

Monday, Week IV  
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 90**

**Antiphon:** Each morning, Lord, you fill us with your kindness.

O Lord, you have been our refuge  
from one generation to the next.  
Before the mountains were born  
or the earth or the world brought forth,  
you are God, without beginning or end.

You turn men back to dust  
and say: “Go back, sons of men.”  
To your eyes a thousand years  
are like yesterday, come and gone,  
no more than a watch in the night.

You sweep men away like a dream,  
like the grass which springs up in the morning.  
In the morning it springs up and flowers:  
by evening it withers and fades.

So we are destroyed in your anger,  
struck with terror in your fury.  
Our guilt lies open before you;  
our secrets in the light of your face.

All our days pass away in your anger.  
Our life is over like a sigh.  
Our span is seventy years  
or eighty for those who are strong.

And most of these are emptiness and pain.  
They pass swiftly and we are gone.  
Who understands the power of your anger  
and fears the strength of your fury?

Make us know the shortness of our life  
that we may gain wisdom of heart.  
Lord, relent! Is your anger for ever?  
Show pity to your servants.

In the morning, fill us with your love;  
we shall exult and rejoice all our days.  
Give us joy to balance our affliction  
for the years when we knew misfortune.

Show forth your work to your servants;  
let your glory shine on their children.  
Let the favor of the Lord be upon us:  
give success to the work of our hands,  
give success to the work of our hands.

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**

Lord, send your mercy and your truth to rescue us from the snares of the devil, and, happy to be known as companions of your Son, we will praise you among the peoples and proclaim you to the nations.

**Antiphon:** Each morning, Lord, you fill us with your kindness.

**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 power and mercy, give us the spirit of prayer and repentance, with burning love for you and all mankind. (*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.*)

- God of tender care comfort the sick and grant healing of spirit and body. (*If praying with others, add: We pray to the Lord.*)

**The Lord's Prayer**

Our Father. . .

**Closing Prayer**

Father, creator,  
you give the world new life by your sacraments.  
May we, your Church, grow in your life  
and continue to receive your help on earth.  
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