

# MORNING PRAYER

## Third Wednesday in Ordinary Time

(Year I)



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Please Stand

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”

1. *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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### Psalmody

(Repeat antiphon after Leader)

Ant: We will never fear, Lord, you will reach out and save us.

## Psalm 89

L: Forever I will maintain my love for my servant.

R: "I have made a covenant with my chosen one; I have sworn to David my servant:

L: I will make your dynasty stand forever and establish your throne through all ages."

R: "He shall cry to me, 'You are my father, my God, the Rock that brings me victory!'"

L: I myself make him firstborn, Most High over the kings of the earth."

R: "Forever I will maintain my love for him; my covenant with him stands firm.

L: I will establish his dynasty forever, his throne as the days of the heavens."

R: Forever I will maintain my love for my servant.

## Psalm Prayer

Lord, you have given Jesus authority over your creatures, over each one of us. Jesus exercises that authority by becoming one of us in our flesh and blood, in our deepest struggles and finest hopes. Enable us to be so closely united with Jesus that our truest selves will be molded in Jesus' likeness and that his marvelous compassion will quiet the evil within us.

(Antiphon all together)

Ant: We will never fear, Lord, you will reach out and save us.

## Reading: Hebrews 10:11-18

Every priest stands daily at his ministry, offering frequently those same sacrifices that can never take away sins. But this one offered one sacrifice for sins, and took his seat forever at the right hand of God; now he waits until his enemies are made his footstool. For by one offering he has made perfect forever those who are being consecrated. The Holy Spirit also testifies to us, for after saying: *This is the covenant I will establish with them after those days, says the Lord: "I will put my laws in their hearts, and I will write them upon their minds,"* he also says: *Their sins and their evildeed I will remember no more.* Where there is forgiveness of these, there is no longer offering for sin. 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

Lord Jesus, you are a priest forever, offering a perfect sacrifice, your own sacred self, that your hopes and the seed of life within us will reach fulfillment of God's word. Your covenant with us will last forever.

## Reading: Mark 4:1-20

On another occasion, Jesus began to teach by the sea. A very large crowd gathered around him so that he got into a boat on the sea and sat down. And the whole crowd was beside the sea on land. And he taught them at length in parables, and in the course of his instruction he said to them; "Hear this! A sower went out to sow. And as he sowed, some seed fell on the path, and the birds came and ate it up. Other seed fell on rocky ground where it had little soil. It sprang up at once because the soil was not deep. And when the sun rose, it was scorched and it withered for lack of roots. Some seed fell among thorns, and the thorns grew up and choked it and it produced no grain. And some seed fell on rich soil and produced fruit. It came up and grew and yielded thirty, sixty, and a hundredfold." He added, "Whoever has ears to hear ought to hear." And when he was alone, those present along with the Twelve questioned him about the parables. He answered them, "The mystery of the Kingdom of God has been granted to you. But to those outside everything comes in parables, so that *they may look and see but not perceive, and hear and listen but not understand, in order that they may not be converted and be forgiven.*" Jesus said to them, "Do you not understand this parable? Then how will you understand any of the parables? The sower sows the word. These are the ones on the path where the word is sown. As soon as they hear, Satan comes at once and takes away the word sown in them. And these are the ones sown on rocky ground who, when they hear the word, receive it at once with joy. But they have no roots; they last only for a time. Then when tribulation or persecution comes because of the work, they quickly fall away. Those sown among thorns are another sort. They are the people who hear the word, but worldly anxiety, the lure of riches, and the craving for other things intrude and choke the word, and it bears no fruit. But those sown on rich soil are the ones who hear the word and accept it and bear fruit thirty and sixty and a hundredfold." The Gospel of the Lord.

## Quiet Reflection

**Intercessions**    Respond: "Lord, hear our prayer."

**Lord's Prayer**

**Closing Prayer**

Lord, you are our light and salvation, our life's refuge. As we hear your voice, enable us always to be obedient at once and follow you. We will hear your voice calling us away from jealousy and small-mindedness. Enable us to rejoice in the good deeds of others - in them we shall see the bounty of the Lord in the land of the living.

**Dismissal**

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