

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 92

Antiphon: You have filled me with gladness, Lord; I will sing for joy at the works of your hands, alleluia.

It is good to give thanks to the Lord,
to make music to your name, O Most High,
to proclaim your love in the morning
and your truth in the watches of the night,
on the ten-stringed lyre and the lute,
with the murmuring sound of the harp.

Your deeds, O Lord, have made me glad;
for the work of your hands I shout with joy.
O Lord, how great are your works!
How deep are your designs!
The foolish man cannot know this
and the fool cannot understand.

Though the wicked spring up like grass
and all who do evil thrive:
they are doomed to be eternally destroyed.
But you, Lord, are eternally on high.
See how your enemies perish;
all doers of evil are scattered.

To me you give the wild-ox's strength;
you anoint me with the purest oil.
My eyes looked in triumph on my foes;
my ears heard gladly of their fall.
The just will flourish like the palm-tree
and grow like a Lebanon cedar.

Planted in the house of the Lord
they will flourish in the courts of our God,
still bearing fruit when they are old,
still full of sap, still green,
to proclaim that the Lord is just;
in him, my rock, there is no wrong.

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

Take our shame away from us, Lord, and make us rejoice in your saving works. May all who have been chosen by your Son always abound in works of faith, hope, and love in your service.

Antiphon: You have filled me with gladness, Lord; I will sing for joy at the works of your hands, alleluia.

Scripture Reading - Romans 14:7-9

None of us lives as his own master and none of us dies as his own master. While we live we are responsible to the Lord, and when we die we die as his servants. Both in life and in death we are the Lord's. That is why Christ died and came to life again, that he might be Lord of both the dead and the living.

Intercessions

- Eternal shepherd, look on your flock as it rises from sleep, feed us with the word of life and the bread from heaven. (*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.*)

- Keep us safe from wolf and hireling, and make us faithful in listening to your voice. (*If praying with others, add: We pray to the Lord.*)

The Lord's Prayer

Our Father . . .

Closing Prayer

Lord,
teach us to know you better
by doing good to others.
Help us to grow in your love
and come to understand the eternal mystery
of Christ's death and resurrection.
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.