Morning Prayer

Monday, March 22, 2010

Lent, Week 5 — 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 5 *A Morning Plea*

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

Give ear to my words, O Lord; understand my cry.

Attend to the voice of my prayer, O my King and my God.

For to you I will pray; O Lord, in the morning you will hear my voice.

In the morning I will stand before you, and I will see; because you are not a God who wills iniquity.

Neither will the malicious dwell near you, nor will the unjust persist before your eyes.

You hate all those who work iniquity; you will destroy all who speak falsehood.

The bloodthirsty and deceitful man the Lord will abominate.

But I, in the multitude of your mercy, will enter your house; I will worship toward your holy temple in your fear.

Lead me, O Lord, in your justice; because of my enemies, direct my way in your sight.

For there is no truth in their mouth; their heart is vain.

Their throat is an open sepulchre; they acted deceitfully with their tongues; judge them, O God.

Let them fall from their devices; according to the multitude of their wickednesses, cast them out, for they have provoked you, O Lord.

But let all who hope in you rejoice; they will exult forever, and you will dwell in them.

And all who love your name will glory in you, for you will bless the just.

O Lord, as with a shield of your good will, you have crowned us.

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 29 *Thanksgiving for Rescue*

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

I will exalt you, O Lord, for you have supported me and have not made my enemies rejoice over me.

O Lord my God, I cried out to you and you healed me.

O Lord, you led my soul out of hell; you saved me from those who descend into the pit.

Sing to the Lord, O you his holy ones, and confess to the memory of his holiness.

For wrath is in his indignation, and life is in his good will. Weeping will tarry for an evening, and joy will come in the morning.

But in my abundance I said: "I will not be moved forever."

O Lord, in your good will, you had provided power to my beauty. But you turned your face away from me, and I became troubled.

To you, O Lord, I will cry out, and I will pray to my God.

What benefit is there in my blood, while I descend into corruption? Will dust confess to you? Or will it declare your truth?

The Lord heard and had mercy on me; the Lord became my helper.

You have turned my mourning into joy for me; you have cut away my sackcloth, and you have encircled me with gladness.

So that my glory may sing to you, and I may not regret: O Lord my God, I will confess to you 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. Have mercy on me, O God, in your great kindness.*

OLD TESTAMENT CANTICLE

OLD TESTAMENT CANTICLE (1 CHRONICLES 29:10–13)

Blessed are you, Lord God of Israel our father, from eternity to eternity.

Yours, O Lord, is magnificence and power and glory and victory and praise; for all that is in heaven and on earth is yours.

Yours is the kingdom, O Lord, and you are above all leaders.

Riches and glory are from you, and you rule all things.

In your hand there is power and strength; in your hand greatness and dominion over all things.

And so now we give thanks to you, our God, and we praise your glorious name.

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.