

Morning Prayer

Saturday, May 2, 2026

Saint Athanasius, Bishop and Doctor

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 119 *My Soul Clings to the Dust (Daleth)*

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

My soul clings to the pavement; give me life according to your word.

I have declared my ways and you have heard me; teach me your justifications.

Lead me along the path of your commandments, for this I have willed.

Incline my heart to your testimonies and not to avarice.

Turn away my eyes, so that they may not see vanity; enliven me in your way.

Set up your word for your servant, in your fear.

Cut away my reproach, which I have suspected; for your judgments are delightful.

Behold, I have longed for your commandments; enliven me in your justice.

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 8 *The Glory of God and the Dignity of Man*

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

O Lord, our Lord, how admirable is your name in all the earth!

For your magnificence has been elevated above the heavens.

Out of the mouth of infants and of sucklings, you have perfected praise, because of your enemies, so that you may destroy the enemy and the defender.

For I will see your heavens, the works of your fingers: the moon and the stars, which you have founded.

What is man, that you are mindful of him? Or the son of man, that you visit him?

You have made him a little less than the angels; you have crowned him with glory and honor.

And you have set him over the works of your hands.

You have subjected all things under his feet: all sheep and oxen, moreover, even the beasts of the field, the birds of the air and the fish of the sea, who pass through the paths of the sea.

O Lord, our Lord, how admirable is your name throughout all the earth!

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 (SIRACH 3:2–6, 12–14)

The Lord has honored the father above the children, and when seeking the judgment of the mother, he has confirmed it upon the children.

He who loves God will entreat pardon for his sins by prayer, and will refrain himself from them, and will be heard in the prayer of days.

And as he who lays up treasure, so also is he who honors his mother.

He who honors his father will have joy in his own children, and in the day of his prayer he will be heard.

He who honors his father will live a long life; and he who obeys the father will be a comfort to his mother.

My son, help your father in his old age, and do not grieve him in his life.

And if his understanding fails, have patience with him, and do not despise him when you are in your strength.

For the relieving of the father will not be forgotten; and instead of sin, it will be repaid to you.

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

1 PETER 1:3

Blessed be the God and Father of our Lord Jesus Christ, who in his great mercy gave us a new birth to a living hope through the resurrection of Jesus Christ from the dead.

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.

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 Father, you have given your only Son Jesus Christ to overcome death and open for us the gate of everlasting life. Grant us grace to believe in his resurrection and to seek those things which are above; through the same 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.
