Morning Prayer

Wednesday, March 20, 2069

Lent, Week 3 — Wednesday

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 108 *Praise and Petition*

> *Ant. Wash me thoroughly from my iniquity and cleanse me from my sin.*

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. Wash me thoroughly from my iniquity and cleanse me from my sin.*

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

> *Ant. Wash me thoroughly from my iniquity and cleanse me from my sin.*

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. Wash me thoroughly from my iniquity and cleanse me from my sin.*

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

JAMES 4:8

Draw near to God, and he will draw near to you. Cleanse your hands, you sinners, and purify your hearts, you of two minds.

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, you call us to repentance and conversion of heart. Grant that this Lenten season may deepen our love for you and strengthen our commitment to live the gospel; 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.