# Morning Prayer

*Tuesday, October 22, 2069*

Saint John Paul II, Pope

## 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 101** *A Prayer in Affliction*

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

O Lord, hear my prayer, and let my cry come to you.

Do not turn your face away from me; in the day when I am troubled, incline your ear to me.

In whatever day I will call upon you, quickly hear me.

For my days have passed away like smoke, and my bones have been dried up like dried wood.

I have been struck like hay, and my heart has dried up; because I forgot to eat my bread.

From the voice of my groaning, my bone clung to my flesh.

I have become like a pelican in the desert; I have become like an owl in a house without a roof.

I have kept watch, and I have become like a lonely sparrow on a rooftop.

All day long my enemies have reproached me, and those who praised me swore against me.

For I ate ashes like bread, and I mixed my drink with weeping.

From the face of your anger and your indignation; for lifting me up, you have thrown me down.

My days have declined like a shadow, and I have withered like hay.

But you, O Lord, endure forever, and your remembrance from generation to generation.

You will rise up and have mercy on Zion; for its time to have mercy on it, for the time has come.

For your servants have been pleased with its stones, and they will have pity on its earth.

And the nations will fear your name, O Lord, and all kings of the earth your glory.

For the Lord has built up Zion, and he will be seen in his glory.

He has had regard for the prayer of the humble, and he has not despised their petition.

Let these things be written for another generation, and a people that will be created will praise the Lord.

For he has looked down from his high place; the Lord has looked down from heaven to the earth.

To hear the groaning of the shackled, to release the children of the slain.

So that they may declare the name of the Lord in Zion and his praise in Jerusalem.

When peoples and kings assembled together, to serve the Lord.

He answered him in the way of his strength: "Declare to me the fewness of my days."

"Do not call me back in the middle of my days: your years are throughout all generations."

"In the beginning, you founded the earth, O Lord, and the heavens are the works of your hands."

"They will perish, but you will remain; and all of them will grow old like a garment."

"And like a vesture, you will change them, and they will be changed. But you are always the same, and your years will not fail."

"The sons of your servants will dwell, and their offspring will be directed 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. Praise to you, Lord God, now and forever.*

**Psalm 144** *I Will Extol You, O God My King (Part I)*

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

I will exalt you, O God my King, and I will bless your name forever and ever.

Every day I will bless you, and I will praise your name forever and ever.

Great is the Lord and greatly praiseworthy, and of his greatness there is no end.

Generation after generation will praise your works, and they will declare your power.

They will speak of the magnificence of the glory of your holiness, and they will narrate your wonders.

And they will speak of the virtue of your terrible acts, and they will describe your greatness.

They will pour out the memory of the abundance of your sweetness, and they will rejoice in your justice.

The Lord is gracious and merciful, patient and of great mercy.

The Lord is sweet in all things and his mercy is over all his works.

Let all your works confess to you, O Lord, and let your holy ones bless you.

*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 (JEREMIAH 31:15–17)

Thus says the Lord: "A voice was heard on high of lamentation, of mourning, and weeping; of Rachel weeping for her children, and refusing to be comforted for them, because they are not."

Thus says the Lord: "Let your voice cease from weeping, and your eyes from tears; for there is a reward for your work," says the Lord.

"And they will return from the land of the enemy."

"There is hope for your last end," says the Lord; "and the children will return to their own borders."

*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

### ROMANS 13:11–12

It is the hour now for you to awake from sleep. For our salvation is nearer now than when we first believed; the night is advanced, the day is at hand. Let us then throw off the works of darkness and put on the armor of light.

## 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

*Lord God, you have blessed us with another day. Grant that we may use it faithfully in your service, showing forth the love of Christ to all we meet; through the same 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.*