Morning Prayer

Thursday, March 14, 2024

Lent, Week 4 — Thursday

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 57 *Rescue from the Wicked*

> *Ant. Turn to me, O Lord, and have mercy on me.*

If truly you speak justice, judge what is right, O sons of men.

For in your heart you work iniquity on the earth; your hands weave injustices.

The wicked have become estranged from the womb; they have wandered astray from the womb; they have spoken false things.

Their fury is like that of a serpent; like that of a deaf asp, stopping up its ears.

Which will not hear the voice of the enchanters, nor of the wizard casting spells wisely.

God will crush their teeth in their mouth; the Lord will break the molars of the lions.

They will come to nothing, like water flowing away; he has bent his bow until they are weakened.

Like wax that is melted, they will be taken away; fire has fallen upon them, and they will not see the sun.

Before your thorns could perceive the bramble, he swallows them up as if alive, as if in wrath.

The just will rejoice when he has seen the retribution, he will wash his hands in the blood of the sinner.

And a man will say: "Truly there is a fruit to the just one; truly there is a God judging them on 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. Turn to me, O Lord, and have mercy on me.*

Psalm 48 *The Folly of Trusting in Riches*

> *Ant. Turn to me, O Lord, and have mercy on me.*

Hear these things, all you nations; give ear, all you inhabitants of the world.

All sons of earth and sons of man, rich and poor together.

My mouth will speak wisdom, and the meditation of my heart will speak understanding.

I will incline my ear to a parable; I will open my proposition on the harp.

Why should I fear in the evil day? The iniquity of my heel will surround me.

Those who trust in their own strength and who glory in the multitude of their riches:

a brother does not redeem, will a man redeem? He will not give God his expiation,

nor the price of the redemption of his soul; and he will labor continually

and will still live to the end.

He will not see destruction, when he sees the wise dying.

The fool and the senseless will perish together, and they will leave their riches to strangers.

And their sepulchres will be their houses forever, their tabernacles throughout all generations.

They have called their lands by their own names.

And man, when he was in honor, did not understand; he has been compared to senseless beasts, and made like them.

This way of theirs has been a scandal to them, and afterward they will praise with their mouth.

Like sheep they have been placed in hell; death will feed on them.

And the just will have power over them in the morning, and their help will grow old in hell for their glory.

Yet truly God will redeem my soul from the hand of hell, when he receives me.

Do not fear when a man will have been made rich and when the glory of his house will be multiplied.

For when he dies, he will take nothing with him, and his glory will not descend with him.

For his soul will be blessed in his life; he will confess to you when you have done well for him.

He will enter into the generations of his fathers; he will never see light.

Man, when he was in honor, did not understand; he has been compared to senseless beasts, and made like them.

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. Turn to me, O Lord, and have mercy on me.*

OLD TESTAMENT CANTICLE

OLD TESTAMENT CANTICLE (JEREMIAH 31:10–14)

Hear the word of the Lord, O nations, and declare it in the distant islands, and say:

"He who scattered Israel will gather him, and he will guard him as a shepherd guards his flock."

For the Lord has redeemed Jacob, and he has freed him from the hand of one stronger than he.

And they will come and give praise on mount Zion.

And they will flow together to the good things of the Lord: for grain, and wine, and oil, and the offspring of cattle and flocks.

And their soul will be like a watered garden, and they will be hungry no more.

Then the virgin will rejoice in the dance, the young men and old men together.

And I will turn their mourning into joy, and I will comfort them.

And I will gladden them from their sorrow.

And I will soak the soul of the priests with fatness, and my people will be satisfied with good things, says 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

JOEL 2:12–13

Even now, says the Lord, return to me with your whole heart, with fasting and weeping and mourning; rend your hearts, not your garments, and return to the Lord, your God.

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

Father of mercies, grant us the grace to enter more deeply into the mystery of your love in this holy season, that purified by penance and renewed in spirit, we may come rejoicing to Easter; 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.