Morning Prayer

Saturday, March 9, 2075

Saint Frances of Rome, 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

Now in This Fast

Now in this fast, this holy season,
we turn to you, O Lord, and pray;
grant us the grace of true contrition,
to keep your ways throughout this day.

Let not our lips speak idle boasting;
let not our hearts be turned to pride;
but may we fast and pray in secret,
with you, O Lord, at every side.

Strengthen the frail and weak among us;
Heal the broken and contrite;
grant your forgiveness to the fallen;
and bring the wanderer back to light.

To God the Father be all glory,
and to his Son who for us died,
and to the Spirit, gift of Easter,
now and for ever glorified.

Psalm 119 *Grant Me Understanding (Gimel)*

> *Ant. Do not forsake me, O Lord; be not far from me, O my God.*

Repay your servant; enliven me and I will keep your words.

Remove the veil from my eyes, and I will consider the wonders of your law.

I am a newcomer on the earth; do not hide your commandments from me.

My soul has longed to desire your justifications at all times.

You have rebuked the arrogant; those who decline from your commandments are cursed.

Remove from me reproach and contempt, for I have sought your testimonies.

For leaders were seated and spoke against me, but your servant was meditating on your justifications.

For your testimony is my meditation and your justifications are my counsel.

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. Do not forsake me, O Lord; be not far from me, O my God.*

Psalm 121 *I Rejoiced When They Said to Me*

> *Ant. Do not forsake me, O Lord; be not far from me, O my God.*

I rejoiced at the things that were said to me: "We will go into the house of the Lord."

Our feet were standing in your courts, O Jerusalem.

Jerusalem, which is built as a city, which is compact together.

For there the tribes went up, the tribes of the Lord; the testimony of Israel, to praise the name of the Lord.

For there the thrones have sat in judgment, the thrones over the house of David.

Ask for the things that are for the peace of Jerusalem, and abundance for those who love you.

Let peace be in your strength, and abundance in your towers.

For the sake of my brethren and my neighbors, I spoke peace about you.

Because of the house of the Lord our God, I sought good things for you.

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. Do not forsake me, O Lord; be not far from me, O my God.*

OLD TESTAMENT CANTICLE

OLD TESTAMENT CANTICLE (BARUCH 1:15; 2:11–16)

Justice is with the Lord our God; but to us confusion of face this day.

And now, O Lord our God, who brought your people out of the land of Egypt with a strong hand and with signs and with wonders, and with great power and with a stretched out arm.

And you have made yourself a name as at this day.

We have sinned, we have done wickedly, O Lord our God, against all your ordinances.

Let your indignation be turned away from us, for we are left a few among the nations where you have scattered us.

Hear, O Lord, our prayers and our petitions, and deliver us for your own sake.

And grant that we may find favor in the sight of those who have led us away,

that all the earth may know that you are the Lord our God, and that your name has been called upon Israel and upon his posterity.

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

1 JOHN 1:8–9

> If we say, "We are without sin," we deceive ourselves, and the truth is not in us. If we acknowledge our sins, he is faithful and just and will forgive our sins and cleanse us from every wrongdoing.

RESPONSORY

V. Have mercy on me, O God, according to your steadfast love.

R. Have mercy on me, O God, according to your steadfast love.

V. According to the multitude of your tender mercies,

R. blot out my transgressions.

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

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

> *Ant. Create a clean heart in me, O God, and put a new and right spirit within me.*

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. Create a clean heart in me, O God, and put a new and right spirit within me.*

MORNING INTERCESSIONS

With penitent hearts let us pray to the Lord, saying:

For the whole church in this holy season, that our prayer, fasting, and almsgiving may draw us closer to you: we pray to you, O Lord. — *Lord, have mercy.*

For those preparing for baptism at Easter, that they may be strengthened in faith and filled with hope: we pray to you, O Lord. — *Lord, have mercy.*

For those who have fallen away from the faith, that this season may be a time of return and healing: we pray to you, O Lord. — *Lord, have mercy.*

For those who are suffering, especially those who suffer as a result of injustice, that your mercy may reach them: we pray to you, O Lord. — *Lord, have mercy.*

For ourselves, that this Lent may bring genuine conversion of heart and renewal of our baptismal promises: we pray to you, O Lord. — *Lord, have mercy.*

For all who are dying, that they may come at last to the hope of resurrection: we pray to you, O Lord. *Lord, have mercy.*

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

Merciful God, accompany us on this Lenten journey. As we follow Jesus toward Jerusalem, open our eyes to his suffering, our hearts to his love, and our wills to his call to take up our cross and follow him; through the same 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.