Morning Prayer

Saturday, January 29, 2022

Ordinary Time, Week 3 — Saturday

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 119 *Blessed Are the Blameless (Aleph)*

> *Ant. Blessed are those whose way is blameless, who walk in the law of the Lord.*

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. Blessed are those whose way is blameless, who walk in the law of the Lord.*

Psalm 117 *Give Thanks to the Lord*

> *Ant. Give thanks to the Lord, for he is good; his love endures forever.*

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. Give thanks to the Lord, for he is good; his love endures forever.*

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

REVELATION 7:12

> Blessing and glory and wisdom and thanksgiving and honor and power and might be to our God forever and ever. Amen.

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

Father of mercies, grant that what we begin with prayer we may continue with diligence and bring to completion with devotion; 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.