Morning Prayer

Thursday, July 16, 2026

Our Lady of Mount Carmel

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 87 *A Plea from the Depths*

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

O Lord, the God of my salvation, I have cried in the day and in the night before you.

Let my prayer come in before you; incline your ear to my petition.

For my soul is filled with evils, and my life has drawn near to hell.

I am counted among those who descend into the pit; I have become like a man without help,

free among the dead, like the wounded sleeping in the sepulchres, who are remembered no more.

And they are cut off from your hand.

They have placed me in the lower pit, in the dark places and in the shadow of death.

Your wrath has been confirmed over me, and you have brought all your waves over me.

You have put away my acquaintances far from me; they have made me an abomination to them.

I was delivered up and did not go out.

My eyes languished from poverty. I cried out to you, O Lord, all day long; I stretched out my hands to you.

Will you work wonders for the dead? Or will physicians raise them to life, and they will confess to you?

Will anyone in the sepulchre declare your mercy and your truth in perdition?

Will your wonders be known in the dark, and your justice in the land of the forgotten?

But I, O Lord, have cried out to you; and in the morning my prayer will anticipate you.

Lord, why do you cast off my prayer? Why do you turn away your face from me?

I am poor and in labors from my youth; and after being exalted, I have been humbled and troubled.

Your wrath has passed over me, and your terrors have troubled me.

They have surrounded me like water all day long; they have encompassed me all together.

Friend and neighbor you have put far from me, and my acquaintances from my wretchedness.

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.*

Psalm 99 *Come Before the Lord with Gladness*

> *Ant. Know that the Lord is God; he made us, his we are.*

Shout with joy to God, all the earth; serve the Lord in gladness.

Enter into his sight with rejoicing.

Know that the Lord himself is God; he made us, and not we ourselves.

We are his people and the sheep of his pasture.

Enter through his gates with praise; enter into his courts with hymns; and confess to him.

Praise his name, for the Lord is sweet; his mercy is forever, and his truth from generation to generation.

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. Know that the Lord is God; he made us, his we are.*

OLD TESTAMENT CANTICLE

OLD TESTAMENT CANTICLE (ISAIAH 49:7–13)

Thus says the Lord, the Redeemer of Israel, his Holy One, to the contemptible soul, to the abhorred nation, to the servant of rulers.

"Kings will see, and princes will rise up and adore, for the sake of the Lord, because he is faithful, and the Holy One of Israel who has chosen you."

Thus says the Lord: "In an acceptable time I have heard you, and in the day of salvation I have helped you."

"And I have kept you and given you to be a covenant of the people, that you might raise up the earth, and possess the inherited wastes."

"That you might say to those that are bound: 'Come forth.' And to those that are in darkness: 'Show yourselves.'"

"They will feed in the ways, and their pastures will be in every plain."

"They will not hunger, nor thirst, neither will the heat nor the sun strike them."

"For he that is merciful to them will be their shepherd, and at the fountains of waters he will give them drink."

"And I will make all my mountains a way, and my paths will be exalted."

"Behold, these will come from far, and behold, those will come from the north and from the sea, and others from the south land."

Give praise, O you heavens, and rejoice, O earth; give praise, O you mountains, in jubilation, because the Lord has comforted his people and will have mercy on his poor ones.

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 33:2

O Lord, have mercy on us, for we have waited for you. Be our arm every morning, our salvation in the time of trouble.

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

O God, you are the author of all goodness and the giver of all grace. Purify our hearts, direct our wills, and fill our minds with holy thoughts, that this day may be spent in your love and to your honor; through Jesus Christ our Lord. 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.