

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 143:1-11

Antiphon: Be true to your name, O Lord, and preserve my life, alleluia.

Lord, listen to my prayer:
turn your ear to my appeal.
You are faithful, you are just; give answer.
Do not call your servant to judgment
for no one is just in your sight.

The enemy pursues my soul;
he has crushed my life to the ground;
he has made me dwell in darkness
like the dead, long forgotten.
Therefore my spirit fails;
my heart is numb within me.

I remember the days that are past:
I ponder all your works.
I muse on what your hand has wrought
and to you I stretch out my hands.
Like a parched land my soul thirsts for you.

Lord, make haste and answer;
for my spirit fails within me.
Do not hide your face
lest I become like those in the grave.

In the morning let me know your love
for I put my trust in you.
Make me know the way I should walk:
to you I lift up my soul.

Rescue me, Lord, from my enemies;
I have fled to you for refuge.
Teach me to do your will
for you, O Lord, are my God.
Let your good spirit guide me
in ways that are level and smooth.

For your name's sake, Lord, save my life;
in your justice save my soul from distress.

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 Jesus, early in the morning of your resurrection, you made your love known and brought the first light of dawn to those who dwell in darkness. Your death has opened a path for us. Do not enter into judgment with your servants; let your Holy Spirit guide us together into the land of justice.

Antiphon: Be true to your name, O Lord, and preserve my life, alleluia.

Scripture Reading - Romans 8:10-11

If Christ is in you the body is dead because of sin, while the spirit is alive because of justice. If the Spirit of him who raised Jesus from the dead dwells in you, then he who raised Jesus from the dead will bring your mortal bodies to life also, through his Spirit dwelling in you.

Intercessions

- As a pillar of fire, you lighted the way for your people in the desert, through his resurrection may Christ be today the light of our life. *(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.)*

- Through the voice of Moses you taught your people from the mountain, through his resurrection may Christ be today the light of our life. *(If praying with others, add: We pray to the Lord.)*

The Lord's Prayer

Our Father . . .

Closing Prayer

Father,
in restoring human nature
you have given us a greater dignity than we had in the beginning.
Keep us in your love,
and continue to sustain those
who have received new life in baptism.
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.