Morning Prayer

Tuesday, February 1, 2022

Ordinary Time, Week 4 — Tuesday

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 43 *Lament of a Troubled People*

> *Ant. Arise, O Lord, come to our help.*

We have heard with our ears, O God; our fathers have declared to us the work that you did in their days and in the days of old.

Your hand destroyed the Gentiles and you planted them; you afflicted peoples and cast them out.

For they did not acquire the land by their own sword, neither did their own arm save them.

But your right hand and your arm and the light of your countenance, because you were pleased with them.

You yourself are my king and my God, who command the salvation of Jacob.

Through you we will push down our enemies with the horn, and through your name we will despise those who rise up against us.

For I will not trust in my bow, and my sword will not save me.

But you have saved us from those who afflict us, and you have put to shame those who hate us.

In God we will be praised all day long, and in your name we will confess forever.

But now you have rejected and despised us, and you will not go out, O God, in our armies.

You have turned us back behind our enemies, and those who hated us plundered for themselves.

You have given us up like sheep to be eaten, and among the Gentiles you have dispersed us.

You have sold your people for no price, and there was no multitude in exchange for them.

You have made us a reproach to our neighbors, a mockery and a derision to those who are around us.

You have set us as a comparison among the Gentiles, a shaking of the head among the peoples.

All day long my shame is before me, and the confusion of my face has covered me,

at the voice of the one speaking ill and the detractor, at the face of the enemy and the pursuer.

All these things have come upon us, yet we have not forgotten you, and we have not acted unjustly in your covenant.

And our heart has not turned backward, and you have not turned aside our steps from your way.

For you have humbled us in the place of affliction, and the shadow of death has covered us.

If we have forgotten the name of our God, and if we have extended our hands to a strange god,

will God not investigate these things? For he knows the hidden things of the heart.

For because of you we are being put to death all day long; we are being considered as sheep for the slaughter.

Rise up; why do you sleep, O Lord? Arise, and do not reject us forever.

Why do you turn your face away and forget our poverty and our tribulation?

For our soul has been humbled in the dust; our belly has clung to the earth.

Rise up, O Lord, help us and redeem us for the sake of your name.

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. Arise, O Lord, come to our help.*

Psalm 65 *Come and See What God Has Done*

> *Ant. Come and see the works of God; his deeds are wondrous.*

Shout with joy to God, all the earth; sing a psalm to his name; give glory to his praise.

Say to God: "How awesome are your works, O Lord! In the multitude of your power your enemies will lie to you."

Let all the earth adore you and sing a psalm to you; let it sing a psalm to your name.

Come and see the works of God; he is formidable in his designs on the sons of men.

He turns the sea into dry land; in the river they will cross on foot; there we will rejoice in him.

He rules in his power forever; his eyes watch over the nations.

Let the rebellious not be exalted in themselves.

Bless our God, you Gentiles, and make the voice of his praise be heard;

who has set my soul in life, and has not given my feet into stirring.

For you have proved us, O God; you have tried us by fire, just as silver is tested.

You led us into a snare; you placed afflictions on our back.

You set men over our heads; we passed through fire and water; and you brought us out into refreshment.

I will enter into your house with burnt offerings; I will repay you my vows

which my lips distinguished and my mouth spoke in my tribulation.

I will offer to you burnt offerings full of marrow, with the burning of rams.

I will offer to you bulls and he-goats.

Come, hear, and I will tell you, all who fear God, what great things he has done for my soul.

I cried out to him with my mouth, and I extolled him with my tongue.

If I have looked upon iniquity in my heart, let the Lord not hear me.

Therefore, God has heard me and has attended to the voice of my supplication.

Blessed is God, who has not turned away my prayer, nor his mercy from 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. Come and see the works of God; his deeds are wondrous.*

OLD TESTAMENT CANTICLE

OLD TESTAMENT CANTICLE (ISAIAH 26:1–4, 7–9, 12)

We have a strong city; he will set up salvation in our walls and the ramparts.

Open the gates, and the just nation will enter, keeping the truth.

The ancient error has passed away; you will keep peace, peace, because we have hoped in you.

You have hoped in the Lord forever, in the Lord God the strong forever.

The way of the just is right; the path of the just is straight to walk.

And in the way of your judgments, O Lord, we have hoped for you; your name and your remembrance is the desire of the soul.

My soul has desired you in the night; yes, and my spirit within me in the morning will watch for you.

Lord, you will give us peace; for all our works you have accomplished for us.

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.