Morning Prayer

Tuesday, February 23, 2010

Saint Polycarp, Bishop and Martyr

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 24 *The King of Glory Enters*

> *Ant. Create a clean heart in me, O God.*

The earth is the Lord's and its fullness: the world and all who dwell in it.

For he founded it upon the seas and prepared it upon the rivers.

Who will ascend the mountain of the Lord? Or who will stand in his holy place?

The innocent in hands and clean in heart, who has not received his soul in vain nor sworn deceitfully to his neighbor.

He will receive a blessing from the Lord and mercy from God his Savior.

This is the generation of those who seek him, of those who seek the face of the God of Jacob.

Lift up your gates, O princes, and be lifted up, O eternal gates, and the King of Glory will enter.

Who is this King of Glory? The Lord who is strong and powerful, the Lord powerful in battle.

Lift up your gates, O princes, and be lifted up, O eternal gates, and the King of Glory will enter.

Who is this King of Glory? The Lord of hosts; he is the King of Glory.

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.*

Psalm 33 *Taste and See the Goodness of the Lord*

> *Ant. Create a clean heart in me, O God.*

I will bless the Lord at all times; his praise will always be in my mouth.

My soul will be praised in the Lord; let the meek hear and rejoice.

Magnify the Lord with me, and let us exalt his name together.

I sought the Lord and he heard me, and he rescued me from all my troubles.

Approach him and be enlightened, and your faces will not be confounded.

This poor man cried out and the Lord heard him, and he saved him from all his troubles.

The Angel of the Lord will encompass those who fear him and will rescue them.

Taste and see that the Lord is sweet; blessed is the man who hopes in him.

Fear the Lord, all you his saints, for there is no indigence for those who fear him.

The rich have been in need and have been hungry, but those who seek the Lord will not be deprived of any good thing.

Come, sons, listen to me; I will teach you the fear of the Lord.

Who is the man who desires life? Who loves to see good days?

Restrain your tongue from evil and your lips from speaking deceit.

Turn away from evil and do good; seek peace and pursue it.

The eyes of the Lord are upon the just, and his ears attend to their prayers.

But the countenance of the Lord is upon those who do evil, to destroy their remembrance from the earth.

The just cried out, and the Lord heard them and rescued them from all their tribulations.

The Lord is near to those who are troubled in heart, and he will save the humble of spirit.

Many are the afflictions of the just, and from all of them the Lord will rescue them.

The Lord keeps all their bones; not one of them will be broken.

The death of sinners is terrible, and those who hate the just will be guilty.

The Lord will redeem the souls of his servants, and none of those who hope in him will be guilty.

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.*

OLD TESTAMENT CANTICLE

OLD TESTAMENT CANTICLE (TOBIT 13:1–8)

Blessed is the living God who reigns forever, and blessed is his kingdom.

For he scourges and shows mercy; he leads down to the underworld and brings up.

And there is no one who can escape his hand.

Confess to him before the nations, you sons of Israel; for he has scattered us among them.

Declare his greatness there; exalt him in the sight of all the living.

For he is our Lord and God; he is our Father and God forever and ever.

He will scourge us for our iniquities, and he will again show mercy.

And he will gather us from all the nations among whom you have been scattered.

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 55:7

> Let the scoundrel forsake his way, and the wicked his thoughts; let him turn to the Lord for mercy; to our God, who is generous in forgiving.

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

Lord of all mercy, in this time of fasting, prayer, and almsgiving, turn our hearts from selfishness and sin toward you and toward the needs of our neighbors; 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.