Morning Prayer

Saturday, July 23, 2022

Saint Birgitta of Sweden, Religious

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 119 *How Shall a Young Man Cleanse His Way? (Beth)*

> *Ant. How shall a young man keep his way pure? By guarding it according to your word.*

In what way does a young man correct his path? By keeping your words.

With my whole heart I have sought you; do not push me away from your commandments.

In my heart I have hidden your eloquence, so that I may not sin against you.

Blessed are you, O Lord; teach me your justifications.

With my lips, I have pronounced all the judgments of your mouth.

I have been delighted in the way of your testimonies, as if in all riches.

I will meditate on your commandments, and I will consider your ways.

I will think about your justifications; I will not forget your words.

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. How shall a young man keep his way pure? By guarding it according to your word.*

Psalm 131 *Remember David's Oath*

> *Ant. Remember, O Lord, your servant David.*

O Lord, remember David and all his meekness.

How he swore to the Lord; he made a vow to the God of Jacob.

"I will not enter into the tabernacle of my house, nor will I climb into the bed where I lie;"

"I will not give sleep to my eyes, or slumber to my eyelids,"

"or rest to my temples, until I find a place for the Lord, a tabernacle for the God of Jacob."

Behold, we heard of it in Ephrata; we found it in the fields of the forest.

We will enter into his tabernacle; we will adore in the place where his feet have stood.

Arise, O Lord, into your rest, you and the ark of your sanctification.

Let your priests be clothed with justice, and let your holy ones exult.

For the sake of your servant David, do not turn away the face of your Christ.

The Lord has sworn truth to David, and he will not make it void.

"Of the fruit of your womb, I will set upon your throne."

"If your sons will keep my covenant and my testimonies which I will teach them,"

"their sons also, even forever, will sit upon your throne."

For the Lord has chosen Zion; he has chosen it for his dwelling.

"This is my rest forever and ever; here I will dwell, for I have chosen it."

"Blessing, I will bless her widow; her poor I will satisfy with bread."

"Her priests I will clothe with salvation, and her holy ones will exult with exultation."

"There I will raise up a horn for David; I have prepared a lamp for my Christ."

"His enemies I will clothe with confusion, but upon him my sanctification will flourish."

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. Remember, O Lord, your servant David.*

OLD TESTAMENT CANTICLE

OLD TESTAMENT CANTICLE (WISDOM 9:1–6, 9–11)

O God of my fathers and Lord of mercy, who made all things by your word,

and by your wisdom you have established man, so that he may have dominion over the creature that was made by you,

and that he may order the world in equity and justice, and execute judgment with an upright heart:

give me wisdom, the consort of your thrones, and do not reject me from among your children.

For I am your servant and the son of your handmaid, a weak man and of short life,

and too little to understand judgment and laws.

For wisdom is with you, knowing your works, which was also present when you made the world.

And she knows what is pleasing in your eyes, and what is right in your commandments.

Send her from the holy heavens, and from the throne of your majesty send her, so that she may be with me and may work with 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.

SHORT READING

REVELATION 7:12

> Blessing and glory and wisdom and thanksgiving and honor and power and might be to our God forever and ever. Amen.

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

Father of mercies, grant that what we begin with prayer we may continue with diligence and bring to completion with devotion; 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.