Morning Prayer

Monday, January 30, 2023

Ordinary Time, Week 4 — Monday

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 42 *Send Forth Your Light*

> *Ant. Send forth your light and your fidelity; they shall lead me.*

Judge me, O God, and separate my cause from the nation that is not holy; deliver me from the unjust and deceitful man.

For you are my strength, O God; why have you rejected me? And why do I go about in sadness, while the enemy afflicts me?

Send forth your light and your truth; they have led me and brought me to your holy mountain and into your tabernacles.

And I will go to the altar of God, to God who gladdens my youth.

I will praise you on the harp, O God, my God.

Why are you sad, O my soul? And why do you trouble me?

Hope in God, for I will still give praise to him: the salvation of my countenance and my God.

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. Send forth your light and your fidelity; they shall lead me.*

Psalm 19 *Praise for God's Works (II)*

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

May he give to you according to your own heart, and confirm all your counsel.

We will rejoice in your salvation; and we will be magnified in the name of our God.

May the Lord fulfill all your petitions; now I know that the Lord has saved his Christ.

He will hear him from his holy heaven; the salvation of his right hand is in power.

Some approach in chariots and some on horses, but we will call upon the name of the Lord our God.

They have been bound and have fallen; but we have risen and have been set upright.

O Lord, save the king, and hear us in the day that we will call upon you.

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 (ISAIAH 2:2–5)

In the last days, the mountain of the house of the Lord will be prepared on the summit of mountains.

And it will be exalted above the hills, and all nations will flow to it.

And many peoples will hurry and say: "Come and let us ascend to the mountain of the Lord, and to the house of the God of Jacob."

"And he will teach us his ways, and we will walk in his paths."

For the law will go forth from Zion, and the word of the Lord from Jerusalem.

And he will judge the nations and rebuke many peoples.

And they will turn their swords into plowshares, and their spears into pruning hooks.

Nation will not lift up sword against nation, and they will no longer train for war.

O house of Jacob, come and let us walk in the light of the Lord.

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

ISAIAH 55:3

> Incline your ear and come to me; hear, that your soul may live; and I will make with you an everlasting covenant, my steadfast, sure love for David.

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

God of light and love, as we begin this day may we walk in your ways, do your work, and give you glory in all things; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever. 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.