

Sophia's Book of Hours



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Divine Names for Optional Use in Psalms and Canticles

Beloved

Our God

(The) Holy One

(The) Most High

Shekinah: Hebrew, “She Who Dwells Within”

Shaddai: Hebrew, “breasted God” or “God of the high places”

Abba: Daddy, Papa—used by Jesus in Gospels

Adonai: Hebrew, the Lord

(The) Lord

(N.B. Respect for Jewish tradition suggests refraining from the use of Yahweh or Jehovah, the speculative reconstructions of the Tetragrammaton, YHWH or YHVH, which is never to be said aloud)

Doxologies for Optional Use in Psalms and Canticles

Glory to the Lover, and to the Beloved, and to the Spirit of Love

Glory to the Creator, and to the Redeemer, and to the Holy Spirit

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

Sunday: New Life

Morning Prayer

Leader: O God, + open my lips.

People: And my mouth will proclaim your praise.

Leader and People:

Glory to the *Mother*, and to the *Christ*, and to the *Holy Spirit*:
As it was in the beginning, is now, and will be forever. Amen.

Except in Lent, add Alleluia.

Psalms 118

Antiphon: God is my strength and my song, and She has become
my salvation.

- 1 Give thanks to *Sophia*, for She is good; *
Her mercy endures forever.
- 2 Let Israel now proclaim, *
“Her mercy endures forever.”
- 3 Let the house of Aaron and Miriam proclaim, *
“Her mercy endures forever.”
- 4 Let those who fear *Sophia* proclaim, *
“Her mercy endures forever.”
- 5 I called to *Sophia* in my distress; *
She answered by setting me free.
- 6 *Sophia* is at my side, therefore I will not fear; *
what can anyone do to me?
- 7 *Sophia* is at my side to help me; *
I will triumph over those who hate me.

- 8 It is better to rely on *Sophia* *
than to put any trust in flesh.
- 9 It is better to rely on *Sophia* *
than to put any trust in rulers.
- 10 All the ungodly encompass me; *
in the name of *Sophia* I will repel them.
- 11 They hem me in, they hem me in on every side; *
in the name of *Sophia* I will repel them.
- 12 They swarm about me like bees;
they blaze like a fire of thorns; *
in the name of *Sophia* I will repel them.
- 13 I was pressed so hard that I almost fell, *
but *Sophia* came to my help.
- 14 *Sophia* is my strength and my song, *
and She has become my salvation.
- 15 There is a sound of exultation and victory *
in the tents of the righteous:
- 16 “The right hand of *Sophia* has triumphed! *
the right hand of *Sophia* is exalted!
the right hand of *Sophia* has triumphed!”
- 17 I shall not die, but live, *
and declare the works of *Sophia*.
- 18 *Sophia* has punished me sorely, *
but She did not hand me over to death.
- 19 Open for me the gates of righteousness; *
I will enter them;
I will offer thanks to *Sophia*.

- 20 “This is the gate of *Sophia*; *
those who are righteous may enter.”
- 21 I will give thanks to you, for you answered me *
and have become my salvation.
- 22 The same stone which the builders rejected *
has become the chief cornerstone.
- 23 This is *Sophia*’s doing, *
and it is marvelous in our eyes.
- 24 On this day *Sophia* has acted; *
we will rejoice and be glad in it.
- 25 Hosannah, *Sophia*, hosannah! *
Sophia, send us now success.
- 26 Blessed is the one who comes in the name of *Sophia*; *
we bless you from the house of *Sophia*.
- 27 *Sophia* is God; She has shined upon us; *
form a procession with branches up to the horns of the altar.
- 28 “You are my God, and I will thank you; *
you are my God, and I will exalt you.”
- 29 Give thanks to *Sophia*, for She is good; *
Her mercy endures forever.

Glory to the *Mother*, and to the *Christ**
and to the *Holy Spirit*:

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

Antiphon: God is my strength and my song, and She has become
my salvation.

Reading

The wilderness and the dry land shall be glad, the desert shall rejoice and blossom; like the crocus it shall blossom abundantly, and rejoice with joy and singing. The glory of Lebanon shall be given to it, the majesty of Carmel and Sharon. Strengthen the weak hands, and make firm the feeble knees. Say to those who are of a fearful heart, "Be strong, do not fear! Here is your God." Then the eyes of the blind shall be opened, and the ears of the deaf unstopped; then the lame shall leap like a deer, and the tongue of the speechless sing for joy. For waters shall break forth in the wilderness, and streams in the desert; the burning sand shall become a pool and the thirsty ground springs of water.

Isaiah 35:1-7

- ~ Offer the day's hopes and plans for blessing and guidance
- ~ Pray for your own needs and those of others
- ~ Listen for the voice of the Spirit in your heart

Canticle of Zechariah

Antiphon: Sophia will place on your head a fair garland; She will bestow on you a beautiful crown.

Blessed + be *Sophia*, the God of Israel; *
She has come to her people and set them free.

She has raised up for us a mighty savior, *
born of the house of Her servant David.

Through Her holy prophets she promised of old,
that She would save us from our enemies, *
from the hands of all who hate us.

She promised to show mercy to our forebears *
and to remember Her holy covenant.

This was the oath She swore to Sarah and Abraham, *
to set us free from the hands of our enemies,

Free to worship Her without fear, *
holy and righteous in Her sight
all the days of our life.

You, my child, shall be called the prophet of the Most High, *
for you will go before *Sophia* to prepare the way,

To give Her 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 *Mother*, and to the *Christ*, and to the *Holy Spirit*: *
as it was in the beginning, is now, and will be forever. Amen.

Antiphon: Sophia will place on your head a fair garland; She will bestow
on you a beautiful crown.

Leader: Glory to God whose power, working in us, can do infinitely
more than we can ask or imagine: Glory to Her from generation
to generation in the church, and in Christ Jesus, forever
and ever.

People: Amen.

Midday Prayer

Leader: O God, + come to my assistance.

People: Beloved, make haste to help me.

Leader and People:

Glory to the *Mother*, and to the *Christ*, and to the *Holy Spirit*:
As it was in the beginning, is now, and will be forever. Amen.

Except in Lent, add Alleluia.

Psalm 23

Antiphon: Surely your goodness and mercy shall follow me all the days of my life.

- 1 *Sophia* is my shepherd; *
I shall not be in want.
- 2 She makes me lie down in green pastures *
and leads me beside still waters.
- 3 She revives my soul *
and guides me along right pathways for Her name's sake.
- 4 Though I walk through the valley of the shadow of death,
I shall fear no evil; *
for you are with me;
your rod and your staff, they comfort me.
- 5 You spread a table before me in the presence of those
who trouble me; *
you have anointed my head with oil,
and my cup is running over.
- 6 Surely your goodness and mercy shall follow me all the days
of my life, *
and I will dwell in the house of *Sophia* forever.

Glory to the *Mother*, and to the *Christ**
and to the *Holy Spirit*:

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

Antiphon: Surely your goodness and mercy shall follow me all the
days of my life.

Reading

Then I saw a new heaven and a new earth; for the first heaven and the first earth had passed away, and the sea was no more. And I saw the holy city, the new Jerusalem, coming down out of heaven from God, prepared as a bride adorned for her husband. And I heard a loud voice from the throne saying, "See the home of God is among mortals. Death will be no more; mourning and crying and pain will be no more for the first things have passed away." And the one who was seated on the throne said, "See, I am making all things new." *Revelation 21:1-6*

Prayer of Jesus

Creator God, our Mother and Father,
Let our lives be a song of praise to you.
May your divine love govern in our world.
Guide us in fulfilling your will.
Nourish us who hunger for peace, justice, and love.
Forgive us our selfishness, neglect, and indifference,
And teach us to disarm our enemies with love.
Protect us from being put to the test,
and free us from all that prevents us
from realizing your image.
For to you alone, Most High, loving God,
be glory and praise forever. Amen.

Leader: Come, Holy Spirit, fill the hearts of your faithful;

People: And kindle in them the fire of your love.

Leader: Send forth your Spirit, and they will be created;

People: And you will renew the face of the earth.

Leader: O God, you have taught the hearts of the faithful by the light of the Holy Spirit; grant that in that same Spirit we may be truly wise, and ever rejoice in Her consolation, through Christ, our Lord.

People: Amen.

Evening Prayer

Leader: Our help + is in the Name of our God;

People: Who is birthing the heavens and the earth.

Leader and People:

Glory to the *Mother*, and to the *Christ*, and to the *Holy Spirit*:
As it was in the beginning, is now, and will be forever. Amen.

Except in Lent, add Alleluia.

Psalm 29

Antiphon: Worship our God in the beauty of holiness.

- 1 Ascribe to *Sophia*, you gods, *
ascribe to *Sophia* glory and strength.
- 2 Ascribe to *Sophia* the glory due Her Name; *
worship *Sophia* in the beauty of holiness.
- 3 The voice of *Sophia* is upon the waters;
the God of glory thunders; *
Sophia is upon the mighty waters.
- 4 The voice of *Sophia* is a powerful voice; *
the voice of *Sophia* is a voice of splendor.
- 5 The voice of *Sophia* breaks the cedar trees; *
Sophia breaks the cedars of Lebanon;
- 6 *Sophia* makes Lebanon skip like a calf, *
and Mount Hermon like a young wild ox.
- 7 The voice of *Sophia* splits the flames of fire;
the voice of *Sophia* shakes the wilderness; *
Sophia shakes the wilderness of Kadesh.

- 8 The voice of *Sophia* makes the oak trees writhe *
and strips the forests bare.
- 9 And in the temple of *Sophia* *
all are crying, "Glory!"
- 10 *Sophia* sits enthroned above the flood; *
Sophia sits enthroned as Queen for evermore.
- 11 *Sophia* shall give strength to her people; *
Sophia shall give her people the blessing of peace.

Glory to the *Mother*, and to the *Christ**
and to the *Holy Spirit*:

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

Antiphon: Worship our God in the beauty of holiness.

Reading

Wisdom has built her house, she has hewn her seven pillars. She has slaughtered her animals, she has mixed her wine, she has also set her table. She has sent out her servant-girls, she calls from the highest places in the town, "You that are simple, turn in here!" To those without sense she says, "Come, eat of my bread and drink of the wine I have mixed. Lay aside immaturity, and live, and walk in the way of insight."

Proverbs 9:1-6

- ~Offer the day's joys and sorrows for thanksgiving and healing
- ~Pray for your own needs and those of others
- ~Listen for the voice of the Spirit in your heart

Canticle of Mary

Antiphon: Sophia is a tree of life; those who hold Her fast are happy.

My + soul proclaims the greatness of *Sophia*,
my spirit rejoices in God my Savior; *
for She has looked with favor on Her lowly servant.

From this day all generations will call me blessed: *
the Almighty has done great things for me,
and holy is Her Name.

She has mercy on those who fear Her *
in every generation.

She has shown the strength of Her arm, *
She has scattered the proud in their conceit.

She has cast down the mighty from their thrones, *
and has lifted up the lowly.

She has filled the hungry with good things, *
and the rich She has sent away empty.

She has come to the help of Her servant Israel, *
for She has remembered Her promise of mercy,

The promise She made to our forebears, *
to Sarah, Abraham, and their children for ever.

Glory to the *Mother*, and to the *Christ*, and to the *Holy Spirit*: *
as it was in the beginning, is now, and will be forever. Amen.

Antiphon: Sophia is a tree of life; those who hold Her fast are happy.

Leader: May our loving God bless us +, protect us from all evil, and
bring us to everlasting life.

People: Amen.

Night Prayer

Leader: O + God, hear our prayer;

People: And let our cry come to you.

Leader and People:

Glory to the *Mother*, and to the *Christ*, and to the *Holy Spirit*:
As it was in the beginning, is now, and will be forever. Amen.

Except in Lent, add Alleluia.

The Leader may then say:

Let us confess our sins to our loving God.

Leader and people:

I confess to Almighty God,
To our blessed sister Mary,
To the holy apostles Peter and Paul,
Mary Magdalene and Junia,
To all the angels and saints,
And to you, my brothers and sisters,
That I have sinned in thought, word, deed, and omission,
Through my wounds, through my ignorance, through my own most
grievous fault.

Therefore I ask our blessed sister Mary,
The holy apostles Peter and Paul,
Mary Magdalene and Junia,
All the angels and saints,
And you, my brothers and sisters,
To pray for me to our loving God.

Leader: May God grant us forgiveness of all our sins,
and the grace and comfort of the Holy Spirit.

People: Amen.

Psalm 91

Antiphon: She shall give Her angels charge over you, to keep you in all your ways.

- 1 You who dwell in the shelter of the Most High, *
abide under the shadow of the Almighty.
- 2 You shall say to *Sophia*,
“You are my refuge and my stronghold, *
my God in whom I put my trust.”
- 3 She shall deliver you from the snare of the hunter *
and from the deadly pestilence.
- 4 She shall cover you with her pinions,
and you shall find refuge under her wings; *
her faithfulness shall be a shield and buckler.
- 5 You shall not be afraid of any terror by night, *
nor of the arrow that flies by day;
- 6 Of the plague that stalks in the darkness, *
nor of the sickness that lays waste at mid-day.
- 7 A thousand shall fall at your side
and ten thousand at your right hand, *
but it shall not come near you.
- 8 Your eyes have only to behold *
to see the reward of the wicked.
- 9 Because you have made *Sophia* your refuge, *
and the Most High your habitation,
- 10 There shall no evil happen to you, *
neither shall any plague come near your dwelling.
- 11 For She shall give her angels charge over you, *
to keep you in all your ways.

- 12 They shall bear you in their hands, *
lest you dash your foot against a stone.
- 13 You shall tread upon the lion and adder; *
you shall trample the young lion and the serpent
under your feet.
- 14 Because you are bound to me in love,
therefore will I deliver you; *
I will protect you, because you know my Name.
- 15 You shall call upon me, and I will answer you; *
I am with you in trouble;
I will rescue you and bring you to honor.
- 16 With long life will I satisfy you, *
and show you my salvation.

Glory to the *Mother*, and to the *Christ**
and to the *Holy Spirit*:

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

Antiphon: She shall give Her angels charge over you, to keep you in
all your ways.

Reading

I am the bread of life. Your ancestors ate the manna in the wilderness, and they died. This is the bread that comes down from heaven, so that one may eat of it and not die. I am the living bread that came down from heaven. Whoever eats of this bread will live forever, and the bread that I will give for the life of the world is my flesh. *John 6:47-51*

Leader: Into your hands I commend my spirit;
People: For you have redeemed me, O God of truth.

Leader: Keep us, Beloved, as the apple of your eye;
People: Shelter us under the shadow of your wings.

Canticle of Simeon

Antiphon: Guide us waking, Love, and guard us sleeping; that awake we may watch with Christ, and asleep we may rest in peace.

In Easter Season, add Alleluia, alleluia, alleluia.

Sophia, + you now have set your servant free *
to go in peace as you have promised;

For these eyes of mine have seen the Savior, *
whom you have prepared for all the world to see:

A Light to enlighten the nations, *
and the glory of your people Israel.

Glory to the *Mother*, and to the *Christ**
and to the *Holy Spirit*:

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

Antiphon: Guide us waking, Love, and guard us sleeping; that awake we may watch with Christ, and asleep we may rest in peace.

Leader: Visit this place, dear God, and drive far from it all snares of the enemy. May your holy angels dwell with us to preserve us in peace, and may your blessing be upon us always; in your holy name we pray.

People: Amen.

An antiphon of Mary may be sung or said.