Morning Prayer

Tuesday, May 31, 2022

The Visitation of the Blessed Virgin Mary

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

This Is the Day

This is the day, this is the day
that the Lord has made, that the Lord has made;
we will rejoice, we will rejoice,
and be glad in it, and be glad in it.

Alleluia! Christ is risen!
Death is conquered by his love;
all creation sings with gladness:
praise him, earth below and heaven above.

At the break of Easter morning
Mary came and found the tomb;
but the stone was rolled away, and
Jesus met her in the gloom.

Now the Lord of life is risen;
now our sorrow turns to song;
we who walked in death's dark shadow
are set free from all that long.

Psalm 85 *A Prayer of the Poor*

> *Ant. This is the day the Lord has made; let us be glad and rejoice in it. Alleluia.*

Incline your ear, O Lord, and hear me; for I am needy and poor.

Preserve my soul, for I am holy; save your servant, O my God, who trusts in you.

Have mercy on me, O Lord, for I have cried out to you all day.

Give joy to the soul of your servant; for to you, O Lord, I have lifted up my soul.

For you, O Lord, are sweet and mild, and plenteous in mercy to all who call upon you.

Give ear, O Lord, to my prayer, and attend to the voice of my supplication.

I have called upon you in the day of my trouble; because you have heard me.

There is no one like you among the gods, O Lord; and there is none according to your works.

All the nations that you have made will come and adore before you, O Lord; and they will glorify your name.

For you are great and do wondrous things; you alone are God.

Lead me, O Lord, in your way, and I will walk in your truth; let my heart rejoice so that it may fear your name.

I will confess to you, O Lord my God, with my whole heart; and I will glorify your name forever.

For your mercy is great towards me; and you have rescued my soul from the lower hell.

O God, the iniquitous have risen up against me, and the assembly of the powerful have sought my soul; and they have not set you in their sight.

And you, O Lord God, are compassionate and merciful, patient and of much mercy, and true.

Look upon me and have mercy on me; give your authority to your son, and save the son of your handmaid.

Show me a token for good, that those who hate me may see and be confounded.

Because you, O Lord, have helped me and have consoled 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. This is the day the Lord has made; let us be glad and rejoice in it. Alleluia.*

Psalm 67 *The Lord's Triumphal March*

> *Ant. Christ our Passover has been sacrificed; let us therefore celebrate the feast. Alleluia.*

Let God arise, and let his enemies be scattered, and let those who hate him flee from before his face.

As smoke vanishes, so let them vanish away; as wax melts before the fire, so let the wicked perish before the face of God.

And let the just feast and rejoice in the sight of God, and be pleased with gladness.

Sing to God, sing a psalm to his name; make a road for him who ascends over the west.

Lord is his name; rejoice in his sight; they will be troubled before his face,

the father of orphans and the judge of widows.

God is in his holy place; God who makes the solitary to dwell in a house,

who leads forth the prisoners to strength; likewise those who provoke, who dwell in sepulchres.

O God, when you went forth in the sight of your people, when you crossed through the desert,

the earth was moved, and the heavens dropped dew before the face of the God of Sinai, before the face of the God of Israel.

You will set apart a voluntary rain, O God, for your inheritance; and it has been weakened, but you have restored it.

Your animals will dwell in it; in your sweetness, O God, you have provided for the poor.

The Lord will give a word to those who proclaim the Gospel with great power.

The King of Hosts is the beloved one, and the beauty of the house will divide the spoils.

If you sleep among the midst of lots, you will be like the wings of a dove covered with silver and the feathers of her back with a pale gold.

When the Heavenly One discerns kings upon it, they will be made white as snow in Zalmon.

The mountain of God is a fat mountain; a curdled mountain, a fat mountain.

Why do you suspect, you curdled mountains, that God has chosen to dwell on this mountain?

For the Lord will dwell even to the end; the chariot of God is accompanied by ten thousands; thousands of those who rejoice.

The Lord is among them in Sinai, in the holy place.

You have ascended on high; you have taken captivity captive; you have received gifts among men.

Yes, for those who do not believe, the Lord God will dwell there.

Blessed is the Lord day by day; the God of our salvation will prosper our way.

Our God is the God of salvation, and the ways of death belong to the Lord God.

Yet God will crush the heads of his enemies, the hairy crown of those who walk on in their offenses.

The Lord said: "I will convert from Bashan; I will convert into the depth of the sea."

"So that your foot may be dipped in blood: the tongue of your dogs with enemies from yourself."

They have seen your proceedings, O God, the proceedings of my God, my king, who is in the holy place.

The leaders joined in song with the singers, in the midst of the young women playing timbrels.

In the churches, bless God the Lord from the fountains of Israel.

There is Benjamin, a youth, in ecstasy of mind; the leaders of Judah, their commanders; the leaders of Zabulon, the leaders of Naphtali.

Command your strength, O God; confirm this, O God, what you have worked in us.

From your temple in Jerusalem, kings will offer gifts to you.

Rebuke the wild beasts of the reeds, the congregation of bulls with the cows of the peoples, so that they may not exclude those who have been proven like silver.

Scatter the nations that desire wars.

Ambassadors will arrive out of Egypt; Ethiopia will hasten her hands to God.

Sing to God, O kingdoms of the earth; sing psalms to the Lord.

Sing to God, who ascends above the heaven of heavens, to the east.

Behold, he will give his voice a voice of power.

Give glory to God above Israel; his magnificence and his power in the clouds.

God is wonderful in his holy ones; the God of Israel himself will give power and strength to his people. Blessed be God.

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. Christ our Passover has been sacrificed; let us therefore celebrate the feast. Alleluia.*

OLD TESTAMENT CANTICLE

OLD TESTAMENT CANTICLE (ISAIAH 42:10–16)

Sing to the Lord a new canticle; his praise is from the ends of the earth.

You who go down to the sea, and all that fills it; the islands and their inhabitants.

Let the desert and its cities be exalted; Cedar will dwell in houses.

Those who inhabit Petra will sing praise; they will cry out from the top of the mountains.

They will give glory to the Lord, and they will declare his praise in the islands.

The Lord will go forth as a mighty man; as a man of war he will stir up zeal.

He will shout and cry out; he will prevail against his enemies.

I have always been silent; I have kept quiet, I have been patient like a woman in labor.

I will lay waste and swallow up at once.

I will turn the blind into a way that they know not, and in paths that they are ignorant of I will make them walk.

I will make darkness light before them, and crooked things straight.

These things have I done to them, and I have not forsaken 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.

SHORT READING

ROMANS 6:9–11

> We know that Christ, raised from the dead, dies no more; death no longer has power over him. His death was death to sin, once and for all; his life is life for God. Consequently, you too must think of yourselves as being dead to sin and living for God in Christ Jesus.

RESPONSORY

V. This is the day that the Lord has made. Alleluia.

R. Let us rejoice and be glad in it. Alleluia.

V. Give thanks to the Lord, for he is good;

R. his love endures forever. Alleluia.

GOSPEL CANTICLE: BENEDICTUS (LUKE 1:68-79)

THE CANTICLE OF ZECHARIAH (BENEDICTUS) (LUKE 1:68–79)

> *Ant. This is the day the Lord has made; let us rejoice and be glad in it. Alleluia.*

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. This is the day the Lord has made; let us rejoice and be glad in it. Alleluia.*

MORNING INTERCESSIONS

Rejoicing in the resurrection of the Lord, let us offer our prayers, saying:

For the church throughout the world, that it may proclaim the resurrection with boldness and joy: we pray to you, O Lord. — *Lord, hear us. Alleluia.*

For the newly baptized, that they may grow in the faith they have received and be sustained by the Easter community: we pray to you, O Lord. — *Lord, hear us. Alleluia.*

For all who are in darkness or despair, that the light of Easter may dawn in their lives: we pray to you, O Lord. — *Lord, hear us. Alleluia.*

For those who have died in the hope of resurrection, that they may share fully in the Easter victory of Christ: we pray to you, O Lord. — *Lord, hear us. Alleluia.*

For all nations, that the peace of the risen Christ may overcome division and bring reconciliation: we pray to you, O Lord. — *Lord, hear us. Alleluia.*

For ourselves, that we may live as Easter people, bringing the good news of new life to those around us: we pray to you, O Lord.

Lord, hear us. Alleluia.

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, through the resurrection of your Son you have given us new life and new hope. Grant that we who have died to sin may rise each day to newness of life in him; 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.