



Morning Prayer

Wednesday after Epiphany

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God, come to my assistance

Lord make haste to help me.

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.

Morning Hymn: "Canticle of the Turning"

- My soul cries out with a joyful shout that the God of my heart is great, and my spirit sings of the wondrous things that you bring to the ones who wait. You fixed your sight on your servant's plight, and my weakness you did not spurn, so from east to west shall my name be blessed. Could the world be about to turn?*

Refrain: My heart shall sing of the day you bring. Let the fires of your justice burn. Wipe away all tears, for the dawn draws near and the world is about to turn!

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Antiphon: Your ways, O God, are holy: what god is as great as our God?

Psalm 76

R: I cry aloud to God, cry aloud to God that he may hear me.
In the day of my distress I sought the Lord. My hands were
raised at night without ceasing; my soul refused to be
consoled.

L: I remembered my God and I groaned. I pondered and my
spirit fainted. You withheld sleep from my eyes. I was troubled,
I could not speak.

R: I thought of the days of long ago and remembered the years long past. At night I mused within my heart. I pondered and my spirit questioned.

L: Will the Lord reject us for ever? Will he show us his favor no more? Has his love vanished for ever? Has his promise come to an end?

R: Does God forget his mercy or in anger withhold his compassion?' I said: 'This is what causes my grief; that the way of the Most High has changed.'

L: I remember the deeds of the Lord, I remember your wonders of old, I muse on all your works and ponder your mighty deeds. Your ways, O God, are holy. What god is great as our God? You are the God who works wonders.

R: You showed your power among the peoples. Your strong arm redeemed your people, the sons of Jacob and Joseph. The waters saw you, O God, the waters saw you and trembled; the depths were moved with terror.

L: The clouds poured down rain, the skies sent forth their voice; your arrows flashed to and fro. Your thunder rolled round the sky, your flashes lighted up the world.

R: The earth was moved and trembled when your way led through the sea, your path through the mighty waters and no one saw your footprints. You guided your people like a flock by the hand of Moses and Aaron.

Glory be to the Father and to the Son and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen.

Psalm-prayer

Father, you established your ancient covenant by signs and wonders, but more wondrously you confirmed the new one through the sacrifice of your Son. Guide your Church through the pathways of life, that we may be led to the land of promise and celebrate your name with lasting praise.

Antiphon: Your ways, O God, are holy: what god is as great as our God?

Reading: 1 John 4:11-18

Beloved, if God so loved us, we also must love one another. No one has ever seen God. Yet, if we love one another, God remains in us, and his love is brought to perfection in us. This is how we know that we remain in him and he in us, that he has given us of his Spirit. Moreover, we have seen and testify that the Father sent his Son as savior of the world. Whoever acknowledges that Jesus is the Son of God, God remains in him and he in God. We have come to know and to believe in the love God has for us. God is love, and whoever remains in love remains in God and God in him. In this is love brought to perfection among us, that we have confidence on the day of judgment because as he is, so are we in this world. There is no fear in love, but perfect love drives out fear because fear has to do with punishment, and so one who fears is not yet perfect in love.

The word of the Lord

The Lord Is My Light (Ps 27)

The Lord is my light, the Lord is my help, the Lord is my salvation.

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Psalm Prayer

Father, you clothe the sky with light and the depths of the ocean with darkness. Among the sons of men you work wonders, and rain terror upon the enemy. Look upon your servants. Do not try us by fire but bring us rejoicing to the shelter of your home.

Gospel Mark 6:45-52

After the five thousand had eaten and were satisfied, Jesus made his disciples get into the boat and precede him to the other side toward Bethsaida, while he dismissed the crowd. And when he had taken leave of them, he went off to the mountain to pray.

When it was evening, the boat was far out on the sea and he was alone on shore. Then he saw that they were tossed about while rowing, for the wind was against them. About the fourth watch of the night, he came toward them walking on the sea. He meant to pass by

them. But when they saw him walking on the sea, they thought it was a ghost and cried out. They had all seen him and were terrified. But at once he spoke with them, "Take courage, it is I, do not be afraid!" He got into the boat with them and the wind died down. They were completely astounded.

They had not understood the incident of the loaves. On the contrary, their hearts were hardened.

Reflection

We Are Many Parts

We are many parts. We are all one body. And the gifts we have, we were given to share. May the spirit of love, make us one indeed; one, the Love that we share; one, our hope and despair; one, the cross that we bear.

God of all, we look to you, we would be your servants true, let us be your love for all the world.

We are many parts. We are all one body. And the gifts we have, we were given to share. May the spirit of love, make us one indeed; one, the Love that we share; one, our hope and despair; one, the cross that we bear.

Text: 1 Cor. 12. 13; Marty Haugen, b. 1959; Tune: Marty Haugen, b.1950 © 1980, 1986, 2005 GIA Publications , Inc. Used by permission.

Intercessions Respond: "Lord, hear our prayer."

Lord's Prayer

Closing Prayer

Let your saving love, O Lord, be a life-giving stream for body, soul and spirit. Rain down your grace on the dry dusty places of our lives, and refresh us with your living water of Jesus Christ. We ask this through the same Christ our Lord. Amen.

Dismissal

May the Lord bless us, protect us from all evil and bring us to life everlasting. Amen.