Morning Prayer

Wednesday, January 20, 2010

Saint Fabian, Pope and Martyr

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 108 *Praise and Petition*

> *Ant. Praise to you, Lord God, now and forever.*

O God, my heart is ready; I will sing and I will compose a psalm, even my glory.

Rise up, psaltery and harp; I will rise up in the early morning.

I will confess to you among the peoples, O Lord, and I will compose a psalm to you among the nations.

For your mercy is magnificent, even above the heavens, and your truth, even to the clouds.

Be exalted above the heavens, O God, and your glory above all the earth.

So that your beloved may be freed, save with your right hand and hear me.

God has spoken in his sanctuary; I will rejoice, and I will divide Shechem, and I will measure out the valley of tents.

Gilead is mine, and Manasseh is mine; and Ephraim is the strength of my head.

Judah is my king; Moab is the pot of my hope.

Into Edom I will extend my shoe; the foreigners are made subject to me.

Who will lead me into the reinforced city; who will lead me even into Edom?

Will it not be you, O God, who have rejected us, O God, and will you not go out in our armies?

Give us help from tribulation, for the salvation of man is useless.

Through God, we will be strengthened, and he will bring our enemies to nothing.

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. Praise to you, Lord God, now and forever.*

Psalm 146 *Praise the Lord, Who Heals the Brokenhearted*

> *Ant. Praise to you, Lord God, now and forever.*

Praise the Lord, for the psalm is good; may our God be sweet and becoming praise.

The Lord builds up Jerusalem; he will gather together the dispersed of Israel.

He who heals the brokenhearted and binds up their sorrows.

Who numbers the multitude of stars, and calls them all by their names.

Great is our Lord, and great is his virtue, and of his wisdom there is no number.

The Lord takes up the meek, but leads the sinners down to the ground.

Sing praise to the Lord with confession; sing psalms to our God on the harp.

Who covers the heavens with clouds and prepares rain for the earth; who brings forth grass upon the mountains and herbs for the service of men.

Who gives food to the beasts, and to the young ravens who call upon him.

He will not be pleased with the strength of a horse, nor will he be pleased with the legs of a man.

The Lord is pleased with those who fear him, and with those who hope in his mercy.

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. Praise to you, Lord God, now and forever.*

OLD TESTAMENT CANTICLE

OLD TESTAMENT CANTICLE (ISAIAH 63:1–5)

Who is this who comes from Edom, with dyed garments from Bozrah, this beautiful one in his robe?

"I, who speak justice and am a defender to save."

Why then is your apparel red, and your garments like those who tread in the winepress?

"I have trodden the winepress alone, and of the Gentiles there is not a man with me."

"I have trampled them in my fury, and I have trodden them down in my wrath; and their blood has been sprinkled upon my garments, and I have stained all my apparel."

"For the day of vindication is in my heart; the year of my redemption has come."

"I looked, and there was no helper; I sought, and there was none to give aid."

"And my own arm has saved me, and my fury itself has helped 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

MICAH 6:8

You have been told, O man, what is good, and what the Lord requires of you: only to do right and to love goodness, and to walk humbly with your God.

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

Almighty and everlasting God, open our minds to your truth and our hearts to your love, that in all we do this day we may seek your glory and the good of our neighbors; through 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.