Morning Prayer

Tuesday, October 22, 2019

Saint John Paul II, Pope

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 85 *A Prayer of the Poor*

> *Ant. You are kind and forgiving, O Lord, abounding in love to all who call on you.*

Incline your ear, O Lord, and hear me; for I am needy and poor.

Preserve my soul, for I am holy; save your servant, O my God, who trusts in you.

Have mercy on me, O Lord, for I have cried out to you all day.

Give joy to the soul of your servant; for to you, O Lord, I have lifted up my soul.

For you, O Lord, are sweet and mild, and plenteous in mercy to all who call upon you.

Give ear, O Lord, to my prayer, and attend to the voice of my supplication.

I have called upon you in the day of my trouble; because you have heard me.

There is no one like you among the gods, O Lord; and there is none according to your works.

All the nations that you have made will come and adore before you, O Lord; and they will glorify your name.

For you are great and do wondrous things; you alone are God.

Lead me, O Lord, in your way, and I will walk in your truth; let my heart rejoice so that it may fear your name.

I will confess to you, O Lord my God, with my whole heart; and I will glorify your name forever.

For your mercy is great towards me; and you have rescued my soul from the lower hell.

O God, the iniquitous have risen up against me, and the assembly of the powerful have sought my soul; and they have not set you in their sight.

And you, O Lord God, are compassionate and merciful, patient and of much mercy, and true.

Look upon me and have mercy on me; give your authority to your son, and save the son of your handmaid.

Show me a token for good, that those who hate me may see and be confounded.

Because you, O Lord, have helped me and have consoled 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. You are kind and forgiving, O Lord, abounding in love to all who call on you.*

Psalm 67 *The Lord's Triumphal March*

> *Ant. Let the peoples praise you, O God; let all the peoples praise you.*

Let God arise, and let his enemies be scattered, and let those who hate him flee from before his face.

As smoke vanishes, so let them vanish away; as wax melts before the fire, so let the wicked perish before the face of God.

And let the just feast and rejoice in the sight of God, and be pleased with gladness.

Sing to God, sing a psalm to his name; make a road for him who ascends over the west.

Lord is his name; rejoice in his sight; they will be troubled before his face,

the father of orphans and the judge of widows.

God is in his holy place; God who makes the solitary to dwell in a house,

who leads forth the prisoners to strength; likewise those who provoke, who dwell in sepulchres.

O God, when you went forth in the sight of your people, when you crossed through the desert,

the earth was moved, and the heavens dropped dew before the face of the God of Sinai, before the face of the God of Israel.

You will set apart a voluntary rain, O God, for your inheritance; and it has been weakened, but you have restored it.

Your animals will dwell in it; in your sweetness, O God, you have provided for the poor.

The Lord will give a word to those who proclaim the Gospel with great power.

The King of Hosts is the beloved one, and the beauty of the house will divide the spoils.

If you sleep among the midst of lots, you will be like the wings of a dove covered with silver and the feathers of her back with a pale gold.

When the Heavenly One discerns kings upon it, they will be made white as snow in Zalmon.

The mountain of God is a fat mountain; a curdled mountain, a fat mountain.

Why do you suspect, you curdled mountains, that God has chosen to dwell on this mountain?

For the Lord will dwell even to the end; the chariot of God is accompanied by ten thousands; thousands of those who rejoice.

The Lord is among them in Sinai, in the holy place.

You have ascended on high; you have taken captivity captive; you have received gifts among men.

Yes, for those who do not believe, the Lord God will dwell there.

Blessed is the Lord day by day; the God of our salvation will prosper our way.

Our God is the God of salvation, and the ways of death belong to the Lord God.

Yet God will crush the heads of his enemies, the hairy crown of those who walk on in their offenses.

The Lord said: "I will convert from Bashan; I will convert into the depth of the sea."

"So that your foot may be dipped in blood: the tongue of your dogs with enemies from yourself."

They have seen your proceedings, O God, the proceedings of my God, my king, who is in the holy place.

The leaders joined in song with the singers, in the midst of the young women playing timbrels.

In the churches, bless God the Lord from the fountains of Israel.

There is Benjamin, a youth, in ecstasy of mind; the leaders of Judah, their commanders; the leaders of Zabulon, the leaders of Naphtali.

Command your strength, O God; confirm this, O God, what you have worked in us.

From your temple in Jerusalem, kings will offer gifts to you.

Rebuke the wild beasts of the reeds, the congregation of bulls with the cows of the peoples, so that they may not exclude those who have been proven like silver.

Scatter the nations that desire wars.

Ambassadors will arrive out of Egypt; Ethiopia will hasten her hands to God.

Sing to God, O kingdoms of the earth; sing psalms to the Lord.

Sing to God, who ascends above the heaven of heavens, to the east.

Behold, he will give his voice a voice of power.

Give glory to God above Israel; his magnificence and his power in the clouds.

God is wonderful in his holy ones; the God of Israel himself will give power and strength to his people. Blessed be God.

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. Let the peoples praise you, O God; let all the peoples praise you.*

OLD TESTAMENT CANTICLE

OLD TESTAMENT CANTICLE (ISAIAH 42:10–16)

Sing to the Lord a new canticle; his praise is from the ends of the earth.

You who go down to the sea, and all that fills it; the islands and their inhabitants.

Let the desert and its cities be exalted; Cedar will dwell in houses.

Those who inhabit Petra will sing praise; they will cry out from the top of the mountains.

They will give glory to the Lord, and they will declare his praise in the islands.

The Lord will go forth as a mighty man; as a man of war he will stir up zeal.

He will shout and cry out; he will prevail against his enemies.

I have always been silent; I have kept quiet, I have been patient like a woman in labor.

I will lay waste and swallow up at once.

I will turn the blind into a way that they know not, and in paths that they are ignorant of I will make them walk.

I will make darkness light before them, and crooked things straight.

These things have I done to them, and I have not forsaken 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.

SHORT READING

ROMANS 13:11–12

> It is the hour now for you to awake from sleep. For our salvation is nearer now than when we first believed; the night is advanced, the day is at hand. Let us then throw off the works of darkness and put on the armor of light.

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

Lord God, you have blessed us with another day. Grant that we may use it faithfully in your service, showing forth the love of Christ to all we meet; through the same 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.