Morning Prayer

Saturday, March 9, 2024

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 119 *My Soul Clings to the Dust (Daleth)*

> *Ant. Do not forsake me, O Lord; be not far from me, O my God.*

My soul clings to the pavement; give me life according to your word.

I have declared my ways and you have heard me; teach me your justifications.

Lead me along the path of your commandments, for this I have willed.

Incline my heart to your testimonies and not to avarice.

Turn away my eyes, so that they may not see vanity; enliven me in your way.

Set up your word for your servant, in your fear.

Cut away my reproach, which I have suspected; for your judgments are delightful.

Behold, I have longed for your commandments; enliven me in your justice.

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. Do not forsake me, O Lord; be not far from me, O my God.*

Psalm 8 *The Glory of God and the Dignity of Man*

> *Ant. Do not forsake me, O Lord; be not far from me, O my God.*

O Lord, our Lord, how admirable is your name in all the earth!

For your magnificence has been elevated above the heavens.

Out of the mouth of infants and of sucklings, you have perfected praise, because of your enemies, so that you may destroy the enemy and the defender.

For I will see your heavens, the works of your fingers: the moon and the stars, which you have founded.

What is man, that you are mindful of him? Or the son of man, that you visit him?

You have made him a little less than the angels; you have crowned him with glory and honor.

And you have set him over the works of your hands.

You have subjected all things under his feet: all sheep and oxen, moreover, even the beasts of the field,

the birds of the air and the fish of the sea, who pass through the paths of the sea.

O Lord, our Lord, how admirable is your name throughout all the earth!

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. Do not forsake me, O Lord; be not far from me, O my God.*

OLD TESTAMENT CANTICLE

OLD TESTAMENT CANTICLE (SIRACH 3:2–6, 12–14)

The Lord has honored the father above the children, and when seeking the judgment of the mother, he has confirmed it upon the children.

He who loves God will entreat pardon for his sins by prayer, and will refrain himself from them, and will be heard in the prayer of days.

And as he who lays up treasure, so also is he who honors his mother.

He who honors his father will have joy in his own children, and in the day of his prayer he will be heard.

He who honors his father will live a long life; and he who obeys the father will be a comfort to his mother.

My son, help your father in his old age, and do not grieve him in his life.

And if his understanding fails, have patience with him, and do not despise him when you are in your strength.

For the relieving of the father will not be forgotten; and instead of sin, it will be repaid to 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.

SHORT READING

1 JOHN 1:8–9

> If we say, "We are without sin," we deceive ourselves, and the truth is not in us. If we acknowledge our sins, he is faithful and just and will forgive our sins and cleanse us from every wrongdoing.

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

Merciful God, accompany us on this Lenten journey. As we follow Jesus toward Jerusalem, open our eyes to his suffering, our hearts to his love, and our wills to his call to take up our cross and follow him; 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.