Morning Prayer

Thursday, July 23, 2026

Saint Birgitta of Sweden, Religious

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 143 *Blessed Be the Lord My Rock (Part I)*

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

Blessed is the Lord my God, who trains my hands for the contest and my fingers for the war.

My mercy and my refuge; my support and my deliverer; my protector and the one in whom I have hoped, who subdues my people under me.

Lord, what is man, that you have made yourself known to him? Or the son of man, that you think about him?

Man has been made like vanity; his days pass away like a shadow.

Lord, bow your heavens and descend; touch the mountains and they will smoke.

Cast lightning and scatter them; send out your arrows and set them in disorder.

Send your hand from on high; free me and rescue me from many waters, from the hand of foreign sons.

Their mouth has spoken vanity, and their right hand is the right hand of iniquity.

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 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 (ISAIAH 64:1–8)

O that you would rend the heavens and would come down; the mountains would melt away before your face.

As when fire burns the wood and the fire boils water, to make your name known to your enemies.

You have done terrible things which we did not look for; you came down and the mountains trembled before your face.

From of old, men have not heard nor perceived with the ears.

The eye has not seen, O God, besides you, what things you have prepared for those who wait for you.

You have met those who rejoice and do justice; in your ways they will remember you.

Behold, you are angry and we have sinned; in them we have been always, and we will be saved.

And we all have become as one unclean, and all our justices as the rag of a menstruous woman.

And we have all fallen as a leaf, and our iniquities, like the wind, have taken us away.

There is none that calls upon your name; that rises up and takes hold of you.

You have hidden your face from us, and you have crushed us by the hand of our iniquity.

And now, O Lord, you are our father; and we are clay. And you are our maker, and we all are the works of your hands.

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.