Morning Prayer

Monday, March 20, 2023

Lent, Week 4 — 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 90 *The Protection of the Most High*

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

He who dwells in the aid of the Most High will abide under the protection of the God of heaven.

He will say to the Lord: "You are my supporter and my refuge; my God, I will trust in him."

For he has rescued me from the snare of hunters and from sharp words.

With his shoulders he will overshadow you, and under his wings you will trust.

His truth will surround you like a shield; you will not fear the terror of the night.

Nor the arrow flying in the day, nor the destruction proceeding in darkness, nor the attack of the noonday devil.

A thousand will fall at your side, and ten thousand at your right hand; but it will not draw near to you.

Yet truly you will consider with your eyes, and you will see the reward of sinners.

For you, O Lord, are my hope; you have made the Most High your refuge.

Evil will not approach you, and the scourge will not come near your tabernacle.

For he has given his angels charge over you, to guard you in all your ways.

They will carry you on their hands, lest you dash your foot against a stone.

You will walk upon the asp and the basilisk, and you will trample upon the lion and the dragon.

Because he hoped in me, I will free him; I will protect him, because he has known my name.

He will call upon me, and I will hear him; I am with him in tribulation; I will rescue him and glorify him.

I will satisfy him with length of days, and I will reveal my salvation 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. Have mercy on me, O God, in your great kindness.*

Psalm 135 *Psalm 135*

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

Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end.

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 66:10–14)

Rejoice with Jerusalem, and be glad with her, all you who love her.

Rejoice for joy with her, all you that mourn for her.

That you may suck and be filled with the breast of her consolations.

That you may milk out and flow with delights, from the abundance of her glory.

For thus says the Lord: "Behold I will bring upon her as it were a river of peace, and as an overflowing torrent the glory of the Gentiles."

"Which you will suck; you will be carried at the breasts, and upon the knees they will caress you."

"As one whom the mother caresses, so will I comfort you, and in Jerusalem you will be comforted."

"You will see and your heart will rejoice, and your bones will flourish like a herb."

"And the hand of the Lord will be known to his servants, and he will be angry with his enemies."

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.