Morning Prayer

Wednesday, January 29, 2070

Ordinary Time, Week 3 — Wednesday

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 36 *Trust in Providence*

> *Ant. Be still before the Lord and wait patiently for him.*

Do not vie with evildoers, nor envy those who work iniquity.

For they will quickly wither like grass and fade like the green herb.

Hope in the Lord and do good, and dwell in the land, and you will be fed with its riches.

Delight in the Lord and he will give you the requests of your heart.

Reveal your way to the Lord, and hope in him, and he will accomplish it.

And he will bring forth your justice like light and your judgment like midday.

Be subject to the Lord and pray to him; do not vie with the man who prospers in his way, with the man who acts unjustly.

Cease from anger and leave behind fury; do not vie with others so as to do evil.

For those who do evil will be destroyed, but those who endure the Lord, they will inherit the earth.

And yet a little while and the sinner will not be; and you will seek his place and will not find it.

But the meek will inherit the earth and will delight in abundance of peace.

The sinner will watch the just and will gnash his teeth against him.

But the Lord will laugh at him, for he foresaw that his day would come.

The wicked have drawn out the sword; they have bent their bow, to cast down the poor and the needy, to slaughter the upright of heart.

Let their sword enter into their own hearts, and let their bows be broken.

Better is a little to the just than the many riches of the wicked.

For the arms of the wicked will be broken, but the Lord strengthens the just.

The Lord knows the days of the undefiled, and their inheritance will be in eternity.

They will not be confounded in an evil time, and in the days of famine they will be satisfied.

For the wicked will perish; but the enemies of the Lord, immediately after they are honored and exalted, will be consumed and fade away like smoke.

The sinner will borrow and will not repay; but the just one shows mercy and gives.

For those who bless him will inherit the earth; but those who curse him will perish.

The steps of a man will be directed by the Lord, and he will desire his way.

When he falls, he will not be destroyed, for the Lord places his hand below.

I was young and now I am old; yet I have not seen the just one forsaken, nor his seed seeking bread.

He shows mercy all day long and lends, and his seed will be in blessing.

Depart from evil and do good, and dwell forever and ever.

For the Lord loves judgment and will not forsake his saints; they will be preserved forever.

The unjust will be punished, and the seed of the wicked will perish.

But the just will inherit the earth and will dwell upon it forever.

The mouth of the just will meditate wisdom, and his tongue will speak judgment.

The law of his God is in his heart, and his steps will not be supplanted.

The wicked spy on the just and seeks to put him to death.

But the Lord will not leave him in his hands, nor condemn him when he is judged.

Wait for the Lord and keep his way, and he will exalt you to inherit the earth; when the wicked perish, you will see it.

I have seen the wicked highly exalted and lifted up like the cedars of Lebanon.

And I passed by, and behold, he was not; and I sought him and his place was not found.

Keep innocence and behold equity, for the remnants of the peaceful man are peaceable.

But the unjust will be destroyed together; the remnants of the wicked will perish.

But the salvation of the just comes from the Lord, and he is their protector in the time of trouble.

And the Lord will help them and rescue them; and he will rescue them from the wicked and will save them, because they have hoped in 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. Be still before the Lord and wait patiently for him.*

Psalm 47 *The City of the Great King*

> *Ant. Great is the Lord and highly to be praised in the city of our God.*

Great is the Lord and greatly to be praised, in the city of our God, on his holy mountain.

With the joy of the whole earth, Mount Zion will be founded, on the sides of the north, the city of the great king.

In her houses God will be known, when he takes her under his protection.

For behold, kings of the earth assembled together; they gathered as one.

They saw and were astonished; they were troubled and were moved.

Trembling took hold of them; there were pains like those of a woman in labor.

By a violent wind you will break the ships of Tarshish.

As we have heard, so we have seen, in the city of the Lord of hosts, in the city of our God.

God has founded it forever.

We have received your mercy, O God, in the midst of your temple.

According to your name, O God, so also is your praise unto the ends of the earth; your right hand is full of justice.

Let Mount Zion rejoice and the daughters of Judah be glad, because of your judgments, O Lord.

Surround Zion and embrace her; speak in her towers.

Set your hearts on her strength and distribute her houses, so that you may tell it in another generation.

For this is God, our God, unto eternity and beyond eternity; he will govern us forever.

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. Great is the Lord and highly to be praised in the city of our God.*

OLD TESTAMENT CANTICLE

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Begin to the Lord with timbrels; sing to the Lord with cymbals; tune to him a new psalm; exalt and call upon his name.

The Lord crushes wars; The Lord is his name.

I will sing to my Lord a new hymn. O Lord, you are great and glorious, wonderful in strength, invincible.

Let all your creatures serve you; for you spoke, and they were made.

You sent your spirit, and they were created; and there is no one who can resist your voice.

Mountains from their foundations will be moved with the waters; before you the rocks will melt like wax.

But those who fear you will be great before you in all things.

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

MICAH 6:8

You have been told, O man, what is good, and what the Lord requires of you: only to do right and to love goodness, and to walk humbly with your God.

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

Almighty and everlasting God, open our minds to your truth and our hearts to your love, that in all we do this day we may seek your glory and the good of our neighbors; through 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.