

***First Sunday of Lent:
February 21, 2021
II Vespers***

INTRODUCTION

O God, + come to my assistance.
- O Lord, make haste to help me.

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

Amen.

HYMN

LORD, WHO THROUGHOUT THESE FORTY DAYS

ST. FLAVIAN



1. Lord, who through-out these for - ty days, For us did fast and
2. As you with Sa - tan did con-tend, And did the vic - t'ry
3. As you did hun - ger bear and thirst, So teach us, gra-cious
4. And through these days of pen - i - tence, And through your Pas-sion-
5. A - bidde with us that when this life Of suf - fer - ing is



1. pray, Teach us with you to mourn our sins, And close by you to stay.
2. win, O give us strength in you to fight, In you to con-quer sin.
3. Lord, To die to self, and al - ways live By your most ho - ly word.
4. tide, For - ev - er - more, in life and death, O Lord, with us a - bidde.
5. past, An Ea-ster of un - end - ing joy We may at - tain at last!

Text: CM; Claudia F. Hernaman, 1838–1898, alt. Music: *The Whole Psalmes in Foure Partes*, 1563, alt.

Reprinted with permission under ONE LICENSE #A-734685. All rights reserved.

PSALMODY



Antiphon 1: *Worship your Lord and God;* serve him alone.*

Psalm 110:1-5,7

The Messiah, king and priest

Christ's reign will last until all his enemies are made subject to him (1 Corinthians 15:25)

The Lord's revelation to my Master: †
"Sit on my right:*
your foes I will put beneath your feet."

The Lord will wield from Zion †
your scepter of power:*
rule in the midst of all your foes.

A prince from the day of your birth †
on the holy mountains; *
from the womb before the dawn I begot you.

The Lord has sworn an oath he will not change. †
"You are a priest forever,*
a priest like Melchizedeck of old."

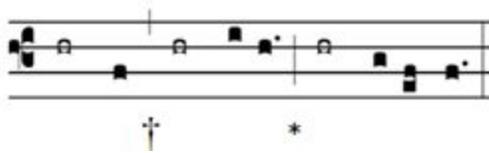
The Master standing at your right hand*
will shatter kings in the day of his wrath.

He shall drink from the stream by the wayside*
and therefore he shall lift up his head.

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

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

Antiphon 1 *Worship your Lord and God;* serve him alone.*



Antiphon 2 *This is the time when you can win God's favor;* the day when you can be saved.*

Psalm 114

The Israelites are delivered from the bondage of Egypt

You too left Egypt when, at baptism, you renounced that world which is at enmity with God. (Saint Augustine)

When Israel came forth from Egypt,*
Jacob's sons from an alien people

Judah became the Lord's temple,*
Israel became his kingdom.

The sea fled at the sight:,*
the Jordan turned back on its course,

the mountains leapt like rams*
and the hills like yearling sheep.

Why was it, sea, that you fled,*
that you turned back, Jordan, on your course?

Mountains, that you leapt like rams;*
hills, like yearling sheep?

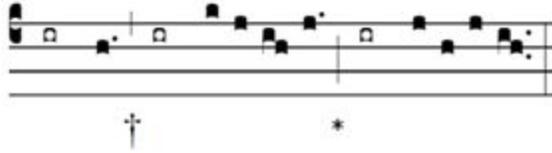
Tremble, O earth, before the Lord,*
in the presence of the God of Jacob,

who turns the rock into a pool*
and flint into a spring of water.

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

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

Antiphon 2 *This is the time when you can win God's favor;* the day when you can be saved.*



Antiphon 3 Now we must go up to Jerusalem,* where all that has been written about the Son of Man will be fulfilled.

[Canticle - 1 Peter 2:21b-24](#)

The willing acceptance of his passion by Christ, the servant of God

Christ suffered for you, +
and left you an example*
to have you follow in his footsteps.

He did no wrong; +
no deceit was found in his mouth.*
When he was insulted,
he returned no insult.

When he was made to suffer,*
he did not counter with threats.

Instead, he delivered himself up*
to the One who judges justly.

In his own body*
He brought your sins to the cross,

so that all of us, dead to sin, +
could live in accord with God's will.*
By his wounds you were healed.

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

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

Antiphon 3 Now we must go up to Jerusalem,* where all that has been written about the Son of Man will be fulfilled.

READING *1 Corinthians 9:24-27*

Do you not know that the runners in the stadium all run in the race, but only one wins the prize? Run so as to win. Every athlete exercises discipline in every way. They do it to win a perishable crown, but we an imperishable one. Thus I do not run aimlessly; I do not fight as if I were shadowboxing. No, I drive my body and train it, for fear that, after having preached to others, I myself should be disqualified.

RESPONSORY

Listen to us, O Lord, and have mercy, for we have sinned against you.

- Listen to us, O Lord, and have mercy, for we have sinned against you.

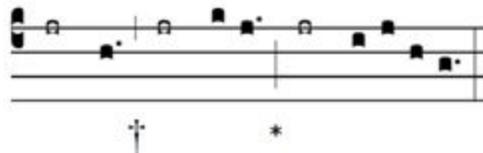
Christ Jesus, hear our humble petitions.

- for we have sinned against you.

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

- Listen to us, O Lord, and have mercy, for we have sinned against you.

CANTICLE OF MARY (MAGNIFICAT)



Antiphon: *Watch over us, eternal Savior. † Do not let the cunning tempter seize us.* We place all our trust in your unfailing help.*

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 forever.

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

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

Antiphon: *Watch over us, eternal Savior. † Do not let the cunning tempter seize us.* We place all our trust in your unfailing help.*

INTERCESSIONS

All praise to God the Father who brought his chosen people to rebirth from imperishable seed through his eternal Word. Let us ask him as his children:

Lord, be gracious to your people.

God of mercy, hear the prayers we offer for all your people,
- may they hunger for your word more than for bodily food.

Lord, be gracious to your people.

Give us a sincere and active love for our own nation and for all mankind,

- may we work always to build a world of peace and goodness.

Lord, be gracious to your people.

Look with love on all to be reborn in baptism,

- that they may be living stones in your temple of the Spirit.

Lord, be gracious to your people.

You moved Nineveh to repentance by the preaching of Jonah,

- in your mercy touch the hearts of sinners by the preaching of your word.

Lord, be gracious to your people.

May the dying go in hope to meet Christ their judge,

- may they rejoice forever in the vision of your glory.

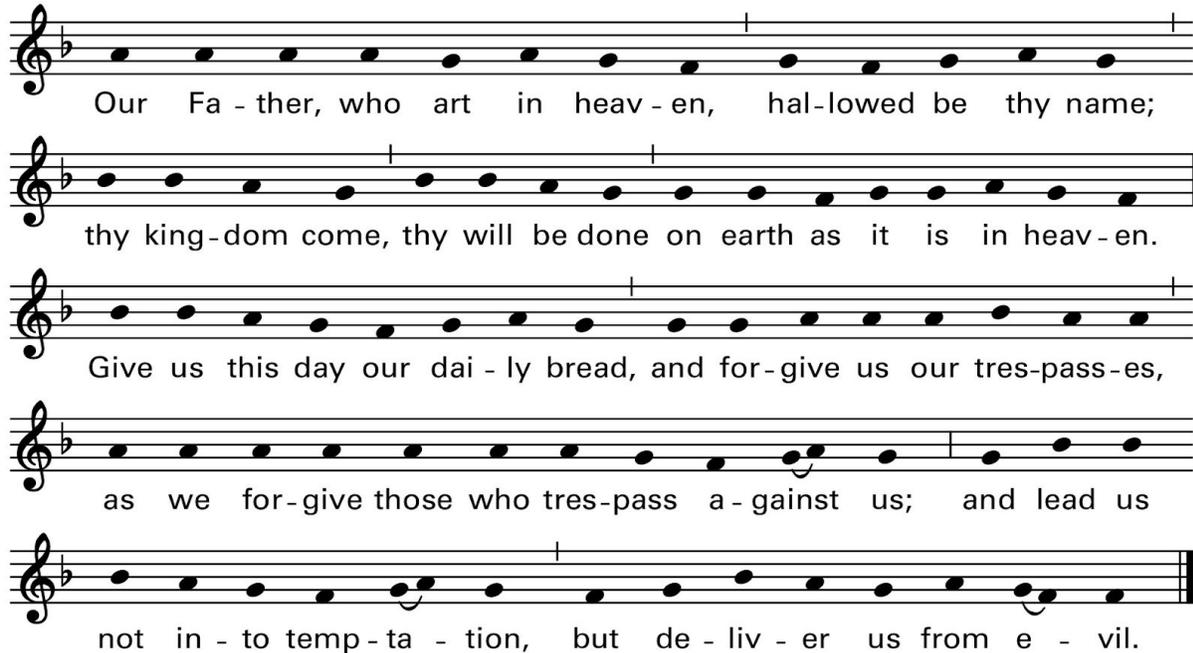
Lord, be gracious to your people.

(A moment of silence to bring any personal intentions to the Lord in prayer)

(Gathering our prayers and praises into one, let us offer the prayer Christ Himself taught us)

LORD'S PRAYER

Chant



Our Fa - ther, who art in heav - en, hal - lowed be thy name;
thy king - dom come, thy will be done on earth as it is in heav - en.
Give us this day our dai - ly bread, and for - give us our tres - pass - es,
as we for - give those who tres - pass a - gainst us; and lead us
not in - to temp - ta - tion, but de - liv - er us from e - vil.

Music: Chant; adapt. by Robert J. Snow, 1926–1998.

Reprinted with permission under ONE LICENSE #A-734685. All rights reserved.

PRAYER

Grant, almighty God,
through the yearly observances of holy Lent,
that we may grow in understanding
of the riches hidden in Christ
and by worthy conduct pursue their effects.
Through our Lord Jesus Christ, your Son,
who lives and reigns with you in the unity of the Holy Spirit,
God, for ever and ever.

CONCLUSION

V. May the Lord bless us +, protect us from all evil, and bring us to everlasting life.
R. Amen.