Morning Prayer

Sunday, February 7, 2010

4th Sunday of Ordinary Time

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 93 *The Lord Reigns*

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

The Lord has reigned; he is clothed in beauty; the Lord has clothed and girded himself with power.

For he has also established the world which will not be moved.

Your throne has been prepared from of old; you are from eternity.

The floods have lifted up, O Lord, the floods have lifted up their voice.

The floods have lifted up their waves, with the noise of many waters.

Wonderful are the surges of the sea; wonderful is the Lord on high.

Your testimonies are made very trustworthy; holiness befits your house, O Lord, for length of days.

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 148 *All Creation Praises the Lord*

> *Ant. Let all creation praise the name of the Lord.*

Praise the Lord from the heavens; praise him in the heights.

Praise him, all his angels; praise him, all his armies.

Praise him, sun and moon; praise him, all stars and light.

Praise him, heaven of heavens, and let all the waters above the heavens praise the name of the Lord.

For he spoke and they were made; he commanded and they were created.

He established them forever and into ages of ages; he made a commandment and it will not pass away.

Praise the Lord from the earth, you dragons and all deeps.

Fire, hail, snow, ice, stormy winds, which fulfill his word.

Mountains and all hills, fruitful trees and all cedars.

Wild beasts and all cattle, serpents and feathered birds.

Kings of the earth and all peoples, leaders and all judges of the earth.

Young men and virgins, elders with the younger.

Let them praise the name of the Lord, for his name alone is exalted.

His praise is above the heaven and the earth, and he has exalted the horn of his people.

A hymn for all his holy ones, for the sons of Israel, a people drawing near 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. Let all creation praise the name of the Lord.*

OLD TESTAMENT CANTICLE

OLD TESTAMENT CANTICLE (ISAIAH 12:1–6)

I will confess to you, O Lord, for you were angry with me; your wrath has turned away, and you have comforted me.

Behold, God is my salvation; I will act with confidence and not be afraid.

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

You will draw waters with joy from the fountains of the Savior.

And you will say in that day: "Give praise to the Lord and call upon his name; make known his works among the peoples."

Remember that his name is exalted.

Sing to the Lord, for he has done magnificent things; let this be known in all the earth.

Exult and praise, O dwelling of Zion, for great in your midst is the Holy One of Israel.

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

EPHESIANS 4:23–24

> Be renewed in the spirit of your minds, and put on the new self, created in God's way in righteousness and holiness of truth.

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

Eternal God, the morning reminds us of your steadfast love which is new each day. May we live this day in the joy of your presence, the strength of your Spirit, and the peace of your grace; 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.