Morning Prayer

Sunday, March 16, 2070

5th Sunday of Lent

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 63 *My Soul Thirsts for You*

> *Ant. In you, O Lord, have I trusted; let me never be confounded.*

O God, my God, to you I watch at the break of day.

My soul has thirsted for you; in how many ways has my flesh longed for you.

In a desert land, without way or water, so in the holy land I have appeared before you, to see your power and your glory.

For your mercy is better than lives; my lips will praise you.

In this way, I will bless you throughout my life; and in your name I will lift up my hands.

Let my soul be filled as if with marrow and fatness, and my mouth will praise you with joyful lips.

I have remembered you upon my bed; in the morning I will meditate on you.

For you have been my helper, and under the cover of your wings I will rejoice.

My soul has adhered to you; your right hand has upheld me.

But those who seek my soul in vain; they will enter into the lower parts of the earth.

They will be delivered to the power of the sword; they will be the portions of foxes.

But the king will rejoice in God; all who swear by him will be praised, for the mouth of those who speak iniquities has been stopped.

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. In you, O Lord, have I trusted; let me never be confounded.*

Psalm 149 *Sing a New Song to the Lord*

> *Ant. In you, O Lord, have I trusted; let me never be confounded.*

Sing to the Lord a new canticle; his praise is in the church of the holy ones.

Let Israel rejoice in him who made him, and the daughters of Zion be joyful in their king.

Let them praise his name in dance; let them sing psalms to him with timbrel and psaltery.

For the Lord is well pleased with his people, and he will exalt the meek unto salvation.

The holy ones will rejoice in glory; they will be joyful in their sleeping places.

The exultations of God will be in their throat, and two-edged swords in their hands.

To execute vengeance among the nations, corrections among the peoples.

To bind their kings with fetters and their nobles with manacles of iron.

To execute upon them the written judgment; this glory is for all his holy ones.

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. In you, O Lord, have I trusted; let me never be confounded.*

OLD TESTAMENT CANTICLE (DANIEL 3:57–88)

All you works of the Lord, bless the Lord; praise and exalt him above all forever.

You angels of the Lord, bless the Lord.

You heavens, bless the Lord.

All you waters above the heavens, bless the Lord.

All you powers of the Lord, bless the Lord.

Sun and moon, bless the Lord.

Stars of heaven, bless the Lord.

Every shower and dew, bless the Lord.

All you winds, bless the Lord.

Fire and heat, bless the Lord.

Cold and chill, bless the Lord.

Dews and rains, bless the Lord.

Frost and cold, bless the Lord.

Ice and snow, bless the Lord.

Nights and days, bless the Lord.

Light and darkness, bless the Lord.

Lightnings and clouds, bless the Lord.

You springs, bless the Lord.

Seas and rivers, bless the Lord.

You dolphins and all water creatures, bless the Lord.

All you birds of the air, bless the Lord.

All you beasts, wild and tame, bless the Lord.

You sons of men, bless the Lord.

O Israel, bless the Lord.

You priests of the Lord, bless the Lord.

You servants of the Lord, bless the Lord.

Spirits and souls of the righteous, bless the Lord.

You who are holy and humble of heart, bless the Lord.

Hananiah, Azariah, Mishael, bless the Lord; praise and exalt him above all forever.

For he has rescued us from the netherworld, and saved us from the power of death.

He has freed us from the raging flame and delivered us from the fire.

Give thanks to the Lord, for he is good, for his mercy endures 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.

SHORT READING

ISAIAH 58:6–7

> This is the fasting that I wish: releasing those bound unjustly, untying the thongs of the yoke; setting free the oppressed, breaking every yoke; sharing your bread with the hungry.

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, whose blessed Son was this day set at nothing and despised, and rejected of men: give us grace to count all worldly glory as dross, that we may follow in the footsteps of him who endured the cross, despising the shame; through the same 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.