Morning Prayer

Monday, September 14, 2026

The Exaltation of the Holy Cross

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 90 *The Protection of the Most High*

> *Ant. Because he clings to me, I will deliver him.*

He who dwells in the aid of the Most High will abide under the protection of the God of heaven.

He will say to the Lord: "You are my supporter and my refuge; my God, I will trust in him."

For he has rescued me from the snare of hunters and from sharp words.

With his shoulders he will overshadow you, and under his wings you will trust.

His truth will surround you like a shield; you will not fear the terror of the night.

Nor the arrow flying in the day, nor the destruction proceeding in darkness, nor the attack of the noonday devil.

A thousand will fall at your side, and ten thousand at your right hand; but it will not draw near to you.

Yet truly you will consider with your eyes, and you will see the reward of sinners.

For you, O Lord, are my hope; you have made the Most High your refuge.

Evil will not approach you, and the scourge will not come near your tabernacle.

For he has given his angels charge over you, to guard you in all your ways.

They will carry you on their hands, lest you dash your foot against a stone.

You will walk upon the asp and the basilisk, and you will trample upon the lion and the dragon.

Because he hoped in me, I will free him; I will protect him, because he has known my name.

He will call upon me, and I will hear him; I am with him in tribulation; I will rescue him and glorify him.

I will satisfy him with length of days, and I will reveal my salvation to him.

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. Because he clings to me, I will deliver him.*

Psalm 135 *Psalm 135*

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

Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end.

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 66:10–14)

Rejoice with Jerusalem, and be glad with her, all you who love her.

Rejoice for joy with her, all you that mourn for her.

That you may suck and be filled with the breast of her consolations.

That you may milk out and flow with delights, from the abundance of her glory.

For thus says the Lord: "Behold I will bring upon her as it were a river of peace, and as an overflowing torrent the glory of the Gentiles."

"Which you will suck; you will be carried at the breasts, and upon the knees they will caress you."

"As one whom the mother caresses, so will I comfort you, and in Jerusalem you will be comforted."

"You will see and your heart will rejoice, and your bones will flourish like a herb."

"And the hand of the Lord will be known to his servants, and he will be angry with his enemies."

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.