Morning Prayer

Friday, March 22, 2075

Lent, Week 4 — Friday

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 51 *Have Mercy on Me, O God*

> *Ant. My sacrifice is a broken spirit; a broken and contrite heart you will not despise.*

Have mercy on me, O God, according to your great mercy.

And according to the multitude of your compassions, wipe away my iniquity.

Wash me yet more from my iniquity, and cleanse me from my sin.

For I know my iniquity, and my sin is always before me.

Against you alone have I sinned, and I have done evil before you.

And so you are justified in your words, and you will prevail when you are judged.

For behold, I was conceived in iniquities, and in sin my mother conceived me.

For behold, you have loved truth; the unknown and secret things of your wisdom you have made clear to me.

You will sprinkle me with hyssop, and I will be cleansed; you will wash me, and I will be made whiter than snow.

To my hearing you will give joy and gladness, and the humbled bones will rejoice.

Turn your face away from my sins, and wipe away all my iniquities.

Create a clean heart in me, O God, and renew a right spirit within my inmost being.

Cast me not away from your face, and take not your holy spirit from me.

Restore to me the joy of your salvation, and strengthen me with a princely spirit.

I will teach the unjust your ways, and the impious will be converted to you.

Rescue me from blood, O God, the God of my salvation, and my tongue will extol your justice.

O Lord, you will open my lips, and my mouth will proclaim your praise.

For if you had wanted sacrifice, I would certainly have given it; but with burnt offerings you will not be delighted.

A sacrifice to God is a broken spirit; a contrite and humbled heart, O God, you will not despise.

Deal kindly, O Lord, in your good will with Zion, so that the walls of Jerusalem may be built up.

Then you will accept the sacrifice of justice, oblations and burnt offerings; then they will lay calves upon your altar.

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. My sacrifice is a broken spirit; a broken and contrite heart you will not despise.*

Psalm 147 *Praise the Lord, O Jerusalem (Part II)*

> *Ant. My sacrifice is a broken spirit; a broken and contrite heart you will not despise.*

Who sends his crystal like morsels; before the face of his cold, who will endure?

He will send out his word and will melt them; his wind will blow and the waters will flow.

Who announces his word to Jacob, his justices and his judgments to Israel.

He has not done in this way for every nation, and his judgments he has not made manifest to them.

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. My sacrifice is a broken spirit; a broken and contrite heart you will not despise.*

OLD TESTAMENT CANTICLE

OLD TESTAMENT CANTICLE (HABAKKUK 3:2–4, 13–19)

O Lord, I have heard your voice and I feared; O Lord, your work, in the midst of years, bring it to life.

In the midst of years, you will make it known; when you are angry, you will remember mercy.

God will come from the south, and the holy one from mount Paran.

His glory covered the heavens, and the earth is full of his praise.

His splendor is like the light; horns are in his hands.

There his strength has been hidden; before his face a pestilence will go.

You went forth for the salvation of your people, for salvation with your Christ.

You struck the head of the house of the wicked; you laid bare his foundation, even to the neck.

Although the fig tree will not blossom, and there will be no offspring on the vines;

the work of the olive tree will fail, and the fields will produce no food;

the sheep will be cut off from the fold, and there will be no cattle in the stalls;

but I will rejoice in the Lord, and I will exult in God my Jesus.

The Lord God is my strength, and he will place my feet like the feet of hart.

And he, the conqueror, will lead me forth, singing psalms.

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

PSALM 103:8

The Lord is merciful and gracious, slow to anger and abounding in steadfast love.

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

Lord Jesus, you were tempted as we are, yet without sin. Give us strength to resist every temptation, comfort when we fall, and your gracious forgiveness when we return to you; 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.