Morning Prayer

Sunday, March 20, 2022

3rd Sunday of Lent

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 93 *The Lord Reigns*

> *Ant. In you, O Lord, have I trusted; let me never be confounded.*

The Lord has reigned; he is clothed in beauty; the Lord has clothed and girded himself with power.

For he has also established the world which will not be moved.

Your throne has been prepared from of old; you are from eternity.

The floods have lifted up, O Lord, the floods have lifted up their voice.

The floods have lifted up their waves, with the noise of many waters.

Wonderful are the surges of the sea; wonderful is the Lord on high.

Your testimonies are made very trustworthy; holiness befits your house, O Lord, for length of days.

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. In you, O Lord, have I trusted; let me never be confounded.*

Psalm 148 *All Creation Praises the Lord*

> *Ant. In you, O Lord, have I trusted; let me never be confounded.*

Praise the Lord from the heavens; praise him in the heights.

Praise him, all his angels; praise him, all his armies.

Praise him, sun and moon; praise him, all stars and light.

Praise him, heaven of heavens, and let all the waters above the heavens praise the name of the Lord.

For he spoke and they were made; he commanded and they were created.

He established them forever and into ages of ages; he made a commandment and it will not pass away.

Praise the Lord from the earth, you dragons and all deeps.

Fire, hail, snow, ice, stormy winds, which fulfill his word.

Mountains and all hills, fruitful trees and all cedars.

Wild beasts and all cattle, serpents and feathered birds.

Kings of the earth and all peoples, leaders and all judges of the earth.

Young men and virgins, elders with the younger.

Let them praise the name of the Lord, for his name alone is exalted.

His praise is above the heaven and the earth, and he has exalted the horn of his people.

A hymn for all his holy ones, for the sons of Israel, a people drawing near to him.

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. In you, O Lord, have I trusted; let me never be confounded.*

OLD TESTAMENT CANTICLE

OLD TESTAMENT CANTICLE (ISAIAH 12:1–6)

I will confess to you, O Lord, for you were angry with me; your wrath has turned away, and you have comforted me.

Behold, God is my salvation; I will act with confidence and not be afraid.

The Lord is my strength and my praise, and he has become my salvation.

You will draw waters with joy from the fountains of the Savior.

And you will say in that day: "Give praise to the Lord and call upon his name; make known his works among the peoples."

Remember that his name is exalted.

Sing to the Lord, for he has done magnificent things; let this be known in all the earth.

Exult and praise, O dwelling of Zion, for great in your midst is the Holy One of Israel.

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

ISAIAH 58:6–7

> This is the fasting that I wish: releasing those bound unjustly, untying the thongs of the yoke; setting free the oppressed, breaking every yoke; sharing your bread with the hungry.

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, whose blessed Son was this day set at nothing and despised, and rejected of men: give us grace to count all worldly glory as dross, that we may follow in the footsteps of him who endured the cross, despising the shame; through the same 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.