

Morning Prayer

Wednesday - Week 2



(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: “O Come, O Come Emmanuel”

1. O come, O come, Emmanuel, and ransom captive Israel,
that mourns in lonely exile here until the Son of God
appear.

Rejoice! Rejoice! O Israel to you shall come Emmanuel!

2. O come, O wisdom from on high who orders all things
mightily; to us the path of knowledge show, and teach us
in her ways to go.
3. O come, O come, Thou Lord of might, who to thy tribes
on Sinai's height in ancient times didst give the law, in
cloud, and majesty, and awe.

Text: Latin, 9th century. Music: Chant, Mode I, Veni, Veni Emmanuel, adapt. by T. Helmore, 1811-1890.

First Reading Isaiah 40:25-31

To whom can you liken me as an equal? says the Holy One. Lift up your eyes on high and see who has created these things: He leads out their army and numbers them, calling them all by name. By his great might and the strength of his power not one of them is missing! Why, O Jacob, do you say, and declare, O Israel, “My way is hidden from the LORD, and my right is disregarded by my God”? Do you not know or have you not heard? The LORD is the eternal God, creator of the ends of the earth. He does not faint nor grow weary, and his knowledge is beyond scrutiny. He gives

strength to the fainting; for the weak he makes vigor abound. Though young men faint and grow weary, and youths stagger and fall, They that hope in the LORD will renew their strength, they will soar as with eagles' wings; They will run and not grow weary, walk and not grow faint.

Psalmody (Please be seated)

(Repeat antiphon after Leader)

Ant: O God, all your ways are holy; what god can compare with our God.

Psalm 77

L: I cry aloud to God, aloud to God, that God may hear me.

R: In the day of my trouble I seek the Lord; in the night my hand is stretched out without wearying; my soul refuses to be comforted. I think of God, and I moan; I meditate, and my spirit faints.

L: You keep my eyelids from closing; I am so troubled that I cannot speak. I consider the days of old, and remember the years of long ago. I commune with my heart in the night; I meditate and search my spirit:

R: "Will the Lord spurn forever, and never again be favorable? Has his steadfast love ceased forever? Are his promises at an end for all time? Has God forgotten to be gracious? Has he in anger shut up his compassion?"

L: And I say, "It is my grief that the right hand of the Most High has changed." I will call to mind the deeds of the LORD; I will remember your wonders of old. I will meditate on all your work, and muse on your mighty deeds.

R: Your way, O God, is holy. What god is so great as our God? You are the God who works wonders; you have displayed your might among the peoples. With your strong arm you redeemed your people, the descendants of Jacob and Joseph.

- L: When the waters saw you, O God, when the waters saw you, they were afraid; the very deep trembled. The clouds poured out water; the skies thundered; your arrows flashed on every side.
- R: The crash of your thunder was in the whirlwind; your lightnings lit up the world; the earth trembled and shook. Your way was through the sea, your path, through the mighty waters; yet your footprints were unseen.
- L: You led your people like a flock by the hand of Moses and Aaron.

Psalm Prayer

Lord, 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 all together)

Ant: O God, all your ways are holy; what god can compare with our God.

Psalm 80: "Lord, Make Us Turn To You"

Please repeat refrain after cantor the first time:

Lord, make us turn to You, show us Your face, and we shall be saved.

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Psalm Prayer

Lord, you clothe the sky with light and the depths of the ocean with darkness. Among your people 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.

Reading: Matthew 11:23-30

Jesus said: "Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light."

Reflection

Song: Canticle of Zechariah

Now bless the God of Israel who comes in love and power, who raises from the royal house deliverance in this hour. Through holy prophets God has sworn to free us from alarm, to save us from the heavy hand of all who wish us harm.

Remembering the covenant, God rescues us from fear, that we might serve in holiness and peace from year to year. And you, my child, shall go before, to preach, to prophesy, that all may know the tender love, the grace of God most high.

In tender mercy, God will send the dayspring from on high, our rising sun, the light of life for those who sit and sigh. God comes to guide our way to peace, that death shall reign no more. Sing praises to the Holy One, O worship and adore.

Text: Benedictus, Luke 1:68-79, Ruth Dick © 1992, GIA Publications, Inc.

Tune: FOREST GREEN, CMD; English; harm. by Michael Joncas, © 1987, GIA Publications

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Intercessions:-- Response: Lord hear our prayer.

Lord's Prayer

Sign of Peace

Closing Prayer

All powerful God, we await the healing power of Christ your Son. Let us not be discouraged by our weaknesses as we prepare for his coming. Keep us steadfast in your love. We ask this through our Lord Jesus Christ, who lives and reigns with you and the Holy Spirit, one God, forever and ever.

Dismissal

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

—Amen.