Morning Prayer

Monday, March 9, 2009

Saint Frances of Rome, Religious

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 42 *Send Forth Your Light*

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

Judge me, O God, and separate my cause from the nation that is not holy; deliver me from the unjust and deceitful man.

For you are my strength, O God; why have you rejected me? And why do I go about in sadness, while the enemy afflicts me?

Send forth your light and your truth; they have led me and brought me to your holy mountain and into your tabernacles.

And I will go to the altar of God, to God who gladdens my youth.

I will praise you on the harp, O God, my God.

Why are you sad, O my soul? And why do you trouble me?

Hope in God, for I will still give praise to him: the salvation of my countenance and my God.

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 19 *Praise for God's Works (II)*

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

May he give to you according to your own heart, and confirm all your counsel.

We will rejoice in your salvation; and we will be magnified in the name of our God.

May the Lord fulfill all your petitions; now I know that the Lord has saved his Christ.

He will hear him from his holy heaven; the salvation of his right hand is in power.

Some approach in chariots and some on horses, but we will call upon the name of the Lord our God.

They have been bound and have fallen; but we have risen and have been set upright.

O Lord, save the king, and hear us in the day that we will call upon 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. Have mercy on me, O God, in your great kindness.*

OLD TESTAMENT CANTICLE

OLD TESTAMENT CANTICLE (ISAIAH 2:2–5)

In the last days, the mountain of the house of the Lord will be prepared on the summit of mountains.

And it will be exalted above the hills, and all nations will flow to it.

And many peoples will hurry and say: "Come and let us ascend to the mountain of the Lord, and to the house of the God of Jacob."

"And he will teach us his ways, and we will walk in his paths."

For the law will go forth from Zion, and the word of the Lord from Jerusalem.

And he will judge the nations and rebuke many peoples.

And they will turn their swords into plowshares, and their spears into pruning hooks.

Nation will not lift up sword against nation, and they will no longer train for war.

O house of Jacob, come and let us walk in the light of the Lord.

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.