

LENTEN WEEKDAYS

The Roman Missal provides antiphons for each weekday in the major seasons of Advent, Christmas, Lent, and Easter.

- The antiphon (introit) has been arranged as a hymn!
- Pick a tune from the box or another tune of the same meter
- Copy and paste the text below into your worship aid
- consider pasting original antiphon as well. Not to sing, but so people understand what's going on!
- All antiphons by Luke Massery © 2020, unless otherwise specified. Permission granted for all usage.

Thursday after Ash Wednesday

When to the Lord I cried in need,
He heard my voice, and paid me heed.
He rescued me from every foe.
He cares for us who dwell below.

Praise God the Father, God the Son,
And God the Spirit, Three in One;
To whom all honor, glory be
Both now and for eternity.

Suggested tunes, LM

Praise God from Whom All Blessings Flow
The Glory of these 40 Days
O Saving Victim Open Wide
Jesus the very thought is sweet (JESU DULCIS)

Friday after Ash Wednesday

The Lord has heard and helped me,
His mercy he bestows,
The Lord became my helper,
From him all mercy flows.

So praise we now the Father,
And praise we Christ the Son;
Who reign with God the Spirit,
The Blessed Three in One.

Suggested tunes, 7676

The Church's One Foundation
O Sacred Head Surrounded
O Lord, I Am Not Worthy (twice)
O Sacrament Most Holy

Saturday after Ash Wednesday

Lord, answer us, for you are kind;
your mercies in abundance shine,
Look down upon us as we pray,
And shower mercy on this day.

Praise God the Father, God the Son,
And God the Spirit, Three in One;
To whom all honor, glory be
Both now and for eternity.

Suggested tunes, LM

Praise God from Whom All Blessings Flow
The Glory of these 40 Days
O Saving Victim Open Wide
Jesus the very thought is sweet (JESU DULCIS)

Monday of the First Week of Lent

Like eyes of servants on their lords,
our eyes will rest upon the Lord,
until his mercy shall be shown.
Have mercy, Lord, your love make known.

Praise God the Father, God the Son,
And God the Spirit, Three in One;
To whom all honor, glory be
Both now and for eternity.

Tuesday of the First Week of Lent

O Lord you've been our refuge,
From age to age, our shield,
In every generation,
the sword of truth you wield.

So praise we now the Father,
And praise we Christ the Son;
Who reign with God the Spirit,
The Blessed Three in One.

Wednesday of the First Week of Lent

Remember your compassion, Lord,
Your loving-mercy from of old.
Let not our foes exult o'er us,
Redeem us, God, from all distress.

Praise God the Father, God the Son,
And God the Spirit, Three in One;
To whom all honor, glory be
Both now and for eternity.

Thursday of the First Week of Lent

Unto my words, Lord, give thine ear;
Give heed unto my sighs.
My God and King, hear thou my voice,
Attend now to my cry.

All praise to God the Father be,
and to his only Son,
Who with the Holy Spirit reign,
the Blessed Three in One.

Suggested tunes, LM

Praise God from Whom All Blessings Flow
The Glory of these 40 Days
O Saving Victim Open Wide
Jesus the very thought is sweet

Suggested tunes, 7676D

The Church's One Foundation
I Sing the Mighty Pow'r of God
O Sacred Head Surrounded
O Lord, I Am Not Worthy (twice)
O Sacrament Most Holy

Suggested tunes, LM

Praise God from Whom All Blessings Flow
The Glory of these 40 Days
O Saving Victim Open Wide
Jesus the very thought is sweet

Suggested Tunes, CM

Lord, Who Throughout These 40 Days
Jerusalem, My Happy Home
O God Our Help in Ages Past
The King of Love My Shepherd Is
Amazing Grace
We Walk by Faith
Where Charity and Love Prevail

Friday of the First Week of Lent

Lord, set me free from my distress
 And see my pain and lowliness,
 From my iniquities set free,
 And take my sins away from me.

Praise God the Father, God the Son,
 And God the Spirit, Three in One;
 To whom all honor, glory be
 Both now and for eternity.

Suggested tunes, LM

Praise God from Whom All Blessings Flow
 The Glory of these 40 Days
O Saving Victim Open Wide
 Jesus the very thought is sweet

Saturday of the First Week of Lent

How perfect is the law of God,
 revives the weary soul,
 His just decrees stand steadfastly,
 and make the wounded whole,
 and to the simple wisdom give,
 while unto Him they sing:
 Praise Father, Son, and Holy Ghost,
 Our Triune God is King.

Suggested tunes, 8686D

I Heard the Voice of Jesus Say
 Canticle of Zachary (Blest be the God of Israel)
 I Sing the Mighty Pow'r of God

Monday of the Second Week of Lent

Redeem me Lord, have mercy,
 On level ground I stand.
 Within the Lord's assembly,
 I will lift up my hands.
 So praise we now the Father,
 And praise we Christ the Son;
 Who reign with God the Spirit,
 The Blessed Three in One.

Suggested tunes, 7676D

The Church's One Foundation
 I Sing the Mighty Pow'r of God
O Sacred Head Surrounded
 O Lord, I Am Not Worthy
 O Sacrament Most Holy

Tuesday of the Second Week of Lent

Give light unto my eyes, O Lord,
 that death I may not see,
 Let not my enemies exult,
 nor claim the victory.

All praise to God the Father be,
 and to his only Son,
 Who with the Holy Spirit reign,
 the Blessed Three in One.

Suggested Tunes, CM

Lord, Who Throughout These 40 Days
 Jerusalem, My Happy Home
 O God Our Help in Ages Past
 The King of Love My Shepherd Is
 Amazing Grace
 We Walk by Faith
 Where Charity and Love Prevail

Wednesday of the Second Week Lent

Forsake me not, O Lord, my God,
be Thou not far from me!
Make haste, O Lord, come to my aid,
my strong salvation be.

All praise to God the Father be,
and to his only Son,
Who with the Holy Spirit reign,
the Blessed Three in One.

adapt. Greg Heislman © 2015

Suggested Tunes, CM

Lord, Who Throughout These 40 Days
Jerusalem, My Happy Home
O God Our Help in Ages Past
The King of Love My Shepherd Is
Amazing Grace
We Walk by Faith
Where Charity and Love Prevail

Thursday of the Second Week Lent

Test me, O God, and know my thoughts,
See that my path is wicked not,
Try me, and know my inmost heart.
From ancient paths let me not part.

Praise God the Father, God the Son,
And God the Spirit, Three in One;
To whom all honor, glory be
Both now and for eternity.

Suggested tunes, LM

Praise God from Whom All Blessings Flow
The Glory of these 40 Days
O Saving Victim Open Wide
Jesus the very thought is sweet

Friday of the Second Week of Lent

I put my trust, Lord, in your name,
O let me n'er be put to shame;
Release me from the hidden snare,
For you indeed my refuge are.

Praise God the Father, God the Son,
And God the Spirit, Three in One;
To whom all honor, glory be
Both now and for eternity.

Suggested tunes, LM

Praise God from Whom All Blessings Flow
The Glory of these 40 Days
O Saving Victim Open Wide
Jesus the very thought is sweet

Saturday of the Second Week of Lent

The Lord is kind and merciful,
His wrath against us ever slow.
How good and gracious is the Lord,
compassionate to all below.

Praise God the Father, God the Son,
And God the Spirit, Three in One;
To whom all honor, glory be
Both now and for eternity.

Suggested tunes, LM

Praise God from Whom All Blessings Flow
The Glory of these 40 Days
O Saving Victim Open Wide
Jesus the very thought is sweet

Monday of the Third Week in Lent

My soul is longing for the Lord,
and yearning for his court;
And for my God, the living God,
my heart and flesh cry out.

All praise to God the Father be,
and to his only Son,
Who with the Holy Spirit reign,
the Blessed Three in One.

Suggested Tunes, CM

Lord, Who Throughout These 40 Days
Jerusalem, My Happy Home
O God Our Help in Ages Past
The King of Love My Shepherd Is
Amazing Grace
We Walk by Faith
Where Charity and Love Prevail

Tuesday of the Third Week in Lent

To you I call for help, O God,
for you will surely heed;
You turn your ear to me and hear
my words in time of need.
O Lord, in mercy, guard me as
the apple of your eye;
And in the shadow of your wings
in safety make me lie.

O hear my cause for justice, Lord,
attend to my appeal,
And let my vindication come,
your justice now reveal.
All praise to God the Father be,
All praise to God the Son,
All praise to God the Holy Ghost,
For ever Three in One.

Suggested tunes, 8686D

I Heard the Voice of Jesus Say
Canticle of Zachary (Blest be the God of Israel)
I Sing the Mighty Pow'r of God

Wednesday of the Third Week in Lent

O Let me steps by guided,
your promise guard my way;
May evil never rule me,
O Lord, beside me stay;
So praise we now the Father,
And praise we Christ the Son;
Who reign with God the Spirit,
The Blessed Three in One.

Suggested tunes, 7676D

The Church's One Foundation
I Sing the Mighty Pow'r of God
O Sacred Head Surrounded
O Lord, I Am Not Worthy
O Sacrament Most Holy

Thursday of the Third Week in Lent

I am truly the salvation
of all people, says the Lord.
From whatever tribulations
unto me their cry outpoured,
I will heed their supplication,
I will always be their Lord.

To my law, pay heed my people;
be attentive to my word.
Glory be to God the Father,
Glory be to God the Son;
Glory to the Holy Spirit,
Triune Godhead, ever one.

Antiphon adapt. Greg Heislman © 2013

Suggested Tunes, 878787

Let All Mortal Flesh Keep Silence
Tantum Ergo
Praise, My Soul, The King of Heaven
Of the Father's Love Begotten

Friday of the Third Week of Lent

Among the gods there is none
like you, our Lord alone,
for you are great and mighty,
your marv'lous deeds are known.
May you be ever worshipped,
And ceaselessly adored,
By those in song united,
One hope, one faith, one Lord.

Dox. Clayton Orr © 2020

Suggested tunes 7676D

The Church's One Foundation
O Sacred Head Surrounded
O Lord, I Am Not Worthy
O Sacrament Most Holy

Saturday of the Third Week of Lent

Bless, O my soul, the Lord thy God,
and not forgetful be
of all his gracious benefits
he hath bestowed on thee.
All thy iniquities he does
most graciously forgive;
Praise Father, Son, and Holy Ghost,
O bless him while you live.

Scottish Psalter

Suggested tunes, 8686D

I Heard the Voice of Jesus Say
I Sing the Mighty Pow'r of God
O God, Our Help, in Ages Past
Where Charity and Love Prevail

Monday of the Fourth Week of Lent

In the Lord my trust has been,
My affliction you have seen.
Let my soul be glad, rejoice,
God in mercy heard my voice.

Hymns of glory, songs of praise,
Father unto you we raise;
Son of God, we now adore,
With the Spirit ever more.

Tuesday of the Fourth Week of Lent

Come to the waters all who thirst,
Drink water that I give,
Come with no money, says the Lord,
Stoop down and drink and live.

All praise to God the Father be,
and to his only Son,
Who with the Holy Spirit reign,
the Blessed Three in One.

Wednesday of the Fourth Week of Lent

I pray to you, O Lord, that times
of favor may prevail.
In your great mercy answer me
with grace that shall not fail.

All praise to God the Father be,
and to his only Son,
Who with the Holy Spirit reign,
the Blessed Three in One.

Thursday of the Fourth Week of Lent

Let the hearts of those rejoice who
search unflinching for the Lord.
Seek the Lord, and be ye strengthened;
seek his face for evermore.

Glory be to God the Father,
Glory be to God the Son,
Glory be to God the Spirit,
Glory to the Three in One.

Antiphon adapted by Greg Heislman, © 2013.

Suggested tunes 7777

Forty Days and Forty Nights

Come, Ye Thankful People, Come
I Received the Living God
Savior of the Nations, Come

Suggested Tunes 8686D

I Heard the Voice of Jesus Say

Lord, Who Throughout These 40 Days
O God Our Help in Ages Past
Where Charity and Love Prevail

Suggested Tunes, CM

Lord, Who Throughout These 40 Days

Jerusalem, My Happy Home
O God Our Help in Ages Past
The King of Love My Shepherd Is
Amazing Grace
I Heard the Voice of Jesus Say

Suggested Tunes, 8787D

As A Fire is Meant For Burning

Come Thou Fount of Every Blessing
Sing of Mary, Pure and Lowly
Love Divine, All Loves Excelling
There's a Wideness in God's Mercy
Come, Thou Long Expected Jesus

Friday of the Fourth Week of Lent

Save me, O God, by your great name;
 Defend me by your pow'r.
 O God, give ear unto my words,
 And hear my prayer this hour.

All praise to God the Father be,
 and to his only Son,
 Who with the Holy Spirit reign,
 the Blessed Three in One.

Saturday of the Fourth Week of Lent

The waves of death about me rose;
 The pains of netherworld enclose;
 I called in anguish to the Lord,
 Who from his holy temple heard.

Praise God the Father, God the Son,
 And God the Spirit, Three in One;
 To whom all honor, glory be
 Both now and for eternity.

Monday of the Fifth Week of Lent

Have mercy on me now, O God,
 For enemies assail;
 They fight, oppress me all day long,
 Do not let them prevail.

All praise to God the Father be,
 and to his only Son,
 Who with the Holy Spirit reign,
 the Blessed Three in One.

Tuesday of the Fifth Week of Lent

Wait for the Lord; be stout of heart;
 Be strong, wait for the Lord!
 Praise Father, Son, and Holy Ghost,
 Blest Trinity adored.

Suggested Tunes, CM

Lord, Who Throughout These 40 Days
 Jerusalem, My Happy Home
 O God Our Help in Ages Past
 The King of Love My Shepherd Is
 Amazing Grace
 We Walk by Faith
 Where Charity and Love Prevail
 I Heard the Voice of Jesus Say
 I Sing the Mighty Power of God

Suggested tunes, LM

Praise God from Whom All Blessings Flow
 The Glory of these 40 Days
 O Saving Victim Open Wide
 O Radiant Light (JESU DULCIS)

Suggested Tunes, CM

Lord, Who Throughout These 40 Days
 Jerusalem, My Happy Home
 O God Our Help in Ages Past
 The King of Love My Shepherd Is
 Amazing Grace
 I Heard the Voice of Jesus Say

Suggested Tunes, CM

Lord, Who Throughout These 40 Days
 Jerusalem, My Happy Home
 O God Our Help in Ages Past
 Amazing Grace
 The King Shall Come When Morning Dawns

Wednesday of the Fifth Week of Lent

My Lord and my deliverer
set me o'er my assailant;
From angry nations rescued me,
and saved me from the violent.

To Father, Son, and Holy Ghost,
We give all praise and glory,
With all the angels we adore
The Triune God most worthy.

Thursday of the Fifth Week of Lent

Christ is the mediator
of this New Covenant,
So that by means of dying,
may final death prevent.
Those who are called, a gen'rous
inheritance receive:
The promise of redemption,
To live eternally.

All praise to God the Father,
Through Jesus Christ, your Son,
With the Eternal Spirit,
Our threefold God in One;
May you be ever worshipped,
And ceaselessly adored,
By those in song united,
One hope, one faith, one Lord.

Dox. Clayton Orr © 2020

Friday of the Fifth Week of Lent

O Lord, have mercy on me,
for I am in distress.
My enemies pursue me,
remove me from their grasp.
Let not my foes boast o'er me
nor put my soul to shame,
For Father, Son, and Spirit,
I call upon your name.

Sing only with:

The King of Love My Shepherd Is

Suggested tunes, 7676D

The Church's One Foundation

O Sacred Head Surrounded

O Sacrament Most Holy

Suggested tunes, 7676D

The Church's One Foundation

O Sacred Head Surrounded

O Sacrament Most Holy

O Lord, I Am Not Worthy (twice through)

Saturday of the Fifth Sunday of Lent

O Lord, stay thou not far from me;
My strength, make haste, I call!
For I'm a worm and not a man,
despised and scorned by all.

All praise to God the Father be,
and to his only Son,
Who with the Holy Spirit reign,
the Blessed Three in One.

Monday of Holy Week

Lord, contend with my contenders;
Those who fight against me, fight.
Lord, take up your shield and buckler;
Saving Lord, arise in might.
Come to my defense, my helper,
put my enemies to flight.

Christ, to you with God the Father,
Spirit blest eternally,
Hymn and chant and high thanksgiving,
And unending praises be:
Honor, glory, and dominion,
And eternal victory.

Doxology: John M. Neale, 1818-1866

Tuesday of Holy Week

Do not leave me to the will of
all my enemies, O Lord,
For false witnesses rise up and
breathe out violence with accord.
Glory be to God the Father;
Glory be to God the Son;
Glory be to God the Spirit;
Glory to the Three in One.

Wednesday of Holy Week

At Jesus' holy name all knees should bend,
of those in heav'n, on earth, and under earth,
he unto death became obedient,
and on a cross, that death brought life to birth:
Therefore, is Jesus Christ our sovereign Lord,
to God the Father's glory evermore.

*Who with the Spirit, sing we now your praise,
Trinity adored, we bless you all our days.*

Suggested Tunes, CM

Lord, Who Throughout These 40 Days
Jerusalem, My Happy Home
O God Our Help in Ages Past
Amazing Grace
The King Shall Come When Morning Dawns

Suggested Tunes, 878787

Let All Mortal Flesh Keep Silence
Tantum Ergo
Praise, My Soul, The King of Heaven

Suggested Tunes, 8787D

As a Fire is Meant For Burning
Come Thou Fount of Every Blessing
Sing of Mary, Pure and Lowly
There's a Wideness in God's Mercy

Suggested Tunes

At that First Eucharist

*use these tunes with final 2 lines and sing tune
twice through:*

Abide with Me
Soul of My Savior