Morning Prayer

Monday, March 21, 2022

Lent, Week 3 — Monday

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 84 *Show Us Your Mercy*

> *Ant. Have mercy on me, O God, in your great kindness.*

O Lord, you have blessed your land; you have turned away the captivity of Jacob.

You have forgiven the iniquity of your people; you have covered all their sins.

You have mitigated all your anger; you have turned away from the wrath of your indignation.

Convert us, O God our salvation, and turn away your anger from us.

Will you be angry with us forever, or will you extend your wrath from generation to generation?

O God, you will turn and bring us to life, and your people will rejoice in you.

Show us, O Lord, your mercy, and grant us your salvation.

I will hear what the Lord God speaks to me; for he will speak peace to his people.

And to his holy ones: and to those who are converted to the heart.

Yet truly his salvation is near to those who fear him, so that glory may dwell in our land.

Mercy and truth have met each other; justice and peace have kissed.

Truth has sprung out of the earth, and justice has looked down from heaven.

For the Lord will give goodness, and our earth will give its fruit.

Justice will walk before him, and he will set his steps in the way.

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. Have mercy on me, O God, in your great kindness.*

Psalm 96 *Sing to the Lord a New Song*

> *Ant. Have mercy on me, O God, in your great kindness.*

Sing to the Lord a new song; sing to the Lord, all the earth.

Sing to the Lord and bless his name; proclaim his salvation from day to day.

Declare his glory among the Gentiles, his wonders among all peoples.

For the Lord is great and exceedingly to be praised; he is terrible above all gods.

For all the gods of the nations are statues; but the Lord made the heavens.

Praise and beauty are before him; holiness and majesty are in his sanctuary.

Bring to the Lord, O families of the Gentiles; bring to the Lord glory and honor.

Bring to the Lord glory for his name; bring sacrifices and enter into his courts.

Adore the Lord in his holy court; let all the earth be moved before his face.

Say among the Gentiles: "The Lord has reigned."

For he has also established the world which will not be moved; he will judge the peoples with equity.

Let the heavens rejoice and let the earth exult; let the sea be moved and its fullness.

The fields and all things that are in them will be joyful.

Then all the trees of the forests will exult before the face of the Lord, for he comes.

For he comes to judge the earth; he will judge the world with equity and the peoples with his truth.

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. Have mercy on me, O God, in your great kindness.*

OLD TESTAMENT CANTICLE

OLD TESTAMENT CANTICLE (ISAIAH 40:10–17)

Behold, the Lord God will come with strength, and his arm will rule.

Behold, his reward is with him, and his work before him.

He will feed his flock like a shepherd; he will gather the lambs in his arm and lift them up in his bosom.

He himself will carry those who are with young.

Who has measured the waters in his fist, and weighed the heavens with his palm?

Who has held the dust of the earth in a third part, and weighed the mountains in scales and the hills in a balance?

Who has helped the spirit of the Lord? Or who has been his counselor and has taught him?

With whom has he taken counsel, who instructed him and taught him the path of justice?

Behold, the nations are as a drop from a bucket, and are counted as the smallest grain of a scale.

Behold, the islands are as a little dust.

And Lebanon will not be sufficient to burn, nor its animals sufficient for a burnt offering.

All nations are before him as if they had no being at all, and they are counted to him as nothing and empty.

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

EZEKIEL 18:31

> Cast away from you all the transgressions you have committed, and make for yourselves a new heart and a new spirit. Why should you die, O house of Israel?

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

Almighty God, you love all that you have made and hate nothing that you have created. You forgive the sins of all who are penitent. Create in us new and contrite hearts, that we, lamenting our sins and acknowledging our brokenness, may receive from you, the God of all mercy, perfect remission and forgiveness; 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.