Morning Prayer

Monday, July 11, 2022

Saint Benedict of Nursia, Abbot

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

Morning Has Broken Upon Us

Now is the time of morning prayer,
when darkness yields to growing light;
we rise to greet the Lord who made
the day that follows holy night.

O God, whose word called forth the sun,
whose breath renews the face of earth,
grant us this day to walk in truth,
and fill our hearts with joy and worth.

We offer you this waking hour,
our work, our rest, our prayer, our praise;
guide all we think and do and say
through all the hours of this day.

Glory be to God on high,
to Christ the Lord, the living Son,
and to the Spirit, Comforter;
as ever was, and shall be done.

Psalm 5 *A Morning Plea*

> *Ant. In the morning I will stand before you, O Lord.*

Give ear to my words, O Lord; understand my cry.

Attend to the voice of my prayer, O my King and my God.

For to you I will pray; O Lord, in the morning you will hear my voice.

In the morning I will stand before you, and I will see; because you are not a God who wills iniquity.

Neither will the malicious dwell near you, nor will the unjust persist before your eyes.

You hate all those who work iniquity; you will destroy all who speak falsehood.

The bloodthirsty and deceitful man the Lord will abominate.

But I, in the multitude of your mercy, will enter your house; I will worship toward your holy temple in your fear.

Lead me, O Lord, in your justice; because of my enemies, direct my way in your sight.

For there is no truth in their mouth; their heart is vain.

Their throat is an open sepulchre; they acted deceitfully with their tongues; judge them, O God.

Let them fall from their devices; according to the multitude of their wickednesses, cast them out, for they have provoked you, O Lord.

But let all who hope in you rejoice; they will exult forever, and you will dwell in them.

And all who love your name will glory in you, for you will bless the just.

O Lord, as with a shield of your good will, you have crowned us.

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 the morning I will stand before you, O Lord.*

Psalm 29 *Thanksgiving for Rescue*

> *Ant. I will praise you, Lord; you have rescued me from death.*

I will exalt you, O Lord, for you have supported me and have not made my enemies rejoice over me.

O Lord my God, I cried out to you and you healed me.

O Lord, you led my soul out of hell; you saved me from those who descend into the pit.

Sing to the Lord, O you his holy ones, and confess to the memory of his holiness.

For wrath is in his indignation, and life is in his good will. Weeping will tarry for an evening, and joy will come in the morning.

But in my abundance I said: "I will not be moved forever."

O Lord, in your good will, you had provided power to my beauty. But you turned your face away from me, and I became troubled.

To you, O Lord, I will cry out, and I will pray to my God.

What benefit is there in my blood, while I descend into corruption? Will dust confess to you? Or will it declare your truth?

The Lord heard and had mercy on me; the Lord became my helper.

You have turned my mourning into joy for me; you have cut away my sackcloth, and you have encircled me with gladness.

So that my glory may sing to you, and I may not regret: O Lord my God, I will confess to you forever.

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. I will praise you, Lord; you have rescued me from death.*

OLD TESTAMENT CANTICLE

OLD TESTAMENT CANTICLE (1 CHRONICLES 29:10–13)

Blessed are you, Lord God of Israel our father, from eternity to eternity.

Yours, O Lord, is magnificence and power and glory and victory and praise; for all that is in heaven and on earth is yours.

Yours is the kingdom, O Lord, and you are above all leaders.

Riches and glory are from you, and you rule all things.

In your hand there is power and strength; in your hand greatness and dominion over all things.

And so now we give thanks to you, our God, and we praise your glorious name.

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 55:3

> Incline your ear and come to me; hear, that your soul may live; and I will make with you an everlasting covenant, my steadfast, sure love for David.

RESPONSORY

V. Christ, Son of the living God, have mercy on us.
R. Christ, Son of the living God, have mercy on us.
V. You who rose from the dead,
R. have mercy on us.

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

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

> *Ant. Blessed is the Lord, the God of Israel, for he has visited and redeemed his people.*

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. Blessed is the Lord, the God of Israel, for he has visited and redeemed his people.*

MORNING INTERCESSIONS

Let us offer our prayers to God as we begin this day, saying:

For the holy church throughout the world, that it may proclaim Christ faithfully and serve the poor generously: we pray to you, O Lord. *Lord, hear our prayer.*

For our bishop and all who lead us in faith, that they may shepherd their flocks with wisdom and compassion: we pray to you, O Lord. — *Lord, hear our prayer.*

For the leaders of nations and all in authority, that they may govern with justice and work for the common good: we pray to you, O Lord. — *Lord, hear our prayer.*

For those who are suffering in body, mind, or spirit, that they may know the comfort of your presence: we pray to you, O Lord. — *Lord, hear our prayer.*

For all who labor this day, that their work may be dignified and their families protected: we pray to you, O Lord. — *Lord, hear our prayer.*

For the grace to seek you in all things today, to see your face in every person we meet, and to love as you have loved us: we pray to you, O Lord. — *Lord, hear our prayer.*

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

God of light and love, as we begin this day may we walk in your ways, do your work, and give you glory in all things; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever. 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.