Morning Prayer

Sunday, July 20, 2070

16th Sunday of Ordinary Time

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 63 *My Soul Thirsts for You*

> *Ant. O God, you are my God; for you I long.*

O God, my God, to you I watch at the break of day.

My soul has thirsted for you; in how many ways has my flesh longed for you.

In a desert land, without way or water, so in the holy land I have appeared before you, to see your power and your glory.

For your mercy is better than lives; my lips will praise you.

In this way, I will bless you throughout my life; and in your name I will lift up my hands.

Let my soul be filled as if with marrow and fatness, and my mouth will praise you with joyful lips.

I have remembered you upon my bed; in the morning I will meditate on you.

For you have been my helper, and under the cover of your wings I will rejoice.

My soul has adhered to you; your right hand has upheld me.

But those who seek my soul in vain; they will enter into the lower parts of the earth.

They will be delivered to the power of the sword; they will be the portions of foxes.

But the king will rejoice in God; all who swear by him will be praised, for the mouth of those who speak iniquities has been stopped.

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. O God, you are my God; for you I long.*

Psalm 149 *Sing a New Song to the Lord*

> *Ant. Sing to the Lord a new song, his praise in the assembly of the faithful.*

Sing to the Lord a new canticle; his praise is in the church of the holy ones.

Let Israel rejoice in him who made him, and the daughters of Zion be joyful in their king.

Let them praise his name in dance; let them sing psalms to him with timbrel and psaltery.

For the Lord is well pleased with his people, and he will exalt the meek unto salvation.

The holy ones will rejoice in glory; they will be joyful in their sleeping places.

The exultations of God will be in their throat, and two-edged swords in their hands.

To execute vengeance among the nations, corrections among the peoples.

To bind their kings with fetters and their nobles with manacles of iron.

To execute upon them the written judgment; this glory is for all his holy 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.

> *Ant. Sing to the Lord a new song, his praise in the assembly of the faithful.*

OLD TESTAMENT CANTICLE (DANIEL 3:57–88)

All you works of the Lord, bless the Lord; praise and exalt him above all forever.

You angels of the Lord, bless the Lord.

You heavens, bless the Lord.

All you waters above the heavens, bless the Lord.

All you powers of the Lord, bless the Lord.

Sun and moon, bless the Lord.

Stars of heaven, bless the Lord.

Every shower and dew, bless the Lord.

All you winds, bless the Lord.

Fire and heat, bless the Lord.

Cold and chill, bless the Lord.

Dews and rains, bless the Lord.

Frost and cold, bless the Lord.

Ice and snow, bless the Lord.

Nights and days, bless the Lord.

Light and darkness, bless the Lord.

Lightnings and clouds, bless the Lord.

You springs, bless the Lord.

Seas and rivers, bless the Lord.

You dolphins and all water creatures, bless the Lord.

All you birds of the air, bless the Lord.

All you beasts, wild and tame, bless the Lord.

You sons of men, bless the Lord.

O Israel, bless the Lord.

You priests of the Lord, bless the Lord.

You servants of the Lord, bless the Lord.

Spirits and souls of the righteous, bless the Lord.

You who are holy and humble of heart, bless the Lord.

Hananiah, Azariah, Mishael, bless the Lord; praise and exalt him above all forever.

For he has rescued us from the netherworld, and saved us from the power of death.

He has freed us from the raging flame and delivered us from the fire.

Give thanks to the Lord, for he is good, for his mercy endures 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.

SHORT READING

EPHESIANS 4:23–24

Be renewed in the spirit of your minds, and put on the new self, created in God's way in righteousness and holiness of truth.

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

Eternal God, the morning reminds us of your steadfast love which is new each day. May we live this day in the joy of your presence, the strength of your Spirit, and the peace of your grace; 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.