

Morning Prayer - Friday

What is the Liturgy of the Hours?

We hear the psalmist say in scripture, “Seven times a day I praise you.”(Ps118:164) and St. Paul telling us to, “Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you.”(1Thes5:16-18), and this is what the Hours help us do.

The different hours are: **Morning Prayer** - at the start of the day's work and the coming of the light. **Daytime Prayer** - at mid-morning, noon and in the afternoon, to unite us with the one for whom and through whom we are working. **Evening Prayer** - at the end of the day's work, to offer up what we have done. **Night Prayer** - last thing at night, to commend our souls to God. **Office of Readings** - at whatever time of day is best for us to reflect on the mystery of salvation, with the help of Scripture and the writings of the Fathers of the Church. The purpose of the Liturgy of the Hours is to sanctify the day and all human activity, as we pray the same prayers with the Church across the globe.

This treasure is too marvelous to not be recited by more of the faithful. The Church commends us to attempt at least to try reciting Morning Prayer and Evening Prayer as laity, so we as a community are praying it together during this special time. Since many people find the books intimidating, this handout has simplified the task but putting all the texts in one place.

- The hymn will be lead, but join in as you catch on to the tune.
- When the **text is bolded**, all people say it together.
- When the psalms are said, we will *alternate sides* as directed.

The rest is easy, just read and pray the texts with the Church!

Opening Verse

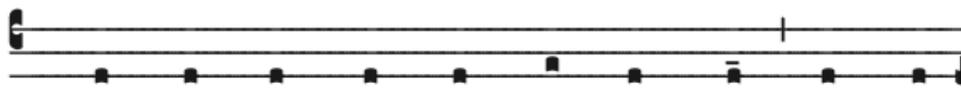
Please Stand and make sign of cross

Celebrant: God, + come to my assistance.

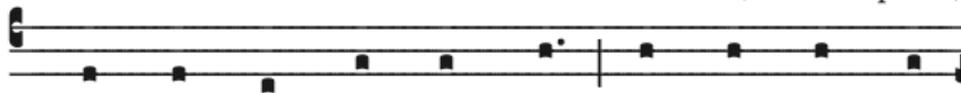
People: Lord, make haste to help me.

All: 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.

Hymn - Eternal Glory of the Sky



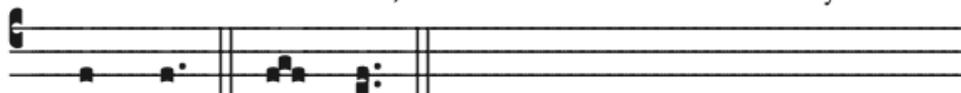
1. E-ter-nal Glo-ry of the sky, Blest hope
 2. Up-lift us with thine arm of might, And let
 3. The day-star's rays are glit- t'ring clear, And tell
 4. With- in our sens- es ev- er dwell, And world-
 5. The faith that first must be pos- sessed, Root deep
 6. All laud to God the Fa- ther be, All praise,



1. of frail hu- man- i- ty, The Fa- ther's sole-
 2. our hearts rise pure and bright, And, ar- dent in
 3. that day it- self is near: The sha- dows of
 4. ly dark- ness thence ex- pel; Long as the days
 5. with- in our in- most breast; And joy- ous hope
 6. e- ter- nal Son, to thee; All glo- ry, as



1. be- got- ten One, Yet born a spot- less Vir-
 2. God's prais- es, pay The thanks we owe him ev'-
 3. the night de- part; Thou, ho- ly Light, il- lume
 4. of life en- dure, Pre- serve our souls de- vout
 5. in se- cond place, Then char- i- ty, thy great-
 6. is ev- er meet, To God the ho- ly Par-



1. gin's Son.
 2. ry day.
 3. the heart.
 4. and pure.
 5. est grace.
 6. a- clete. A- men.

Please Sit

Psalmody

Celebrant: You alone I have grieved by my sin; have pity on me, O Lord.

Psalm 51

Left Side:

Have mercy on me, God, in your kindness. * In your compassion blot out my offense.

O wash me more and more from my guilt * and cleanse me from my sin.

Right Side:

My offenses truly I know them; * my sin is always before me.

Against you, you alone, have I sinned; * what is evil in your sight I have done.

Left Side:

That you may be justified when you give sentence * and be without reproach when you judge,

O see, in guilt I was born, * a sinner was I conceived.

Right Side:

Indeed you love truth in the heart; * then in the secret of my heart teach me wisdom.

O purify me, then I shall be clean; * O wash me, I shall be whiter than snow.

Left Side:

Make me hear rejoicing and gladness, * that the bones you have crushed may revive.

From my sins turn away your face and blot out all my guilt.

Right Side:

A pure heart create for me, O God, * put a steadfast spirit within me.

Do not cast me away from your presence, * nor deprive me of your holy spirit.

Left Side:

Give me again the joy of your help; * with a spirit of fervor sustain me,

that I may teach transgressors your ways * and sinners may return to you.

Right Side:

O rescue me, God, my helper, * and my tongue shall ring out your goodness.

O Lord, open my lips * and my mouth shall declare your praise.

Left Side:

For in sacrifice you take no
delight, * burnt offering from
me you would refuse,

my sacrifice, a contrite spirit. *
A humbled, contrite heart you
will not spurn.

Right Side:

In your goodness, show favor to
Zion: * rebuild the walls of
Jerusalem.

Then you will be pleased with
lawful sacrifice, * holocausts
offered on your altar.

Right Side:

Glory to the Father, and to the
Son, * and to the Holy Spirit:

Left Side:

as it was in the beginning, is
now, * and will be for ever.
Amen.

All: You alone I have grieved by my sin; have pity on me, O
Lord.

Celebrant: Truly we know our offenses, Lord, * for we have sinned against you.

Canticle – Jer. 14

Left Side:

Let my eyes stream with tears *
day and night, without rest,
over the great destruction
which overwhelms * the virgin
daughter of my people, * over
her incurable wound.

Right Side:

If I walk out into the field, *
look! those slain by the sword;
if I enter the city, * look! those
consumed by hunger.

Even the prophet and the priest
* forage in a land they know
not.

Left Side:

Have you cast Judah off
completely? * Is Zion
loathsome to you?

Why have you struck us a blow
* that cannot be healed?

Right Side:

We wait for peace, to no avail;
* for a time of healing, but
terror comes instead.

We recognize, O Lord, our
wickedness, * the guilt of our
fathers; * that we have sinned
against you.

Left Side:

For your name's sake spurn us
not, * disgrace not the throne of
your glory; * remember your
covenant with us, and break it
not.

Right Side:

Glory to the Father, and to the
Son, * and to the Holy Spirit:

Left Side:

as it was in the beginning, is
now, * and will be for ever.
Amen.

All: Truly we know our offenses, Lord, * for we have sinned against you.

Celebrant: The Lord is God; we are his people, * the flock he shepherds.

Psalm 100

Left Side:

Cry out with joy to the Lord, all the earth. * Serve the Lord with gladness. * Come before him, singing for joy.

Right Side:

Know that he, the Lord, is God. * He made us, we belong to him, * we are his people, the sheep of his flock.

Left Side:

Go within his gates, giving thanks. * Enter his courts with

songs of praise. * Give thanks to him and bless his name.

Right Side:

Indeed, how good is the Lord, * eternal his merciful love. * He is faithful from age to age.

Left Side:

Glory to the Father, and to the Son, * and to the Holy Spirit:

Right Side:

as it was in the beginning, is now, * and will be for ever. Amen.

All: The Lord is God; we are his people, * the flock he shepherds.

Reading - 2 Corinthians 12: 9b-10

I willingly boast of my weakness, that the power of Christ may rest upon me. Therefore I am content with weakness, with mistreatment, with distress, with persecutions and difficulties for the sake of Christ; for when I am powerless, it is then that I am strong.

Responsory

Reader: At daybreak, * be merciful to me.

All: Christ, Son of the living God, have mercy on us.

Reader: Make known to me the path that I must walk.

All: be merciful to me.

Reader: Glory to the Father, and to the Son, * and to the Holy Spirit,

All: At daybreak, * be merciful to me.

Please Stand

Gospel Canticle

Celebrant: The Lord has come to his people * and set them free.

Luke 1:68-79

Both Sides:

Blessed + be the Lord, the God of Israel; * he has come to his people and set them free.

He has raised up for us a mighty savior, * born of the house of his servant David.

Through his holy prophets he promised of old * that he would save us from our enemies, * from the hands of all who hate us.

He promised to show mercy to our fathers * and to remember his holy covenant.

This was the oath he swore to our father Abraham: * to set us free from the hands of our enemies,

free to worship him without fear, * holy and righteous in his

sight all the days of our life.

You, my child, shall be called the prophet of the Most High; * for you will go before the Lord to prepare his way,

to give his people knowledge of salvation * by the forgiveness of their sins.

In the tender compassion of our God * the dawn from on high shall break upon us,

to shine on those who dwell in darkness and the shadow of death, * and to guide our feet into the way of peace.

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.

All: The Lord has come to his people * and set them free.

Intercessions

Celebrant: Raising our eyes to Christ, who was born and died and rose again for his people, * let us cry out:

All: Save those You have redeemed by your blood, Lord.

Celebrant: Blessed are you, Jesus, redeemer of mankind; you did not Hesitate to undergo your passion and death, * to redeem us by your precious blood.

All: Save those You have redeemed by your blood, Lord.

Celebrant: You promised that you would provide living water, the fountain of eternal life, * pour forth your Spirit upon all men.

All: Save those You have redeemed by your blood, Lord.

Celebrant: You send disciples to preach the Gospel to all nations, * help them to extend the victory of your cross.

All: Save those You have redeemed by your blood, Lord.

Celebrant: You have given the sick and the suffering a share in your cross. * Give them patience and strength.

All: Save those You have redeemed by your blood, Lord.

After an introduction by the celebrant all say: Our Father ...

Concluding Prayer

Celebrant: Almighty ever-living God, whom, taught by the Holy Spirit, we dare to call our Father, bring, we pray, to perfection in our hearts the spirit of adoption as your sons and daughters, that we may merit to enter into the inheritance which you have promised. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God, for ever.

All: Amen.

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