Morning Prayer

Wednesday, March 16, 2022

Lent, Week 2 — Wednesday

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 86 *All Nations Will Come to God*

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

His foundations are in the holy mountains.

The Lord loves the gates of Zion, above all the tabernacles of Jacob.

Glorious things are said of you, O city of God.

I will remember Rahab and Babylon who know me.

Behold, the foreigners and Tyre and the people of the Ethiopians, these were there.

A man will say, "Zion is my mother," and this one was born in her.

And the Most High himself has founded her.

The Lord will tell the glory of the scriptures and of the leaders who were born in her.

As of those who rejoice, so also will all dwell in you.

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 98 *Joy Before the Lord*

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

Sing to the Lord a new song, because the Lord has done wonders.

His right hand and his holy arm have brought salvation to himself.

The Lord has made known his salvation; in the sight of the nations he has revealed his justice.

He has remembered his mercy and his truth toward the house of Israel.

All the ends of the earth have seen the salvation of our God.

Shout with joy to God, all the earth; sing and exult and sing psalms.

Sing to the Lord with a harp; with a harp and the voice of the psalm.

With trumpets of hammered metal and the voice of the horn of leather; shout with joy in the sight of the Lord our King.

Let the sea be moved and its fullness, the world and those who dwell in it.

The rivers will clap their hands; the mountains will exult together at the face of the Lord.

Because he comes to judge the earth; he will judge the world with justice and the peoples with equity.

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 45:15–25)

Truly you are a hidden God, the God of Israel the Savior.

They are all confounded and ashamed; the makers of errors have gone in shame together.

Israel is saved in the Lord with an everlasting salvation.

You will not be confounded and you will not be ashamed to all eternity.

For thus says the Lord who created the heavens, God himself who formed the earth.

He did not create it in vain; he formed it to be inhabited.

"I am the Lord, and there is no other god."

"I have not spoken in secret, in a dark place of the earth; I have not said to the seed of Jacob: 'Seek me in vain.'"

"I am the Lord who speaks justice, who declares right things."

Gather yourselves together and come; draw near together, you that are saved from the Gentiles.

They have no knowledge who carry about the wood of their graven idol and pray to a god that cannot save.

"Tell and come near; and consult together: Who has declared this from the beginning?"

"I am the Lord, and there is no other."

"By myself I have sworn; truth has gone out of my mouth, a word that will not return."

"To me every knee will bend, and every tongue will swear."

"Surely, one will say: 'In the Lord are my justices and my dominion.'"

"To him they will come, and all that fight against him will be confounded."

"In the Lord will all the seed of Israel be justified and praised."

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.