Morning Prayer

Friday, January 29, 2010

Ordinary Time, Week 3 — Friday

OPENING

O God, come to my assistance.

Lord, make haste to help me.

Lord, open my lips.

And my mouth will proclaim your praise.

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

Morning Has Broken Upon Us

Now is the time of morning prayer,
when darkness yields to growing light;
we rise to greet the Lord who made
the day that follows holy night.

O God, whose word called forth the sun,
whose breath renews the face of earth,
grant us this day to walk in truth,
and fill our hearts with joy and worth.

We offer you this waking hour,
our work, our rest, our prayer, our praise;
guide all we think and do and say
through all the hours of this day.

Glory be to God on high,
to Christ the Lord, the living Son,
and to the Spirit, Comforter;
as ever was, and shall be done.

Psalm 51 *Have Mercy on Me, O God*

> *Ant. A clean heart create for me, O God; renew in me a steadfast spirit.*

Have mercy on me, O God, according to your great mercy.

And according to the multitude of your compassions, wipe away my iniquity.

Wash me yet more from my iniquity, and cleanse me from my sin.

For I know my iniquity, and my sin is always before me.

Against you alone have I sinned, and I have done evil before you.

And so you are justified in your words, and you will prevail when you are judged.

For behold, I was conceived in iniquities, and in sin my mother conceived me.

For behold, you have loved truth; the unknown and secret things of your wisdom you have made clear to me.

You will sprinkle me with hyssop, and I will be cleansed; you will wash me, and I will be made whiter than snow.

To my hearing you will give joy and gladness, and the humbled bones will rejoice.

Turn your face away from my sins, and wipe away all my iniquities.

Create a clean heart in me, O God, and renew a right spirit within my inmost being.

Cast me not away from your face, and take not your holy spirit from me.

Restore to me the joy of your salvation, and strengthen me with a princely spirit.

I will teach the unjust your ways, and the impious will be converted to you.

Rescue me from blood, O God, the God of my salvation, and my tongue will extol your justice.

O Lord, you will open my lips, and my mouth will proclaim your praise.

For if you had wanted sacrifice, I would certainly have given it; but with burnt offerings you will not be delighted.

A sacrifice to God is a broken spirit; a contrite and humbled heart, O God, you will not despise.

Deal kindly, O Lord, in your good will with Zion, so that the walls of Jerusalem may be built up.

Then you will accept the sacrifice of justice, oblations and burnt offerings; then they will lay calves upon your altar.

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.

> *Ant. A clean heart create for me, O God; renew in me a steadfast spirit.*

Psalm 147 *Praise the Lord, O Jerusalem (Part II)*

> *Ant. Praise to you, Lord God, now and forever.*

Who sends his crystal like morsels; before the face of his cold, who will endure?

He will send out his word and will melt them; his wind will blow and the waters will flow.

Who announces his word to Jacob, his justices and his judgments to Israel.

He has not done in this way for every nation, and his judgments he has not made manifest to them.

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.

> *Ant. Praise to you, Lord God, now and forever.*

OLD TESTAMENT CANTICLE

OLD TESTAMENT CANTICLE (HABAKKUK 3:2–4, 13–19)

O Lord, I have heard your voice and I feared; O Lord, your work, in the midst of years, bring it to life.

In the midst of years, you will make it known; when you are angry, you will remember mercy.

God will come from the south, and the holy one from mount Paran.

His glory covered the heavens, and the earth is full of his praise.

His splendor is like the light; horns are in his hands.

There his strength has been hidden; before his face a pestilence will go.

You went forth for the salvation of your people, for salvation with your Christ.

You struck the head of the house of the wicked; you laid bare his foundation, even to the neck.

Although the fig tree will not blossom, and there will be no offspring on the vines;

the work of the olive tree will fail, and the fields will produce no food;

the sheep will be cut off from the fold, and there will be no cattle in the stalls;

but I will rejoice in the Lord, and I will exult in God my Jesus.

The Lord God is my strength, and he will place my feet like the feet of hart.

And he, the conqueror, will lead me forth, singing psalms.

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.

SHORT READING

DEUTERONOMY 4:39–40

Know today, and take it to heart: the Lord is God in the heavens above and on the earth below, and there is no other. You shall keep his statutes and his commandments which I command you today.

RESPONSORY

V. Christ, Son of the living God, have mercy on us.

R. Christ, Son of the living God, have mercy on us.

V. You who rose from the dead,

R. have mercy on us.

GOSPEL CANTICLE: BENEDICTUS (LUKE 1:68-79)

THE CANTICLE OF ZECHARIAH (BENEDICTUS) (LUKE 1:68–79)

> *Ant. Blessed is the Lord, the God of Israel, for he has visited and redeemed his people.*

Blessed is the Lord, the God of Israel, because he has visited and accomplished the redemption of his people.

And he has raised up a horn of salvation for us in the house of David his servant.

As he spoke through the mouth of his holy prophets, those who have been from the beginning:

Salvation from our enemies and from the hand of all who hate us.

To show mercy to our fathers and to remember his holy covenant,

the oath which he swore to our father Abraham, that he would grant to us,

that being freed from the hand of our enemies, we might serve him without fear,

in holiness and justice before him, throughout all our days.

And you, child, will be called a prophet of the Most High; for you will go before the face of the Lord, to prepare his ways.

To give knowledge of salvation to his people, for the remission of their sins,

through the compassionate mercy of our God, by which the Rising Sun has visited us from on high,

to illuminate those sitting in darkness and in the shadow of death, to direct our feet in the way of peace.

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.

> *Ant. Blessed is the Lord, the God of Israel, for he has visited and redeemed his people.*

MORNING INTERCESSIONS

Let us offer our prayers to God as we begin this day, saying:

For the holy church throughout the world, that it may proclaim Christ faithfully and serve the poor generously: we pray to you, O Lord. — *Lord, hear our prayer.*

For our bishop and all who lead us in faith, that they may shepherd their flocks with wisdom and compassion: we pray to you, O Lord. — *Lord, hear our prayer.*

For the leaders of nations and all in authority, that they may govern with justice and work for the common good: we pray to you, O Lord. — *Lord, hear our prayer.*

For those who are suffering in body, mind, or spirit, that they may know the comfort of your presence: we pray to you, O Lord. *Lord, hear our prayer.*

For all who labor this day, that their work may be dignified and their families protected: we pray to you, O Lord. *Lord, hear our prayer.*

For the grace to seek you in all things today, to see your face in every person we meet, and to love as you have loved us: we pray to you, O Lord. *Lord, hear our prayer.*

THE LORD'S PRAYER

Let us pray as the Lord himself has taught us:

Our Father, who art in heaven,
hallowed be thy name;
thy kingdom come,
thy will be done
on earth as it is in heaven.
Give us this day our daily bread,
and forgive us our trespasses
as we forgive those who trespass against us;
and lead us not into temptation,
but deliver us from evil.
For thine is the kingdom, and the power, and the glory,
forever and ever. Amen.

CONCLUDING PRAYER

Lord Jesus Christ, you are the light of the world. Drive from us every shadow of darkness and let your glory shine through our words and deeds this day; who lives and reigns with the Father and the Holy Spirit, one God, forever and ever. Amen.

DISMISSAL

The Lord be with you.
And with your spirit.

May almighty God bless us: the Father, and the Son, and the Holy Spirit.
Amen.

Go in peace to love and serve the Lord.

Thanks be to God.