Morning Prayer

Wednesday, March 9, 2022

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 77 *God's Wonderful Works in History*

> *Ant. Wash me thoroughly from my iniquity and cleanse me from my sin.*

Give ear, O my people, to my law; incline your ears to the words of my mouth.

I will open my mouth in parables; I will speak of things hidden from the beginning.

How many things have we heard and known, and our fathers have told us!

They were not hidden from their sons, in another generation.

Declaring the praises of the Lord and his powers and his wonders, which he has done.

And he established a testimony in Jacob and appointed a law in Israel.

How many things he commanded our fathers, that they should make these known to their sons,

so that another generation might know them, the sons who will be born and who will rise up and declare them to their sons.

So that they might set their hope in God, and not forget the works of God, and seek his commandments.

That they may not become like their fathers, a perverse and exasperating generation,

a generation that does not set its heart aright and whose spirit is not faithful to God.

The sons of Ephraim, who bend and shoot the bow, were turned back in the day of battle.

They kept not the covenant of God, and refused to walk in his law.

And they forgot his benefits and his wonders, which he showed them.

He did wonders before their fathers, in the land of Egypt, in the field of Tanis.

He divided the sea and led them through, and he made the waters stand up as if in a vessel.

And he led them with a cloud by day, and all the night with a light of fire.

He broke the rock in the desert, and gave them to drink, as if from the great deep.

He brought forth water from the rock, and he led forth waters as if rivers.

And they continued to sin against him; in the desert they provoked the Most High to wrath.

And they tempted God in their hearts, by asking for food according to their desires.

And they spoke ill of God; they said: "Can God provide a table in the wilderness?"

For he struck the rock and waters flowed and the streams overflowed.

"Can he also give bread, or provide a table for his people?"

Therefore, the Lord heard and was angered; and fire was kindled against Jacob, and wrath came up against Israel.

For they did not believe in God and did not trust in his salvation.

And he commanded the clouds from above and opened the gates of heaven.

And he rained down manna upon them to eat, and he gave them the bread of heaven.

Man ate the bread of angels; he sent them provisions in abundance.

He made the south wind to pass from heaven, and in his power he brought in the southwest wind.
And he rained flesh upon them like dust, and feathered fowl like the sand of the sea.
And they fell in the midst of their camp, all around their tabernacles.
So they ate and were greatly filled, and he gave them their desire.
They were not defrauded of that which they had desired. While their food was still in their mouth,
the wrath of God came upon them. And he killed the fat ones among them, and he brought down the elect of Israel.
In all of these things they still sinned; and they did not believe in his wonders.
And their days were spent in vanity, and their years in haste.
When he slew them, then they sought him; and they returned and came to him early in the morning.
And they remembered that God was their helper and the Most High God their redeemer.
And they loved him with their mouth and with their tongue they lied to him.
But their heart was not right with him; nor were they faithful in his covenant.
But he is merciful and will forgive their sins and will not destroy them.
And many times he turned away his anger; and he did not kindle all his wrath.
And he remembered that they are flesh: a passing wind that does not return.
How often did they provoke him in the desert and move him to wrath in the place without water?
And they turned back and tempted God, and they provoked the Holy One of Israel.
They remembered not his hand in the day that he redeemed them from the hand of the one who afflicted them.
How he placed his signs in Egypt and his wonders in the field of Tanis.
And he turned their rivers into blood, and their showers, so that they could not drink.
He sent among them the dog-fly, and it devoured them; and the frog, and it destroyed them.
And he gave their fruits to the mildew, and their labors to the locust.
And he killed their vines with hail and their sycamores with severe frost.
And he delivered their cattle to the hail, and their livestock to fire.
He sent upon them the wrath of his indignation, indignation and wrath and tribulation, sent by evil angels.
He cleared a path for his wrath; he did not spare their souls from death, and he enclosed their cattle in death.
And he struck every firstborn in the land of Egypt, the first fruits of all their labor in the tabernacles of Ham.
And he removed his people like sheep, and led them like a flock in the desert.
And he led them out in hope, and they did not fear; and the sea covered their enemies.
And he brought them into the mountain of his sanctification, the mountain which his right hand had acquired.
And he expelled the Gentiles before them, and divided their land to them by line.
And he settled the tribes of Israel in their tabernacles.
But they tempted and provoked the Most High God, and they did not keep his testimonies.
And they turned away and did not keep the covenant, just like their fathers; they were turned like a crooked bow.

They provoked him to anger on their hills, and moved him to jealousy with their graven images.

God heard and despised them, and he reduced Israel greatly to nothing.

And he rejected the tabernacle in Shiloh, his tabernacle where he had dwelt among men.

And he delivered their strength into captivity and their beauty into the hands of the enemy.

And he enclosed his people in the sword, and he despised his inheritance.

Fire consumed their young men, and their virgins were not mourned.

Their priests fell by the sword, and their widows did not mourn.

And the Lord awoke as if out of sleep, and like a powerful man flushed with wine.

And he struck his enemies from behind; he put them to everlasting shame.

And he rejected the tabernacle of Joseph, and he did not choose the tribe of Ephraim.

But he chose the tribe of Judah, mount Zion which he loved.

And he built his sanctuary like a single-horned beast, like the earth which he founded forever.

And he chose his servant David and took him from the flocks of sheep; he brought him from following the ewes great with young.

To feed Jacob his servant and Israel his inheritance.

And he fed them in the innocence of his heart, and in the understanding of his hands he led 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.

> *Ant. Wash me thoroughly from my iniquity and cleanse me from my sin.*

Psalm 97 *The Lord Comes to Judge*

> *Ant. Wash me thoroughly from my iniquity and cleanse me from my sin.*

The Lord has reigned; let the earth rejoice; let many islands be glad.

Cloud and darkness are round about him; justice and judgment are the foundation of his throne.

Fire will go before him and will burn up his enemies all around.

His lightnings have illuminated the world; the earth saw and was moved.

The mountains melted like wax before the face of the Lord; before the face of the Lord, all the earth.

The heavens have declared his justice, and all peoples have seen his glory.

Let all be confounded who adore statues and who glory in their idols.

Adore him, all you his Angels.

Zion heard and was glad; and the daughters of Judah rejoiced, because of your judgments, O Lord.

For you are the Lord Most High over all the earth; you are greatly exalted over all gods.

You who love the Lord, hate evil; the Lord guards the souls of his holy ones; he will rescue them from the hand of sinners.

Light has risen for the just, and joy for the upright of heart.

Rejoice in the Lord, O just ones; and confess to the memory of his holiness.

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. Wash me thoroughly from my iniquity and cleanse me from my sin.*

OLD TESTAMENT CANTICLE

OLD TESTAMENT CANTICLE (ISAIAH 33:2–10)

O Lord, have mercy on us, for we have waited for you.

Be our arm in the morning, our salvation also in the time of trouble.

At the voice of the angels, the peoples have fled; at your exaltation, the nations are dispersed.

And your spoils will be gathered together as the locust is gathered; as ditches are filled with it.

The Lord is magnificent; for he dwells on high; he has filled Zion with judgment and justice.

And faith will be in your times, riches of salvation and wisdom and knowledge.

The fear of the Lord, he is your treasure.

"Behold, they cry in the streets; the ambassadors of peace will weep bitterly."

"The ways have been made desolate; no one passes through the road; the covenant has been made void."

"He has rejected cities; he has not valued man; the land mourns and languishes."

Now I will arise, says the Lord; now I will be exalted; now I will be lifted up.

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

JAMES 4:8

> Draw near to God, and he will draw near to you. Cleanse your hands, you sinners, and purify your hearts, you of two minds.

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

O God, you call us to repentance and conversion of heart. Grant that this Lenten season may deepen our love for you and strengthen our commitment to live the gospel; through 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.