12th Sunday in Ordinary Time C

Antiphon by Andrew Motyka (2009)

If a man wishes to come after me, let him take up his cross and follow me.

Andrew Motyka - communionantiphons.org

Mode I

© St. Meinrad Archabbey
Psalm 34: 2,6,7,15,16,17,18,19,20,21

1. I will bless the LORD at all times;  
Praise of him is always in my mouth.

2. Look toward him and be radiant;  
Let your faces not be abashed.

3. This lowly one called; the LORD heard,  
And rescued him from all his distress.

4. Turn aside from evil and do good.  
Seek after peace, and pursue it.

5. The LORD turns his eyes to the just,  
And his ears are open to their cry.

6. The LORD turns his face against the wicked  
To destroy their remembrance from the earth.

7. When the just cry out, the LORD hears,  
And rescues them in all their distress.

8. The LORD is close to the brokenhearted;  
Those whose spirit is crushed he will save.

9. Many are the trials of the just man.  
But from them all the LORD will rescue him.

10. He will keep guard over all his bones;  
Not one of his bones shall be broken.

Dox. 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.