

Morning Prayer

Begin with this while making the sign of the cross:

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.

Psalm 63:2-9

Antiphon: My God, you have become my help.

O God, you are my God, for you I long;
for you my soul is thirsting.
My body pines for you
like a dry, weary land without water.
So I gaze on you in the sanctuary
to see your strength and your glory.

For your love is better than life,
my lips will speak your praise.
So I will bless you all my life,
in your name I will lift up my hands.
My soul shall be filled as with a banquet,
my mouth shall praise you with joy.

On my bed I remember you.
On you I muse through the night
for you have been my help;
in the shadow of your wings I rejoice.
My soul clings to you;
your right hand holds me fast..

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.

Silent Prayer

Take a minute or two of silence for prayer, using the above psalm as a starting point.

Psalm Prayer

Father, creator of unfailing light, give that same light to those who call to you. May our lips praise you; our lives proclaim your goodness; our work give you honor, and our voices celebrate you for ever.

Antiphon: My God, you have become my help.

Scripture Reading - Leviticus 23:4-7

These are the festivals of the Lord which you shall celebrate at their proper time with a sacred assembly. The Passover of the Lord falls on the fourteenth day of the first month, at the evening twilight. The fifteenth day of this month is the Lord's feast of Unleavened Bread. For seven days you shall eat unleavened bread. On the first of these days you shall hold a sacred assembly and do no sort of work.

Intercessions

- Christ, our life, through baptism we were buried with you and rose to life with you, may we walk today in newness of life. *(If praying with others, add: We pray to the Lord.)*

- Healer of the sick, shed light upon those caring for the sick, especially those sick with the COVID-19 virus; strengthen them with your Spirit, that they may work to bring others to full health. *(If praying with others, add: We pray to the Lord.)*

- For all the sick and for all who have died as a result of the COVID-19 virus; may your peace and consolation be brought to them and to their loved ones. *(If praying with others, add: We pray to the Lord.)*

The Lord's Prayer Our Father. . .

Closing Prayer

By your help, we beseech you, Lord our God,
may we walk eagerly
in that same charity with which,
out of love for the world,
your Son handed himself over to death.
Through our Lord Jesus Christ, your Son,
who lives and reigns with you in the unity of the Holy Spirit,
one God, forever and ever.
— Amen.