

HOLY THURSDAY

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7

CHURCHES PILGRIMAGE

TEEN REFLECTIONS



**DIOCESE OF ARLINGTON**

YOUTH, CAMPUS, & YOUNG ADULT MINISTRIES



Dear Pilgrims,

On this solemn evening, I commend you for going on this spiritual journey of tending to our Lord in the Garden of Gethsemane.

The Garden of Gethsemane is a place caught in the middle and filled with tension. For Our Lord, it is flanked by significant activity. On one side is Jesus' Last Supper, the institution of the Eucharist and holy priesthood. On the other side is the Passion and Resurrection. Between these momentous occasions for the people of God is Jesus' call to the apostles and for you today: "remain here and keep watch with me." In this, he invites us to be with him - in the midst of his burden, in the midst of his pain. But he also wants to walk alongside us in the tension in our lives - to accompany us, to make us whole. All we must do is remain with him. It is my prayer that for these few precious moments you will take him up on this offer. Turn away from the distractions, obligations, and activities of the past and what may come in the future. For now, simply remain with Jesus Christ.

Know that as you seek Our Lord through this time of pilgrimage, you go with my prayers for you. May Our Lord Jesus bless you with his peace in these sacred days and always.

Sincerely in Christ,

*Michael F. Burbidge*

*Most Reverend Michael F. Burbidge  
Bishop of Arlington*



# JOIN JESUS

## WELCOME TO THE GARDEN

On this evening some 2000 years ago, Jesus of Nazareth went out into a garden in the dead of night. In agony he prayed, knowing what he was about to endure. He was utterly alone, even though he had asked for the accompaniment of his friends. As Catholics, we believe that Christ is alive in the Scripture and the Eucharist. So tonight, we join him in the garden, through Word and Sacrament. Thank you for being with him.

Throughout our Diocese, people will enter this pilgrimage of remaining with Jesus in the garden. This guide provides you with Scriptures verses, reflections, and tools to make the most of this time in prayer. Please use these however you wish - remembering that what is most important is that you spend time with Jesus in the garden.

## HOW TO USE THIS GUIDE

This pilgrimage weaves together passages from all four Gospels to take you through the narrative of Jesus' time in the Garden of Gethsemane. It is broken into seven reflections which we recommend you pray through at seven different churches. You can do it with a group or on your own. If you are unable to travel, you may still use this guide to pray anywhere! We recommend you spend 10-15 minutes in prayer with each passage but go at a pace that is natural for you.

We consolidated information about which churches you can pray



at and created suggested routes by region. Adoration at an Altar of Repose happens directly after the Mass of the Lord's Supper and lasts through midnight. Times will vary based on Parish. Select 7 churches from the route that works best for you/your group and use our interactive Google Map to navigate to the churches! These routes are suggestions for what options are in a particular region; so feel free to add (from other routes), visit churches not listed, omit, or double up on churches according to what works best for your travel!

## PRAY

*Consider using this process of engaging in silent prayer for each reflection:*

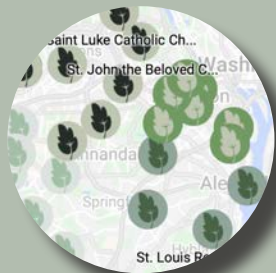
**ACKNOWLEDGE** – As you begin prayer, acknowledge the presence of God. Invite him to be present to you.

**RELATE** – Take a personal inventory of your thoughts, emotions, and desires. Share them with God.

**RECEIVE** – Pause and ask God what he thinks/feels. Listen for him. Open yourself to receive from him – be it words, ideas, feelings, or more questions.

**RESPOND** – Engage in dialogue with God and seek resolutions (be they large or small) wherever possible. Offer your resolutions to God and ask for him to accomplish them in you.

# ROUTES



*Scan the QR code to easily navigate the route of your choice with our custom map.*



*Choose a route that works best for you or your group. Each description has the name, address and general location of the altar of repose for the given church. Furthermore, use the QR code above to open up a map of all the church routes.*

## **FIG** — ARLINGTON ROUTE

### **Cathedral of Saint Thomas More**

*3901 Cathedral Ln, Arlington, VA*  
in Burke Hall (below main church)

### **Our Lady of Lourdes Catholic Church**

*830 23rd St S, Arlington, VA*  
in the parish hall

### **St. Charles Catholic Church**

*3304 Washington Blvd, Arlington, VA*  
in the parish chapel

### **St. Agnes Catholic Church**

*1910 N Randolph St, Arlington, VA*  
in the parish hall downstairs, ground floor

### **St. Ann Catholic Church**

*5312 10th St N, Arlington, VA*  
in the chapel next to main church

### **St. Anthony Catholic Church**

*3305 Glen Carlyn Rd, Falls Church, VA*  
in the school gymnasium

### **St. Rita Catholic Church**

*3815 Russell Rd, Alexandria, VA*  
in the church at Blessed Mother side altar

## **OLIVE** — ALEXANDRIA ROUTE

### **St. Rita Catholic Church**

3815 Russell Rd, Alexandria, VA  
in the church at Blessed Mother side altar

### **Basilica of Saint Mary**

313 Duke St, Alexandria, VA  
in the Lyceum at 313 Duke St.

### **St. Louis Catholic Church**

2907 Popkins Ln, Alexandria, VA  
in the school gymnasium  
(across from church front entrance).

### **Good Shepherd Catholic Church**

8710 Mount Vernon Hwy, Alexandria, VA  
in the parish hall

### **St. Lawrence Catholic Church**

6222 Franconia Rd, Alexandria, VA  
in the parish hall

### **Queen of Apostles Catholic Church**

4401 Sano St, Alexandria, VA  
in Hannon Hall  
(around back and below church)

### **Our Lady of Lourdes Catholic Church**

830 23rd St S, Arlington, VA  
in the parish hall

## **ACACIA** — FAIRFAX ROUTE

### **St. Leo the Great Catholic Church**

3700 Blenheim Blvd., Fairfax, VA  
in the school gymnasium

### **St. Mary of Sorrows Catholic Church**

5222 Sideburn Rd, Fairfax, VA  
beneath St. Joseph statue in main church

### **Church of the Nativity**

6400 Nativity Ln, Burke, VA  
in the Fr. Ready Room  
(school entrance)

### **St. Raymond of Peñafort Roman Catholic Church**

8750 Pohick Rd, Springfield, VA  
in the parish hall under church

### **St Robert Bellarmine Chapel - GMU**

4515 Roberts Rd, Fairfax, VA  
in the church hall (lower level)

### **Holy Spirit Catholic Church**

5121 Woodland Way, Annandale, VA  
in the church narthex

### **St Ambrose Catholic Church**

3901 Woodburn Rd, Annandale, VA  
in the parish hall

## **PALM** — STERLING ROUTE

### **St. Veronica Catholic Church**

*3460 Centreville Rd, Chantilly, VA*  
in the parish hall

### **St. Theresa Catholic Church**

*21370 St Theresa Ln, Ashburn, VA*  
across driveway from church  
entrance door

### **Christ the Redeemer Catholic Church**

*46833 Harry Byrd Hwy, Sterling, VA*  
in the parish hall (right of main  
entrance)

### **St. Joseph Catholic Church**

*750 Peachtree St, Herndon, VA*  
in the nave of the church

### **Our Lady of Hope Catholic Church**

*46639 Algonkian Pkwy, Sterling, VA*  
in the narthex of church

### **St. John Neumann Catholic Church**

*11900 Lawyers Rd, Reston, VA*  
in the St. Francis de Sales Chapel

### **St. Thomas a Becket Catholic Church**

*1421 Wiehle Ave, Reston, VA*  
in the parish hall

### **St. Mark Catholic Church**

*9970 Vale Rd, Vienna, VA*  
in the chapel

## **CEDAR** — MANASSAS ROUTE

### **Holy Trinity Catholic Church**

*8213 Linton Hall Rd, Gainesville, VA*  
in the baptistry

### **St. Andrew the Apostle Catholic Church**

*6720 Union Mill Rd, Clifton, VA*  
in Hannan Hall

### **St. Elizabeth Ann Seton Catholic Church**

*12809 Valleywood Dr, Lake Ridge, VA*  
in Seton Hall across from main church

### **Our Lady of Angels Catholic Church**

*13752 Marys Way, Woodbridge, VA*  
in the adoration chapel

### **Holy Family Catholic Church**

*14160 Ferndale Rd, Woodbridge, VA*  
in Fr. Griffin Hall (gymnasium)

### **Sacred Heart Catholic Church**

*12975 Purcell Rd, Manassas, VA*  
in the church (Downstairs in hall)

### **All Saints Catholic Church**

*9300 Stonewall Rd, Manassas, VA*  
in the Parish Activities Center (across  
courtyard)



**Watch and pray  
so that you will  
not fall into any  
temptation.**



Scan the code above to view our website with the most up to date information about routes and locations.

## **CYPRESS**— TYSONS ROUTE

### **St. Ambrose Catholic Church**

*3901 Woodburn Rd, Annandale, VA*  
in the parish hall

### **St. Philip Catholic Church**

*7500 St. Phillips Ct., Falls Church, VA*  
in Hayden Hall

### **St. James Catholic Church**

*905 Park Ave, Falls Church, VA*  
Heller Hall (next to school gym)

### **St. John the Beloved Catholic Church**

*6422 Linway Terrace, McLean, VA*  
in the parish hall (located in school building)

### **Saint Luke Catholic Church**

*7001 Georgetown Pike, McLean, VA*  
in the main church/Flaherty Hall

### **Our Lady of Good Counsel Catholic Church**

*8601 Wolftrap Rd SE, Vienna, VA*  
in the chapel

### **St. Mark Catholic Church**

*9970 Vale Rd, Vienna, VA*  
in the chapel



Father, if you  
are willing, take  
this cup from  
me; yet not my  
will, but yours  
be done.





# REMAIN

*Then Jesus came with them to a place called Gethsemane, and he said to his disciples, “**Sit here while I go over there and pray.**” He took along Peter and the two sons of Zebedee, and began to feel sorrow and distress. Then he said to them, “**My soul is sorrowful even to death. Remain here and keep watch with me.**”*  
(Matthew 26: 36-38)

## REFLECTION

Reflecting on this dramatic scene known traditionally as “The Agony in the garden”, we see Jesus present along with Peter, James and John. We should deeply reflect on how Jesus lived his life, and how his followers did because we are called to do both.

Looking at Jesus first, we see that he is sorrowful. He is suffering both because he understands deeply how much sin has broken and corrupted the world, but also how much physical suffering he was about to endure through his Passion. However, even in the face of this suffering, Christ turns to prayer. We don’t hear what his prayer is initially and that’s fine. His example to us is perfectly clear: in sorrowful times, whether due to our own sin or the brokenness of the world, we are to turn to prayer. Prayer is what focuses our minds and hearts, and it is the means by which we are strengthened to go out in hope and courage to confront that sorrow and its sources.

Looking also at the Apostles, we see them being obedient. They are there with him. Even if they don’t entirely understand the suffering that Jesus feels in his mind and soul that knows all things, they are there. They remain faithfully by his side, and they learn that: the first response to sorrow is not to run, but to remain; to remain in prayer.







*He advanced a little and fell to the ground and prayed that if it were possible the hour might pass by him; he said, **"Abba, Father, all things are possible to you. Take this cup away from me, but not what I will but what you will."***

*(Mark 14: 35-36)*

*[And to strengthen him an angel from heaven appeared to him. He was in such agony and he prayed so fervently that his sweat became like drops of blood falling on the ground.]*

*(Luke 22: 43-44)*

## REFLECTION

It's very easy to be so focused on the fact that Jesus is God that we can forget that he is entirely human; the same as we are in all things except sin (cf. Heb 4:15; EP #IV). This means that he could suffer like us, be scared like us, and make choices like us.

Jesus knew both the reality of crucifixion having lived his life under the Roman rule of the 1st century, and he also knew the pending suffering of his mind and heart under the weight of all the sins of human history. Indeed he knew this reality so well, that he began to sweat blood, a rare but real medical occurrence that can happen to people under immense stress (remember that St. Luke was a doctor). However, even in the midst of all of this, Jesus had the courage to surrender to the Father's will for his life, knowing it was the means with which all humanity would be offered salvation.

For us, we are not going to be called to be the Savior of the world, but we will be called to face our sufferings throughout life with Christ-like courage and to choose to surrender to God's will. We should be brave in those moments for, in Baptism, we are given the

gift of Courage, a gift that is strengthened in Confirmation plus we are also given the aid of our Guardian Angel. What a gift! As scary as it can be to suffer, whether physical pain, or heartbreak, or some other form, God uses those sufferings to help save the world, just like Jesus did, and all we have to do is say “yes” to him in surrender, for “Jesus gives all to those who surrender all”! This beautiful reminder comes from St. Bernadette (1844-1879), who was just a teenager in Lourdes, France, when she had visions of Our Lady asking for a shrine to be built that would become a pilgrimage place for the suffering peoples of the world.

*The desire to embrace his Father’s plan of redeeming love inspired Jesus’ whole life, for his redemptive passion was the very reason for his Incarnation. —CCC #607*

## PONDER

- Do you find it difficult to surrender your failings, limitations, and/or worries to God? Why/why not?
- What is one thing you can explicitly dedicate to surrendering to God this Holy Weekend?

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# VIGILANT

*When he returned he found them asleep. He said to Peter, "**Simon, are you asleep? Could you not keep watch for one hour? Watch and pray that you may not undergo the test. The spirit is willing but the flesh is weak.**"* Withdrawing again, he prayed, saying the same thing. Then he returned once more and found them asleep, for they could not keep their eyes open and did not know what to answer him. He returned a third time and said to them, "**Are you still sleeping and taking your rest? It is enough. The hour has come. Behold, the Son of Man is to be handed over to sinners. Get up, let us go. See, my betrayer is at hand.**"

*(Mark 14: 37-42)*

## REFLECTION

In the craziness of life, it is easy to get distracted and pulled away from what we know we should be doing. Add in the constant noise around us, and it's actually quite an accomplishment when we complete *any* task. Despite this, we have to allow grace to empower us to be vigilant in the pursuit of holiness.

As Christians and disciples, we once again look at both the perfect example of Jesus as well as the expectation given to his followers, of whom we are a part. Jesus is perfectly vigilant in the garden. He knows that his Passion has begun and he turns to deep prayer in preparation for the coming sufferings. He also knows that he must care for, teach, and even admonish his followers so that they too can grow in vigilance for the Christian life.

When we look at those apostles with Jesus, we can see ourselves in them. How many times have you tried to stay awake for something important, and despite your efforts fell right to sleep? This is the greatest moment of suffering in all of history, and yet they still fall

asleep in the middle of it. Being vigilant is incredibly difficult, yet incredibly necessary. We are to always pursue virtue through the grace of God. We must courageously take up our crosses each and every day (cf. Luke 9:23), being vigilant in seeking to grow closer to God.

One of the greatest witnesses to vigilance is the teenager St. Dominic Savio (1842-1857). Throughout his young life, Dominic committed to being a saint. He knew it was why he existed (and why all of us exist!) and made a commitment on the date of his First Holy Communion to do exactly this by receiving the Sacraments often, by making Sundays and feast days special, by having a strong relationship with Jesus and Mary, and by committing to never sin, no matter the cost.

*Since we know neither the day nor the hour, we should follow the advice of the Lord and watch constantly so that... [we may] be numbered among the blessed.* —CCC #1036

## PONDER

- Do you think you would've reacted the same way to the apostles if you were Jesus? Why/why not?
- What area(s) of your faith life have you struggled the most to remain vigilant to Christ?
- Have you asked God for help with facing those struggles? Do so now, even if you have before.

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# IDENTITY

*While he was still speaking, Judas, one of the Twelve, arrived, accompanied by a large crowd, with swords and clubs, who had come from the chief priests and the elders of the people.*

*(Matthew 26:47)*

*Jesus, knowing everything that was going to happen to him, went out and said to them, "Whom are you looking for?" They answered him, "Jesus the Nazorean." He said to them, "**I AM.**" Judas his betrayer was also with them. When he said to them, "**I AM,**" they turned away and fell to the ground. So he again asked them, "Whom are you looking for?" They said, "Jesus the Nazorean." Jesus answered, "**I told you that I AM. So if you are looking for me, let these men go.**" This was to fulfill what he had said, "I have not lost any of those you gave me."*

*(John 18: 4-9)*

## REFLECTION

One of the common rites of passage as a teenager is to be given a nickname by your friends. This nickname may have little to do with your actual name, but whether or not it does, it seems to always have something to do with your achievements, failings, habits, or quirks. These nicknames often stick with us (particularly amongst guys), and in a certain way this is a beautiful thing. Our futures are frequently shaped by the way we live out our lives.

However, as much as this is a part of human life, it is not the full definition of who we are. Our truest identity is that of a Child of God. We are adopted by him in Baptism, and each time we open ourselves up more to the grace God offers us, we are drawn more into him and our true identity.

In the scene from Jesus' arrest above, we see something radically

important: Jesus claiming the name of “I AM.” He is God Incarnate, who revealed his Name to be “I am who I am” to Moses (cf. Ex. 3: 13-15). Jesus, which means “God Saves” (cf. CCC #430), is also the 2nd Person of the Trinity. He is God, the eternal I AM, the eternal Present. This is who he also is for us. He is always there for us and we are invited to call on boldly, just like little children do when they run to their parents with each story, joy, need, or fear. We must “dare” to call him “Our Father” as Holy Mass directs us, with the same boldness with which Jesus declared himself “I AM”.

In the 15th century, God called a young girl, St. Joan of Arc (1412-1431), to lead the struggling French army in fighting back against foreign invaders. Despite everyone’s doubts that a teenage girl could have anything to offer in the ways of war, Joan’s holiness and courage were obvious, and they inspired an entire nation. She knew deeply that she was a child of God, and this drove all her actions as she boldly proclaimed, “I am not afraid. I was born to do this.”

*“A name expresses a person’s essence and identity. God has a name; He is not an anonymous force. [He is] capable of being known intimately and addressed personally.”—CCC #203*

## PONDER

- Deep down, what is/are the most important thing(s) that you base your self-identity on?
- Do any of the things above conflict with being a child of God?
- Jesus is indeed God, the great “I AM”. Do you believe this and desire to live its implications?

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# ABANDONED

*His betrayer had arranged a sign with them, saying, "The man I shall kiss is the one; arrest him." Immediately he went over to Jesus and said, "Hail, Rabbi!" and he kissed him.*

*(Matthew 26: 48-49)*

***"Judas, are you betraying the Son of Man with a kiss?"***

*(Luke 22: 48)*

*Jesus answered him, "**Friend, do what you have come for!**"*

*(Matthew 26: 50)*

## REFLECTION

The feeling of being alone or abandoned is unfortunately one of the worst feelings a human can experience. God himself told us that it is "not good for man to be alone" (Gen 1:18). However, these feelings are uniquely challenging for teenagers. With the conflict of wanting more privacy and responsibility tugging against still being a child, the changing nature of many friendships, and the beginnings of romantic relationships, there are numerous situations where this feeling is especially pronounced as a young person.

Christ knew these feelings himself. He desired to be like us, which meant he had to know what it was like to be both betrayed and abandoned. He was betrayed by one of his closest friends (Judas, whom he entrusted what little money his ministry had), and abandoned by all of the other apostles, save St. John.

Knowing this reality about abandonment, Christ promises that he will never abandon us, even until the end of time (cf. Matt. 28:20). More than just making a promise that will never be broken, Christ tangibly keeps that promise by giving us the Church, the Holy Spirit,

and the Sacraments, especially the Eucharist. Think about it: the King of the Universe, the Word of God, through whom all things were made, is the same person who suffered and died for our sins, only to rise again at Easter, giving us the promise that we will do the same. He is the same person who wants so much to be close to us that he allows himself to be small, present in the tiny Eucharistic Host, and to remain present, even in the silence of the tabernacle, just so we can come and be close to him. In the Eucharist we have the perfect proof of a God who will never abandon us.

This reality has been expressed richly in the life of Blessed Carlo Acutis (1991-2006), the first Millennial to be beatified (and hopefully canonized soon!). Carlo knew that many of this generation were lonely and needed Christ – so he created a website to share the great stories throughout history of various Eucharistic miracles around the world. He wanted people of all ages to read about these miracles and be reminded of Christ’s closeness to them in the Blessed Sacrament, while teaching them that “the Eucharist is the highway to heaven”.

*“The principle fruit of receiving the Eucharist in Holy Communion is an intimate union with Christ... what material food produces in bodily life, Holy Communion wonderfully achieves in our spiritual life.”—CCC #1391-1392*

## PONDER

- In moments of abandonment in the past, did you turn to God, or to someone else? Regardless of your answer, do you think it will be more difficult to turn to Him in those times now in your life? Why/why not?
  - In what ways do you need to be “smaller” so you can be more present to other people?
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# HEALED

*His disciples realized what was about to happen, and they asked, "Lord, shall we strike with a sword?" And one of them struck the high priest's servant and cut off his right ear. But Jesus said in reply, "Stop, no more of this!" Then he touched the servant's ear and healed him.*

*(Luke 22: 49-51)*

## REFLECTION

At the moment of his salvific self-offering, Jesus reaches down and heals the servant with his touch. This moment echoes who Jesus is throughout the Gospels, Christ the Divine Physician who heals the blind, the woman with the hemorrhages, and countless others, fulfilling the words of the prophet Isaiah: "He took our infirmities and bore our diseases. (Mt 8:17)

He heals the servant's ear. Our ears too need healing. We listen to the lies of the world, the lies we tell ourselves, or the lies we believe about God. Our words and actions can be this same sword the disciples wanted to use, which we justify on the basis of perceived injustice, anger or hurt. We need Jesus to touch our ears and tell our hearts "Stop! No more of this!" when we spiral into thoughts, words and actions that are not of his image and likeness.

We need Jesus to touch our ears and our hearts. The Good News is that he wants to heal us, as he told Moses in Marah: "For I am the Lord, your healer" (Ex 15:26). Christ continues to heal us and restore our dignity through his touch in the sacraments. In a homily for Corpus Christi, Pope Francis said, "The Eucharist fulfills the Covenant which sanctifies us, purifies us, and unites us in a marvelous communion with God. In that way we learn that the Eucharist is not a prize for the good, but strength of the weak; for sinners it is pardon; it is the viaticum that helps us move forward, to walk."





# FULFILLED

*Then Jesus said to him, **“Put your sword back into its sheath, for all who take the sword will perish by the sword. Do you think that I cannot call upon my Father and he will not provide me at this moment with more than twelve legions of angels? But then how would the scriptures be fulfilled which say that it must come to pass in this way?”** At that hour Jesus said to the crowds, **“Have you come out as against a robber, with swords and clubs to seize me? Day after day I sat teaching in the temple area, yet you did not arrest me. But all this has come to pass that the writings of the prophets may be fulfilled.”** Then all the disciples left him and fled.*  
(Matthew 26: 52-56)

## REFLECTION

We all are created for a purpose. And we are all created to be one with God – to be holy! To be a saint! This is the destiny of every human person! However, each unique person is given gifts and opportunities to fulfill specific tasks that no other human person in all of history can. This is no different for young people, but you have an extra gift: your youth.

Specific to the account above from St. Matthew, we are reminded that God’s plans for salvation are always fulfilled. We can trust the promises of the Old Testament precisely because God Himself became one of us and lived out his humanity and divinity to the full, so that we could have the grace to do the same. (We, of course, are not divine, yet we are invited to share in God’s divine life!) Indeed, even when we fail to cooperate with the plan, it remains in place, fulfilled by Christ. This held true in the lives of two young figures of the Old Testament, King David and the Prophet Jeremiah.



Both of these wonderful figures struggled to believe they could make a difference because of their youth, or their abilities were doubted by others because of that same youth, or both. David was the forgotten son, not even considered by his father Jesse that the prophet Samuel might recognize him as the future king of Israel and anoint him (1 Sam.16: 1-14). David would then go on to do amazing things like slaying Goliath (1 Sam. 17) and being a victorious general (1 Sam 18), before uniting the tribes of Israel as their king (2 Sam. 2).

Jeremiah was so doubtful of his ability to be a prophet at a young age that God called him out on it (Jer. 1:6-7) explicitly, and he struggled with accepting this even as he had great success as a prophet, even getting mad enough at God during a difficult time to accuse the Lord of “duping” him into being a prophet (Jer. 20:7). However, we see that through grace he is able to fulfill his mission and by the time we get to chapter 29, Jeremiah is reminding everyone that God has a plan for each of us, one that will fulfill our every desire (cf. Jer. 29:11).

*“Age of body does not determine age of soul. Even in childhood man can attain spiritual maturity... Many children, through the strength of the Holy Spirit they have received, have bravely fought for Christ.”*  
—CCC #1308 (Quoting St Thomas Aquinas)

## PONDER

- At this last station, thank Jesus for his suffering for you (and for all mankind) to bring about God’s plan of salvation. Moving forward from this experience, how might the Lord be calling you to use your gifts to help God bring about his fulfillment in your neighbors, friends, and family?

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# NIGHT PRAYER

*The Liturgy of the Hours, or the Divine Office, is the official prayer of the Church. The last prayer of the day is Night Prayer (known as Compline). Night Prayer is to be prayed as your last prayer before going to bed. We encourage you to join the Church in saying this prayer to conclude your pilgrimage before resting for the night. Some churches will say this prayer together before Benediction. Otherwise, say it on your own. If you want to learn more about Liturgy of the Hours please visit [divineoffice.org](http://divineoffice.org).*

## INTRODUCTION

God, + come to my assistance.

— 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 for ever. Amen

## EXAMINATION OF CONSCIENCE

*Either in silence or using one of the Penitential Acts from the Roman Missal.*

## HYMN

O Christ, resplendent as the day,  
you clear away the dark of night;  
by faith we know you, Light from Light,  
proclaiming light to all the blest.

O holy Lord, we humbly pray:  
Watch over us throughout this night  
and grant us calm and silent hours,  
that we may find our rest in you.

And when our eyes are closed in sleep,  
still let our hearts keep watch for you;  
protect and guard by your right hand  
the faithful, filled with love for you.

O strong defender, see our plight,  
subdue our foes, who lie in wait;  
direct and guide your servants, Lord,  
whom you have purchased with your blood.

To you, O Christ, most loving King,  
and to the Father, glory be,  
one with the Spirit Paraclete,  
from age to age for evermore. Amen.

## PSALMODY

*Ant.* Night holds no terrors for me sleeping under God's wings.

He who dwells in the shelter of the Most High  
and abides in the shade of the Almighty  
says to the Lord: "My refuge,  
my stronghold, my God in whom I trust!"

It is he who will free you from the snare  
of the fowler who seeks to destroy you;  
he will conceal you with his pinions  
and under his wings you will find refuge.

You will not fear the terror of the night  
nor the arrow that flies by day,  
nor the plague that prowls in the darkness  
nor the scourge that lays waste at noon.

A thousand may fall at your side,  
ten thousand fall at your right,  
you, it will never approach;  
his faithfulness is buckler and shield.

Your eyes have only to look  
to see how the wicked are repaid,  
you who have said: "Lord, my refuge!"  
and have made the Most High your dwelling.

Upon you no evil shall fall,  
no plague approach where you dwell.  
For you has he commanded his angels,  
to keep you in all your ways.

They shall bear you upon their hands  
lest you strike your foot against a stone.  
On the lion and the viper you will tread  
and trample the young lion and the dragon.

Since he clings to me in love, I will free him;  
protect him for he knows my name.  
When he calls I shall answer: "I am with you,"  
I will save him in distress and give him glory.

With length of life I will content him;  
I shall let him see my saving power.

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.

*Ant.* Night holds no terrors for me sleeping under God's wings.

## READING

*Revelation 22:4-5*

They shall see the Lord face to face and bear his name on their foreheads. The night shall be no more. They will need no light from lamps or the sun, for the Lord God shall give them light, and they shall reign forever.

*Ant.* For our sake Christ was obedient, accepting even death.

## GOSPEL CANTICLE

*Luke 2:29-32*

*Ant.* Protect us, Lord, as we stay awake; watch over us as we sleep, that awake, we may keep watch with Christ, and asleep, rest in his peace.

Lord, + now you let your servant go in peace;  
\*your word has been fulfilled:  
my own eyes have seen the salvation  
which you have prepared in the sight of every people:  
a light to reveal you to the nations and the glory of your people Israel.  
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.

*Ant.* Protect us, Lord, as we stay awake; watch over us as we sleep, that awake, we may keep watch with Christ, and asleep, rest in his peace.

## CONCLUDING PRAYER

Lord, we beg you to visit this house and banish from it  
all the deadly power of the enemy.  
May your holy angels dwell here to keep us in peace,  
and may your blessing be upon us always.  
We ask this through Christ our Lord.  
— Amen.

## FINAL BLESSING

May the all-powerful Lord grant us a restful night and a peaceful death.  
— Amen.

## HYMN IN HONOR OF THE BLESSED VIRGIN MARY

Ave, Regina caelorum,  
ave, Domina angelorum,  
salve, radix, salve, porta,  
ex qua mundo lux est orta.  
Gaude, Virgo gloriosa,  
super omnes speciosa;  
vale, o valde decora,  
et pro nobis Christum exora.

# PLENARY INDULGENCE

*A plenary indulgence, when granted, fully removes all temporal punishment of one's sin from the faithful. On Holy Thursday, a plenary indulgence is granted to the baptized faithful who piously recite the verses of the Tantum Ergo (below) after the Mass of the Lord's Supper on Holy Thursday during the solemn reposition of the Most Blessed Sacrament. In addition, you must receive the sacrament of confession, holy Communion and pray for the intentions of the pope within several days before or after the indulgenced act.*

*- Norms and Grants in the official Manual of Indulgences, fourth edition (1999)*

## TANTUM ERGO

Tantum ergo Sacramentum, Veneremur cernui:

Et antiquum documentum, Novo cedat ritui:

Præstet fides supplementum, Sensuum defectui.

Genitori, Genitoque, Laus et iubilatio,

Salus, honor, virtus quoque, Sit et benedictio:

Procedenti ab utroque, Compar sit laudatio. Amen.



**DIOCESE OF ARLINGTON**  
YOUTH, CAMPUS, & YOUNG ADULT MINISTRIES