

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 for ever.
Amen.

Psalm 63:2-9

Antiphon: The angel Gabriel was sent to the Virgin Mary, who was engaged to be married to Joseph.

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 for ever.
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: The angel Gabriel was sent to the Virgin Mary, who was engaged to be married to Joseph.

Scripture Reading - Philippians 2:6-7

Though he was in the form of God,
Jesus did not deem equality with God
something to be grasped at.

Rather, he emptied himself
and took the form of a slave,
being born in the likeness of men.
He was known to be of human estate.

Intercessions

- Mary, the new Eve, was obedient to your word, may we echo her loving obedience. *(If praying with others, add: We pray to the Lord.)*

- God of compassion and healing, watch over those who are ill and their caregivers, especially COVID-19 patients, may they be granted your strength. *(If praying with others, add: We pray to the Lord.)*

- May God's holy Mother help all in distress, encourage the fainthearted, console the sorrowful, may she pray for your holy people, for the clergy, and for all women dedicated to your service. *(If praying with others, add: We pray to the Lord.)*

The Lord's Prayer

Our Father . . .

Closing Prayer

God our Father,
your Word became man and was born of the Virgin Mary.
May we become more like Jesus Christ,
whom we acknowledge as our redeemer, God and man.
We ask this through our Lord Jesus Christ, your Son,
who lives and reigns with you and the Holy Spirit,
one God, for ever and ever.

– Amen