumbling, *
that I may walk before God in the light of the living.

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.

I am poor and needy; come to me speedily, O God.

The Lessons

A reading from 'John 2:23-3:15 (NRSV)'

When he was in Jerusalem during the Passover festival, many believed in his name because they saw the signs that he was doing. But Jesus on his part would not entrust himself to them, because he knew all people and needed no one to testify about anyone; for he himself knew what was in everyone. Now there was a Pharisee named Nicodemus, a leader of the Jews. He came to Jesus by night and said to him, "Rabbi, we know that you are a teacher who has come from God; for no one can do these signs that you do apart from the presence of God." Jesus answered him, "Very truly, I tell you, no one can see the kingdom of God without being born from above." Nicodemus said to him, "How can anyone be born after having grown old? Can one enter a second time into the mother's womb and be born?" Jesus answered, "Very truly, I tell you, no one can enter the kingdom of God without being born of water and Spirit. What is born of the flesh is flesh, and what is born of the Spirit is spirit. Do not be astonished that I said to you, 'You must be born from above.' The wind blows where it chooses, and you hear the sound of it, but you do not know where it comes from or where it goes. So it is with everyone who is born of the Spirit." Nicodemus said to him, "How can these things be?" Jesus answered him, "Are you a teacher of Israel, and yet you do not understand these things? "Very truly, I tell you, we speak of what we know and testify to what we have seen; yet you do not receive our testimony. If I have told you about earthly things and you do not believe, how can you believe if I tell you about heavenly things? No one has ascended into heaven except the one who descended from heaven, the Son of Man. And just as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up, that whoever believes in him may have eternal life.

Here ends the Reading.

The Song of Mary Magnificat Luke 1:46-55

Stand firm and unmovable, and work for God always, since you know that in God your labor cannot be lost.

My soul proclaims the greatness of the Lord, my spirit rejoices in God my Savior; *
for he has looked with favor on his lowly servant. From this day all generations will call me blessed: * the Almighty
has done great things for me,
and holy is his Name.

He has mercy on those who fear him *

in every generation.

He has shown the strength of his arm, *

he has scattered the proud in their conceit.

He has cast down the mighty from their thrones, *

and has lifted up the lowly.

He has filled the hungry with good things, *

and the rich he has sent away empty.

He has come to the help of his servant Israel, * for he has remembered his promise of mercy, The promise he made to our fathers, *

to Abraham and his children for ever.

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.

Stand firm and unmovable, and work for God always, since you know that in God your labor cannot be lost.

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 A

V. Show us your mercy, O Lord;

R. And grant us your salvation.

V. Clothe your ministers with righteousness;

R. Let your people sing with joy.

V. Give peace, O Lord, in all the world;

R. For only in you can we live in safety.

V. Lord, keep this nation under your care;

R. And guide us in the way of justice and truth.

V. Let your way be known upon earth;

R. Your saving health among all nations.

V. Let not the needy, O Lord, be forgotten;

R. Nor the hope of the poor be taken away.

V. Create in us clean hearts, O God;
R. And sustain us with your Holy Spirit.

Collect of the Day

Almighty God, the giver of all good gifts, in your divine providence you have appointed various orders in your Church: Give your grace, we humbly pray, to all who are [now] called to any office and ministry for your people; and so fill them with the truth of your doctrine and clothe them with holiness of life, that they may faithfully serve before you, to the glory of your great Name and for the benefit of your holy Church; through Jesus Christ our Lord, 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

The Lord, your God, shall you worship and him alone shall you serve.

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.

David of Wales, Bishop, c. 544

The Lord loved him * and adorned him: he clothed him with a robe of glory, and at the gates of paradise he crowned him.

V. The Lord guided the righteous in right paths.

R. And showed him the kingdom of God.

Almighty God, who called your servant David to be a faithful and wise steward of your mysteries for the people of Wales: Mercifully grant that, following his purity of life and zeal for the Gospel of Christ, we may, with him, praise you both here on earth and also in your everlasting kingdom; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

A Collect for Protection

O God, the life of all who live, the light of the faithful, the strength of those who labor, and the repose of the dead: We thank you for the blessings of the day that is past, and humbly ask for your protection through the coming night. Bring us in safety to the morning hours; through him who died and rose again for us, your Son our Savior Jesus Christ. Amen.

Prayer for Mission

Keep watch, dear Lord, with those who work, or watch, or weep this night, and give your angels charge over those who sleep. Tend the sick, Lord Christ; give rest to the weary, bless the dying, soothe the suffering, pity the afflicted, shield the joyous; and all for your love's sake. *Amen.*

Pause and add prayers for healing, and intercessory and thanksgiving prayers here.

A Prayer of St. Chrysostom

Almighty God, you have given us grace at this time with one accord to make our common supplication to you; and you have promised through your well-beloved Son that when two or three are gathered together in his Name you will be in the midst of them: Fulfill now, O Lord, our desires and petitions as may be best for us; granting us in this world knowledge of your truth, and in the age to come life everlasting. *Amen.*

Let us bless the Lord.

Thanks be to God.

Glory to God whose power, working in us, can do infinitely more than we can ask or imagine: Glory to him from generation to generation in the Church, and in Christ Jesus for ever and ever. *Amen. Ephesians 3:20*

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.*

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