Morning Prayer: Liturgy of the Hours

*[All stand.]*

**Leader:** God, come to my assistance.

**All:** Lord, make haste to help me.

*[All bow.]*

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

*[All rise.]*

**All:** As it was in the beginning, is now, and will be forever. Amen.

Opening Song

*[All sit.]*

**Psalm 63 (NRSV)**

*[If no musical arrangement of Psalm 63 is available, the class may recite the psalm by dividing into halves and alternating portions between the halves, as follows:]*

**Right:**

O God, you are my God, I seek you,

my soul thirsts for you;

my flesh faints for you,

as in a dry and weary land where there   
 is no water.

So I have looked upon you in the sanctuary,

beholding your power and glory.

**Left:**

Because your steadfast love is better than   
 life,

my lips will praise you.

So I will bless you as long as I live;

I will lift up my hands and call on   
 your name.

My soul is satisfied as with a rich feast,

and my mouth praises you with joyful   
 lips

**Right:**

when I think of you on my bed,

and meditate on you in the watches of   
 the night;

for you have been my help,

and in the shadow of your wings I sing   
 for joy.

My soul clings to you;

your right hand upholds me.

**Left:**

But those who seek to destroy my life

shall go down into the depths of the   
 earth;

they shall be given over to the power of   
 the sword,

they shall be prey for jackals.

But the king shall rejoice in God;

all who swear by him shall exult,

for the mouths of liars will be   
 stopped.

**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 forever. Amen.

**Leader:** Father of all, you created the sun that gives us light today. It is a sign of the everlasting light of Heaven. Until the majestic return of your Son in light, may we praise you in song, live lives of holiness, do works of justice, and celebrate your name in unity with all brothers and sisters.

**Reading**

**Reader:** *Revelation 7:9–12 (NRSV)*

After this I looked, and there was a great multitude that no one could count, from every nation, from all tribes and peoples and languages, standing before the throne and before the Lamb, robed in white, with palm branches in their hands. They cried out in a loud voice, saying, “Salvation belongs to our God who is seated on the throne, and to the Lamb!” And all the angels stood around the throne and around the elders and the four living creatures, and they fell on their faces before the throne and worshiped God, singing, “Amen! Blessing and glory and wisdom and thanksgiving and honor and power and might be to our God forever and ever! Amen.”

**Reader:** Lord Jesus Christ, Son of the living God, have mercy on us who are sinners.

**All:** Lord Jesus Christ, Son of the Living God, have mercy on us who are sinners.

**Reader:** The Father has given you the name that is above every other name.

**All:** Have mercy on us.

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

**All:** Lord Jesus Christ, Son of the living God, have mercy on us who are sinners.

*[All stand.]*

**The Canticle of Zechariah**

**Leader:** Blessed be the Lord our God.

**All:** Blessed be the Lord our God.

*[All make the Sign of the Cross.]*

**Left:**

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.

**Right:**

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

**Left:**

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.

**Right:**

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.

**Left:**

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.

*[All bow.]*

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

*[All rise.]*

**All:** As it was in the beginning, is now, and will be forever. Amen.

**Leader:** Christ our Lord is the light that guides us to our true home in heaven. Let us ask him for help. Please respond, “Lord, hear our prayer.”

**Leader:** Thank you, Lord, for the gift of this day. May we not waste any opportunity to do what is right. We pray . . .

**All:** Lord, hear our prayer.

**Leader:** Lord Jesus, send your Holy Spirit to us. May we be able to judge right from wrong and have the courage to follow you at all times. We pray . . .

**All:** Lord, hear our prayer.

**Leader:** Christ our Lord, you have given us people who love us. May we be a source of grace for them. We pray . . .

**All:** Lord, hear our prayer.

**Leader:** Lord of all, everything we have comes from you. We ask that we may have grateful hearts. We pray . . .

**All:** Lord, hear our prayer.

**Leader:** At this time, you may voice your own prayers and intentions.

*[All pause for silent prayer.]*

**Leader:** Let us join all of these prayers into the perfect prayer given to us by Jesus.

**All:** Our Father . . .

**Leader:** Father of all creation, we ask that you hear your people. Show us the way to the Father and give peace to a world torn by injustice.

We ask this through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God, for ever and ever.

**All:** Amen.

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

**All:** Amen.

(This handout is based on the English translation of *The Liturgy of the Hours* copyright © 1970, 1973, 1975, International Commission on English in the Liturgy Corporation [New York: Catholic Book Publishing Company, 1975], volume III, pages 654–659. All rights reserved.)