Morning Prayer

Saturday, March 9, 2019

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 *Blessed Are the Blameless (Aleph)*

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

Blessed are the undefiled in the way, who walk in the law of the Lord.

Blessed are those who search his testimonies, who seek him with their whole heart.

For those who work iniquity have not walked in his ways.

You have commanded your commandments to be kept very much.

Would that my ways be directed so as to keep your justifications!

Then I will not be confounded, when I look upon all your commandments.

I will confess to you with sincerity of heart, in that I have learned the judgments of your justice.

I will keep your justifications; do not utterly forsake me.

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 117 *Give Thanks to the Lord*

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

Give praise to the Lord, for he is good; for his mercy is forever.

Let Israel now say: for his mercy is forever.

Let the house of Aaron now say: for his mercy is forever.

Let those who fear the Lord now say: for his mercy is 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.

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

OLD TESTAMENT CANTICLE

OLD TESTAMENT CANTICLE (EXODUS 15:1–4, 8–13, 17–18)

Let us sing to the Lord, for he is magnificently glorious; the horse and its rider he has thrown into the sea.

The Lord is my strength and my praise, and he has become my salvation.

He is my God, and I will glorify him; he is the God of my father, and I will exalt him.

The Lord is like a warrior; Almighty is his name.

At the breath of your fury, the waters parted; the flowing water stood up like a wall.

The depths were gathered together in the midst of the sea.

The enemy said: "I will pursue and overtake; I will divide the spoils."

You blew your wind, and the sea covered them; they sank like lead in the mighty waters.

Who is like you among the strong, O Lord? Who is like you, glorious in holiness, terrible in praises, doing wonders?

You stretched out your hand, and the earth swallowed them.

In your mercy, you were the leader of the people whom you redeemed; and in your strength you carried them to your holy dwelling.

You will bring them in and plant them on the mountain of your inheritance,

in your most firm dwelling, which you have fashioned, O Lord, in your sanctuary, O Lord, which your hands have established.

The Lord will reign forever and ever.

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.