

MORNING PRAYER
October 1 (St Theresa) Thursday, Week 2

The Office begins with the Angelus.

V/ O Lord, open our lips.
R And we shall praise your name.

Invitatory Psalm

Inv: Come before the Lord, singing for joy.

Come, ring out our joy to the Lord;
hail the God who saves us.
Let us come before him giving thanks,
with songs let us hail the Lord.

A mighty God is the Lord,
a great king above all gods.
In his hand are the depths of the earth;
the heights of the mountains are his.
To him belongs the sea, for he made it,
and the dry land shaped by his hands.

Come in; let us bow and bend low;
let us kneel before the God who made us
for he is our God and we
the people who belong to his pasture,
the flock that is led by his hand.

O that today you would listen to his voice!
'Harden not your hearts as at Meribah,
as on that day at Massah in the desert
when your fathers put me to the test;
when they tried me, though they saw my work.

For forty years I was wearied of these people
and I said: "Their hearts are astray,
these people do not know my ways."
Then I took an oath in my anger:
"Never shall they enter my rest."

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.

Ant. Come before the Lord, singing for joy.

HYMN

Alone with none but thee, my God,
I journey on my way:
what need I fear when thou art near,

O King of night and day?
more safe am I within thy hand
than if a host did round me stand.

My destined time is fixed by thee,
and death doth know his hour;
did warriors strong around me throng,
they could not stay his power:
No walls of stone can man defend
when thou thy messenger dost send.

My life I yield to thy decree,
and bow to thy control
in peaceful calm, for from thine arm
no power can wrest my soul:
could earthly omens e'er appal
a man that heeds the heavenly call?

The child of God can fear no ill,
his chosen, dread no foe;
we leave our fate with thee, and wait
thy bidding when to go:
'tis not from chance our comfort springs,
thou art our trust, O King of kings.

Tune: Sowby 8.6.8.6.8.8

Psalmody

Ant. 1: Lord, rouse up your might and come to our help.

Psalm 79

O shepherd of Israel, hear us,
you who lead Joseph's flock,
shine forth from your cherubim throne
upon Ephraim, Benjamin, Manasseh.
O Lord, rouse up your might,
O Lord, come to our help.

God of hosts, bring us back;
let your face shine on us and we shall be saved.

Lord God of hosts, how long
will you frown on your people's plea?
You have fed them with tears for their bread,
an abundance of tears for their drink.
You have made us the taunt of our neighbours,
our enemies laugh us to scorn.

God of hosts, bring us back;
let your face shine on us and we shall be saved.

You brought a vine out of Egypt;
to plant it you drove out the nations.
Before it you cleared the ground;
it took root and spread through the land.

The mountains were covered with its shadow,
the cedars of God with its boughs.
It stretched out its branches to the sea,
to the Great River it stretched out its shoots.

Then why have you broken down its walls?
It is plucked by all who pass by.
It is ravaged by the boar of the forest,
devoured by the beasts of the field.

God of hosts, turn again, we implore,
look down from heaven and see.
Visit this vine and protect it,
the vine your right hand has planted.
Men have burnt it with fire and destroyed it.
May they perish at the frown of your face.

May your hand be on the man you have chosen,
the man you have given your strength.
And we shall never forsake you again:
give us life that we may call upon your name.

God of hosts, bring us back;
let your face shine on us and we shall be saved.

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.

Ant. Lord, rouse up your might and come to our help.

Ant. 2: The Lord has done marvellous things, let them be made known to the whole world.
Is 12:1-6

I thank you, Lord, you were angry with me
but your anger has passed and you give me comfort.

Truly, God is my salvation,
I trust, I shall not fear.
For the Lord is my strength, my song,
he is my saviour.

With joy you will draw water
from the wells of salvation.

Give thanks to the Lord, give praise to his name!
Make his mighty deeds known to the peoples.

Declare the greatness of his name,
sing a psalm to the Lord!
For he has done glorious deeds;
make them known to all the earth.

People of Sion, sing and shout for joy
for great in your midst is the Holy One of Israel.

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.

Ant. The Lord has done marvellous things, let them be made known to the whole world.

Ant. 3: Ring out your joy to God our strength.

Psalm 80

Ring out your joy to God our strength,
shout in triumph to the God of Jacob.

Raise a song and sound the timbrel,
the sweet-sounding harp and the lute,
blow the trumpet at the new moon,
when the moon is full, on our feast.

For this is Israel's law,
a command of the God of Jacob.
He imposed it as a rule on Joseph,
when he went out against the land of Egypt.

A voice I did not know said to me:
'I freed your shoulder from the burden;
your hands were freed from the load.
You called in distress and I saved you.

I answered, concealed in the storm cloud,
at the waters of Meribah I tested you.
Listen, my people to my warning,
O Israel, if only you would heed

Let there be no foreign god among you,
no worship of an alien god.
I am the Lord your God,
who brought you from the land of Egypt.
Open wide your mouth and I will fill it.

But my people did not heed my voice
and Israel would not obey,

so I left them in their stubbornness of heart
to follow their own designs.

O that my people would heed me,
that Israel would walk in my ways!
At once I would subdue their foes,
turn my hand against their enemies.

The Lord's enemies would cringe at their feet
and their subjection would last for ever.
But Israel I would feed with finest wheat
and fill them with honey from the rock.'

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.

Ant. Ring out your joy to God our strength.

Scripture Reading *Rom 14:17-19*

The kingdom of God does not mean food and drink but righteousness and peace and joy in the Holy Spirit; he who thus serves Christ is acceptable to God and approved by men. Let us then pursue what makes for peace and for mutual upbuilding.

Short Responsory

R Early in the morning I will think of you, O Lord. *Repeat R*

V You have been my help. *R* Glory be ... Holy Spirit. *R*

Benedictus Ant. Indeed I tell you that, unless you undergo a change of heart and become more like children, you shall not enter my heavenly kingdom.

Blessed + be the Lord, the God of Israel!
He has visited his people and redeemed them.

He has raised up for us a mighty saviour
in the house of David his servant,
as he promised by the lips of holy men,
those who were his prophets from of old.

A saviour who would free us from our foes,
from the hands of all who hate us.
So his love for our fathers is fulfilled
and his holy covenant remembered.

He swore to Abraham our father to grant us,
that free from fear, and saved from the hands of our foes,
we might serve him in holiness and justice
all the days of our life in his presence.

As for you, little child,
you shall be called a prophet of God, the Most High.

You shall go ahead of the Lord
to prepare his ways before him,

To make known to his people their salvation
through forgiveness of all their sins,
the loving-kindness of the heart of our God
who visits us like the dawn from on high.

He will give light to those in darkness,
those who dwell in the shadow of death,
and guide us into the way of peace.

Ant. Indeed I tell you that, unless you undergo a change of heart and become more like children, you shall not enter my heavenly kingdom.

Intercessions

***R* Lord, hear us.**

Blessed be our God and Father: he hears the prayers of his children. ***R***

We thank you, Father, for sending us your Son: -let us keep him before our eyes throughout this day. ***R***

Make wisdom our guide, -help us walk in newness of life. ***R***

Lord, give us your strength in our weakness: -when we meet problems give us courage to face them. ***R***

Direct our thoughts, our words, our actions today, -so that we may know, and do, your will. ***R***

Lord's Prayer

Concluding Prayer

God our Father, you promised your kingdom to the little ones and the humble of heart. Give us grace to walk confidently in the way of Saint Teresa of the Child Jesus, so that, helped by her prayers, we may see your eternal glory.
(We make our prayer) through our Lord.

V/ The Lord be with you.

***R* And also with you.**

May almighty God bless us, the Father, the Son and Holy Spirit. **Amen.**

or (where said alone or no priest is present):

The Lord bless us, and keep us from all evil, and bring us to everlasting life.
Amen.

"Morning and Evening Prayer", published by Collins and from which this Office has been derived, is on sale on Amazon at the greatly reduced price of £20.99.

The fuller 3-volume "Divine Office", which also includes the Office of Readings for every day of the year, is also on Amazon, and is also available at a reduced price.