Morning Prayer

Thursday, May 21, 2020

The Ascension of the Lord

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

This Is the Day

This is the day, this is the day
that the Lord has made, that the Lord has made;
we will rejoice, we will rejoice,
and be glad in it, and be glad in it.

Alleluia! Christ is risen!
Death is conquered by his love;
all creation sings with gladness:
praise him, earth below and heaven above.

At the break of Easter morning
Mary came and found the tomb;
but the stone was rolled away, and
Jesus met her in the gloom.

Now the Lord of life is risen;
now our sorrow turns to song;
we who walked in death's dark shadow
are set free from all that long.

Psalm 80 *Sing to God Our Strength*

> *Ant. This is the day the Lord has made; let us be glad and rejoice in it. Alleluia.*

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. This is the day the Lord has made; let us be glad and rejoice in it. Alleluia.*

Psalm 81 *The Judge of the Gods*

> *Ant. Christ our Passover has been sacrificed; let us therefore celebrate the feast. Alleluia.*

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. Christ our Passover has been sacrificed; let us therefore celebrate the feast. Alleluia.*

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

ACTS 10:40–41

> This man God raised on the third day and granted that he be visible, not to all the people, but to us, the witnesses chosen by God in advance, who ate and drank with him after he rose from the dead.

RESPONSORY

V. This is the day that the Lord has made. Alleluia.

R. Let us rejoice and be glad in it. Alleluia.

V. Give thanks to the Lord, for he is good;

R. his love endures forever. Alleluia.

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

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

> *Ant. This is the day the Lord has made; let us rejoice and be glad in it. Alleluia.*

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. This is the day the Lord has made; let us rejoice and be glad in it. Alleluia.*

MORNING INTERCESSIONS

Rejoicing in the resurrection of the Lord, let us offer our prayers, saying:

For the church throughout the world, that it may proclaim the resurrection with boldness and joy: we pray to you, O Lord. — *Lord, hear us. Alleluia.*

For the newly baptized, that they may grow in the faith they have received and be sustained by the Easter community: we pray to you, O Lord. — *Lord, hear us. Alleluia.*

For all who are in darkness or despair, that the light of Easter may dawn in their lives: we pray to you, O Lord. — *Lord, hear us. Alleluia.*

For those who have died in the hope of resurrection, that they may share fully in the Easter victory of Christ: we pray to you, O Lord. — *Lord, hear us. Alleluia.*

For all nations, that the peace of the risen Christ may overcome division and bring reconciliation: we pray to you, O Lord. — *Lord, hear us. Alleluia.*

For ourselves, that we may live as Easter people, bringing the good news of new life to those around us: we pray to you, O Lord. — *Lord, hear us. Alleluia.*

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

Risen Lord, you appeared to your disciples and breathed your peace upon them. Come to us now with your peace, strengthen our faith, and send us forth to be witnesses of your resurrection; 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.