Morning Prayer

Thursday, February 4, 2016

Ordinary Time, Week 4 — Thursday

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 80 *Sing to God Our Strength*

> *Ant. O that my people would hear me; O Israel, walking in my ways.*

Rejoice to God our helper; shout with jubilation to the God of Jacob.

Take up a psalm and give a drum, a pleasant psaltery with a harp.

Blow the trumpet at the new moon, on the notable day of your solemnity.

For it is a precept in Israel, and a judgment for the God of Jacob.

He established it as a testimony in Joseph, when he went out from the land of Egypt.

He heard a tongue which he did not know; he removed his back from burdens.

His hands were serving in baskets.

You called out in tribulation, and I freed you; I heard you in the hidden place of the storm.

I tested you at the waters of contradiction.

Hear, my people, and I will testify against you; O Israel, if you will hear me,

there will be no new god among you, and you will not adore a foreign god.

For I am the Lord your God, who brought you out from the land of Egypt; open your mouth wide, and I will fill it.

But my people did not hear my voice, and Israel was not obedient to me.

And so I dismissed them according to the desires of their heart; they will walk in their own inventions.

If only my people had heard me; if only Israel had walked in my ways!

I would have humbled their enemies as almost nothing, and upon those who troubled them I would have sent my hand.

The enemies of the Lord have lied to him, and their time will be forever.

And he fed them from the fat of the wheat, and filled them with honey from the rock.

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 that my people would hear me; O Israel, walking in my ways.*

Psalm 81 *The Judge of the Gods*

> *Ant. Praise to you, Lord God, now and forever.*

God has stood in the assembly of gods, and, being in their midst, he judges gods.

"How long will you judge unjustly and accept the persons of the wicked?"

"Judge for the poor and the orphan; give justice to the humble and the poor."

"Rescue the poor and the needy; free him from the hand of the sinner."

They have not known and have not understood; they walk about in darkness; all the foundations of the earth will be shaken.

I said: "You are gods, and all of you are sons of the Most High."

"But you will die like men, and you will fall like one of the princes."

Rise up, O God, judge the earth; for you will inherit among all the nations.

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. Praise to you, Lord God, now and forever.*

OLD TESTAMENT CANTICLE

OLD TESTAMENT CANTICLE (ISAIAH 38:10–14, 17–20)

I said in the middle of my days: "I will go to the gates of the underworld; I sought the residue of my years."

I said: "I will not see the Lord God in the land of the living. I will behold man no more."

My generation has been taken away and rolled up from me like a shepherd's tent.

My life has been cut off like a weaver's thread; while I was yet but beginning, he cut me off.

From morning even to night you will make an end of me.

I hoped until morning. He broke all my bones like a lion.

From morning even to night you will make an end of me.

I will cry like a young swallow; I will meditate like a dove.

My eyes are weak, looking upward. Lord, I suffer violence; answer for me.

Behold, in peace my bitterness is most bitter; but you have delivered my soul.

For you have cast all my sins behind your back.

For the underworld will not confess you, neither will death praise you.

Those who descend into the pit will not wait for your truth.

The living, the living, he will give praise to you, as I do this day.

The father will make known your truth to the children.

O Lord, save me, and we will sing our psalms all the days of our life in the house of the Lord.

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

ISAIAH 33:2

> O Lord, have mercy on us, for we have waited for you. Be our arm every morning, our salvation in the time of trouble.

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

O God, you are the author of all goodness and the giver of all grace. Purify our hearts, direct our wills, and fill our minds with holy thoughts, that this day may be spent in your love and to your honor; through 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.