Morning Prayer

Sunday, March 8, 2043

4th Sunday of Lent

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 118 *This Is the Day the Lord Has Made*

> *Ant. In you, O Lord, have I trusted; let me never be confounded.*

Give praise to the Lord, for he is good; for his mercy is forever.

Let Israel now say: for his mercy is forever.

Let the house of Aaron now say: for his mercy is forever.

Let those who fear the Lord now say: for his mercy is forever.

From my tribulation I called upon the Lord, and the Lord heard me and led me into a wide open space.

The Lord is my helper; I will not fear what man can do to me.

The Lord is my helper, and I will look down on my enemies.

It is good to take refuge in the Lord, rather than to trust in man.

It is good to hope in the Lord, rather than to hope in leaders.

All nations have surrounded me, and in the name of the Lord I have been avenged on them.

Surrounding me, they have besieged me, and in the name of the Lord I have been avenged on them.

They have surrounded me like bees; they have been extinguished like fire in thorns, and in the name of the Lord I have been avenged on them.

I was pushed and overturned so as to fall, but the Lord took me up.

The Lord is my strength and my praise, and he has become my salvation.

The voice of joy and salvation is in the tabernacles of the just.

The right hand of the Lord has acted virtuously; the right hand of the Lord has exalted me.

The right hand of the Lord has acted virtuously.

I will not die, but live, and I will declare the works of the Lord.

The Lord has disciplined me with discipline, but he has not handed me over to death.

Open to me the gates of justice; I will enter into them and I will confess to the Lord.

This is the gate of the Lord; the just will enter through it.

I will confess to you, because you have heard me and have become my salvation.

The stone that the builders rejected has become the cornerstone.

This has been done by the Lord, and it is wonderful in our eyes.

This is the day that the Lord has made; let us exult and rejoice in it.

O Lord, save me; O Lord, give good success.

Blessed is he who comes in the name of the Lord. We have blessed you from the house of the Lord.

The Lord is God, and he has shone upon us. Appoint a solemn day, with branches overflowing, even to the horn of the altar.

You are my God, and I will confess to you; you are my God, and I will exalt you.

I will confess to you, because you have heard me and have become my salvation.

Give praise to the Lord, for he is good; for his mercy is 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. In you, O Lord, have I trusted; let me never be confounded.*

Psalm 150 *Praise God in His Sanctuary*

> *Ant. In you, O Lord, have I trusted; let me never be confounded.*

Praise the Lord in his holy places; praise him in the firmament of his power.

Praise him for his mighty acts; praise him according to the multitude of his greatness.

Praise him with the sound of the trumpet; praise him with psaltery and harp.

Praise him with timbrel and choir; praise him with strings and pipe.

Praise him with well-sounding cymbals; praise him with cymbals of jubilation.

Let every spirit praise the Lord.

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 you, O Lord, have I trusted; let me never be confounded.*

OLD TESTAMENT CANTICLE

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My heart has exulted in the Lord, and my horn has been exalted in my God.

My mouth has been opened wide over my enemies, because I have rejoiced in your salvation.

There is none holy like the Lord; for there is no other besides you, and there is none strong like our God.

Do not multiply your speech with grandeur; let what is outdated depart from your mouth.

For the Lord is an all-knowing God, and to him deeds are weighed.

The bow of the strong has been overcome, and the weak are girded with strength.

Those who were full before have been hired out for bread, and the hungry are filled.

The barren has given birth to many, and she who had many sons has been weakened.

The Lord brings death and brings to life; he leads down to the underworld and leads up.

The Lord makes poor and makes rich; he humbles and he exalts.

He raises up the needy from the earth and lifts up the poor from the dunghill,

so that he may sit with leaders and hold a throne of glory.

For the poles of the earth are the Lord's, and he has placed the world upon them.

The Lord will judge the ends of the earth, and he will give dominion to his king, and he will exalt the horn of his Christ.

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 58:6–7

> This is the fasting that I wish: releasing those bound unjustly, untying the thongs of the yoke; setting free the oppressed, breaking every yoke; sharing your bread with the hungry.

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

O God, whose blessed Son was this day set at nothing and despised, and rejected of men: give us grace to count all worldly glory as dross, that we may follow in the footsteps of him who endured the cross, despising the shame; 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.