Morning Prayer

Thursday, May 31, 2074

The Visitation of the Blessed Virgin Mary

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

This Is the Day

This is the day, this is the day
that the Lord has made, that the Lord has made;
we will rejoice, we will rejoice,
and be glad in it, and be glad in it.

Alleluia! Christ is risen!
Death is conquered by his love;
all creation sings with gladness:
praise him, earth below and heaven above.

At the break of Easter morning
Mary came and found the tomb;
but the stone was rolled away, and
Jesus met her in the gloom.

Now the Lord of life is risen;
now our sorrow turns to song;
we who walked in death's dark shadow
are set free from all that long.

Psalm 87 *A Plea from the Depths*

> *Ant. This is the day the Lord has made; let us be glad and rejoice in it. Alleluia.*

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. This is the day the Lord has made; let us be glad and rejoice in it. Alleluia.*

Psalm 99 *Come Before the Lord with Gladness*

> *Ant. Christ our Passover has been sacrificed; let us therefore celebrate the feast. Alleluia.*

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. Christ our Passover has been sacrificed; let us therefore celebrate the feast. Alleluia.*

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

ACTS 10:40–41

This man God raised on the third day and granted that he be visible, not to all the people, but to us, the witnesses chosen by God in advance, who ate and drank with him after he rose from the dead.

RESPONSORY

V. This is the day that the Lord has made. Alleluia.
R. Let us rejoice and be glad in it. Alleluia.
V. Give thanks to the Lord, for he is good;
R. his love endures forever. Alleluia.

GOSPEL CANTICLE: BENEDICTUS (LUKE 1:68-79)

THE CANTICLE OF ZECHARIAH (BENEDICTUS) (LUKE 1:68–79)

> *Ant. This is the day the Lord has made; let us rejoice and be glad in it. Alleluia.*

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. This is the day the Lord has made; let us rejoice and be glad in it. Alleluia.*

MORNING INTERCESSIONS

Rejoicing in the resurrection of the Lord, let us offer our prayers, saying:

For the church throughout the world, that it may proclaim the resurrection with boldness and joy: we pray to you, O Lord. *Lord, hear us. Alleluia.*

For the newly baptized, that they may grow in the faith they have received and be sustained by the Easter community: we pray to you, O Lord. *Lord, hear us. Alleluia.*

For all who are in darkness or despair, that the light of Easter may dawn in their lives: we pray to you, O Lord. *Lord, hear us. Alleluia.*

For those who have died in the hope of resurrection, that they may share fully in the Easter victory of Christ: we pray to you, O Lord. *Lord, hear us. Alleluia.*

For all nations, that the peace of the risen Christ may overcome division and bring reconciliation: we pray to you, O Lord. *Lord, hear us. Alleluia.*

For ourselves, that we may live as Easter people, bringing the good news of new life to those around us: we pray to you, O Lord. *Lord, hear us. Alleluia.*

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

Risen Lord, you appeared to your disciples and breathed your peace upon them. Come to us now with your peace, strengthen our faith, and send us forth to be witnesses of your resurrection; who lives and reigns with the Father and the Holy Spirit, one God, forever and ever. 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.