

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 144:1-10

Antiphon: O God, I will sing to you a new song.

Blessed be the Lord, my rock,
who trains my arms for battle,
who prepares my hands for war.

He is my love, my fortress;
he is my stronghold, my savior
my shield, my place of refuge.
He brings peoples under my rule.

Lord, what is man that you care for him,
mortal man, that you keep him in mind;
man, who is merely a breath
whose life fades like a passing shadow?

Lower your heavens and come down;
touch the mountains; wreath them in smoke.
Flash your lightnings; rout the foe,
shoot your arrows and put them to flight.

Reach down from heaven and save me;
draw me out from the mighty waters,
from the hands of alien foes
whose mouths are filled with lies,
whose hands are raised in perjury.

To you, O God, will I sing a new song;
I will play on the ten-stringed harp
to you who give kings their victory,
who set David your servant free.

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

Lord God of strength, you gave your Son victory over death. Direct your Church's fight against evil in the world. Clothe us with the weapons of light and unite us under the one banner of love, that we may receive our eternal reward after the battle of earthly life.

Antiphon: O God, I will sing to you a new song.

Scripture Reading - Exodus 19:4-6

You have seen for yourselves how I bore you up on eagle wings and brought you here to myself. Therefore, if you hearken to my voice and keep my covenant, you shall be my special possession, dearer to me than all other people, though all the earth is mine. You shall be a kingdom of priests, a holy nation.

Intercessions

- God of love, be close to those who are lonely or in isolation; that in their loneliness, you may be their light and consolation. *(If praying with others, add: We pray to the Lord.)*

- Gracious God, 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.)*

- God of compassion, be the light in our darkness, that we keep our eyes fixed on your Son's glorious Resurrection. *(If praying with others, add: We pray to the Lord.)*

The Lord's Prayer Our Father. . .

Closing Prayer

May the venerable exercises of holy devotion shape the hearts of your faithful, O Lord, to welcome worthily the Paschal Mystery and proclaim the praises of your salvation. 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