

## 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. Alleluia.

### **Psalm 149**

**Antiphon:** I will give to the one who is victorious the hidden bread and a new name, alleluia.

Sing a new song to the Lord,  
his praise in the assembly of the faithful.  
Let Israel rejoice in its maker,  
let Zion's sons exult in their king.  
Let them praise his name with dancing  
and make music with timbrel and harp.

For the Lord takes delight in his people.  
He crowns the poor with salvation.  
Let the faithful rejoice in their glory,  
shout for joy and take their rest.  
Let the praise of God be on their lips  
and a two-edged sword in their hand,

to deal out vengeance to the nations  
and punishment on all the peoples;  
to bind their kings in chains  
and their nobles in fetters of iron;  
to carry out the sentence pre-ordained;  
this honor is for all his faithful.

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**

Let Israel rejoice in you, Lord, and acknowledge you as creator and redeemer. We put our trust in your faithfulness and proclaim the wonderful truths of salvation. May your loving kindness embrace us now

and for ever.

**Antiphon:** I will give to the one who is victorious the hidden bread and a new name, alleluia.

### **Scripture Reading - Malachi 1:11**

From the rising of the sun, even to its setting,  
my name is great among the nations;  
And everywhere they bring sacrifice to my name,  
and a pure offering;  
For great is my name among the nations,  
says the Lord of hosts.

### **Intercessions**

- Priest of the new and eternal covenant, you offered perfect sacrifice to the Father on the altar of the cross, teach us to offer ourselves with you. (*If praying with others, add: We pray to the Lord.*)
- Manna from heaven, you nourish the Church with your body and blood, grant that we may walk strengthened by this food. (*If praying with others, add: We pray to the Lord.*)
- True worshiper of the Father, your perfect offering is celebrated by the Church from the rising to the setting of the sun, unite in your body those who partake of the one bread. (*If praying with others, add: We pray to the Lord.*)

**The Lord's Prayer** Our Father. . .

### **Closing Prayer**

O God,  
who in this wonderful Sacrament  
have left us a memorial of your Passion,  
grant us, we pray, so to revere the sacred mysteries  
of your Body and Blood that we may always experience  
in ourselves the fruits of your redemption.  
Who live and reign with God the Father in the unity of  
the Holy Spirit,  
one God, for ever and ever.  
— Amen.