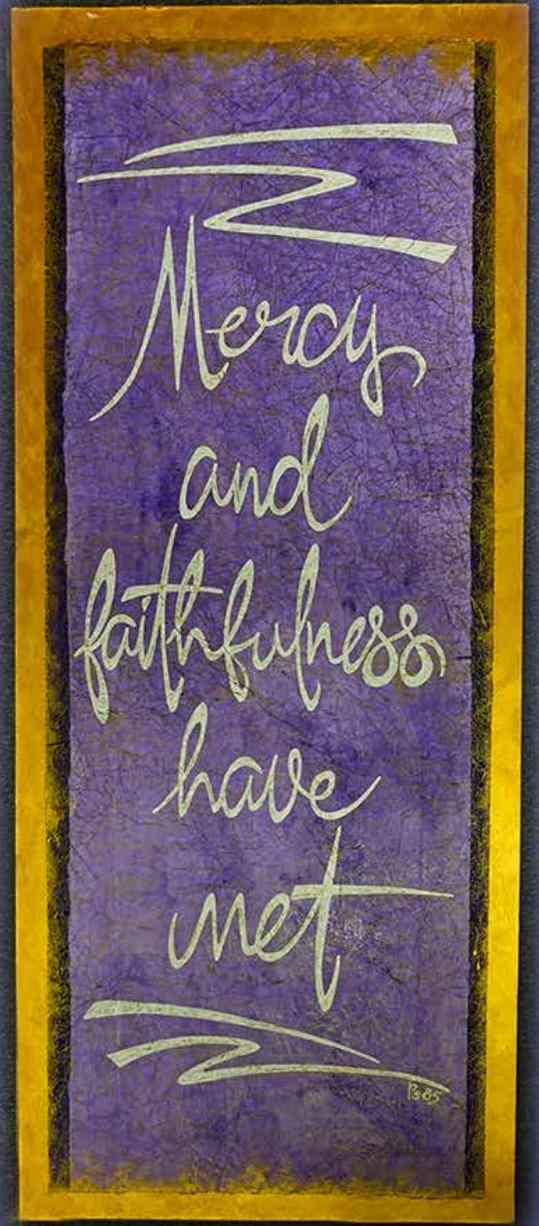


Morning Prayer

1st Sunday of Advent



BEGINNING THE OFFICE

O God, come to our aid.

O Lord, make haste to help us.

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. Alleluia.

PSALM 62 (63)

THIRSTING FOR GOD

“Let the man who has put away the deeds of the night watch for God.”

*On that day the mountains will run with sweet wine.
The hills will flow with milk and honey. Alleluia.*

O God, you are my God, for you I long;
for you my soul is thirsting.

My body pines for you
like a dry, weary land without water.
So I gaze on you in the sanctuary
to see your strength and your glory.

**For your love is better than life,
my lips will speak your praise.
So I will bless you all my life,
in your name I will lift up my hands.
My soul shall be filled as with a banquet,
my mouth shall praise you with joy.**

On my bed I remember you.
On you I muse through the night
for you have been my help;
in the shadow of your wings I rejoice.
My soul clings to you;
your right hand holds me fast.

**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.**

*On that day the mountains will run with sweet wine.
The hills will flow with milk and honey. Alleluia.*

DANIEL 3:57-88,56

ALL CREATURES, BLESS THE LORD

“Praise our God, all you his servants” (Rev 19:5).

*The mountains and the hills will sing praise to God,
and all the trees of the countryside will clap their hands,
for the Lord will come and he will reign for ever. Alleluia.*

O all you works of the Lord, O bless the Lord.
To him be highest glory and praise for ever.

And you, angels of the Lord, O bless the Lord.
To him be highest glory and praise for ever.

And you, the heavens of the Lord, O bless the Lord.
And you, clouds of the sky, O bless the Lord.
And you, all armies of the Lord, O bless the Lord.
To him be highest glory and praise for ever.

And you, sun and moon, O bless the Lord.
And you, the stars of the heavens, O bless the Lord.
And you, showers and rain, O bless the Lord.
To him be highest glory and praise for ever.

And you, all you breezes and winds, O bless the Lord.
And you, fire and heat, O bless the Lord.
And you, cold and heat, O bless the Lord.
To him be highest glory and praise for ever.

And you, showers and dew, O bless the Lord.
And you, frosts and cold, O bless the Lord.
And you, frost and snow, O bless the Lord.
To him be highest glory and praise for ever.

And you, night-time and day, O bless the Lord.

And you, darkness and light, O bless the Lord.

And you, lightning and clouds, O bless the Lord.

To him be highest glory and praise for ever.

O let the earth bless the Lord.

To him be highest glory and praise for ever.

And you, mountains and hills, O bless the Lord.

And you, all plants of the earth, O bless the Lord.

And you, fountains and springs, O bless the Lord.

To him be highest glory and praise for ever.

And you, rivers and seas, O bless the Lord.

And you, creatures of the sea, O bless the Lord.

And you, every bird in the sky, O bless the Lord.

And you, wild beasts and tame, O bless the Lord.

To him be highest glory and praise for ever.

And you, children of men, O bless the Lord.

To him be highest glory and praise for ever.

O Israel, bless the Lord, O bless the Lord.

And you, priests of the Lord, O bless the Lord.

And you, servants of the Lord, O bless the Lord.

To him be highest glory and praise for ever.

And you, spirits and souls of the just, O bless the Lord.

And you, holy and humble of heart, O bless the Lord.

Ananias, Azarias, Mizaël, O bless the Lord.

To him be highest glory and praise for ever.

Let us praise the Father, the Son and Holy Spirit:

To you be highest glory and praise for ever.

May you be blessed, O Lord, in the heavens:

To you be highest glory and praise for ever.

*The mountains and the hills will sing praise to God,
and all the trees of the countryside will clap their hands,
for the Lord will come and he will reign for ever. Alleluia.*

PSALM 149

THE SAINTS REJOICE

“The members of the Church, God’s new people, will rejoice in their king, who is Christ” (Hesychius).

*Behold, a great Prophet will come
and he will renew Jerusalem. Alleluia.*

Sing a new song to the Lord,
his praise in the assembly of the faithful.
Let Israel rejoice in its Maker,
let Sion’s sons exult in their king.
Let them praise his name with dancing
and make music with timbrel and harp.

**For the Lord takes delight in his people.
He crowns the poor with salvation.
Let the faithful rejoice in their glory,
shout for joy and take their rest.
Let the praise of God be on their lips
and a two-edged sword in their hand,**

to deal out vengeance to the nations
and punishment on all the peoples;
to bind their kings in chains
and their nobles in fetters of iron;
to carry out the sentence pre-ordained:
this honour is for all his faithful.

**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.**

*Behold, a great Prophet will come
and he will renew Jerusalem. Alleluia.*

GOSPEL OF THE DAY

MARK 13:33-37

Jesus said to his disciples: ‘Be on your guard, stay awake, because you never know when the time will come. It is like a man travelling abroad: he has gone from home, and left his servants in charge, each with his own task; and he has told the doorkeeper to stay awake. So stay awake, because you do not know when the master of the house is coming, evening, midnight, cockcrow, dawn; if he comes unexpectedly, he must not find you asleep. And what I say to you I say to all: Stay awake!’

SHORT RESPONSORY

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

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

You are coming into the world.

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

Glory be to the Father

and to the Son and to the Holy Spirit.

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

BENEDICTUS

THE MESSIAH AND THE ONE WHO WAS SENT BEFORE HIM

Stay awake, because you do not know when the master of the house is coming, evening, midnight, cockcrow, dawn.

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.

**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.**

*Stay awake, because you do not know when the master of
the house is coming, evening, midnight, cockcrow, dawn.*

PRAYERS AND INTERCESSIONS

Father, you have given us the grace of looking forward to the coming of your Son:

– Send us your loving kindness.

Bring us to life, Lord: may we be the servants found watching when the Master returns.

– Send us your loving kindness.

Send your Son to those who wait in hope: let no one search for you in vain.

– Send us your loving kindness.

Bless us as we work: give us faith until the end, when your Son will come in glory.

– Send us your loving kindness.

Father, we praise you for the presence of the Spirit in our lives, making men and women bearers of your message and your purpose.

– Send us your loving kindness.

**Our Father, who art in heaven,
hallowed be thy name.**

Thy kingdom come.

Thy will be done on earth, as it is in heaven.

Give us this day our daily bread,

and forgive us our trespasses,

**as we forgive those who trespass against us,
and lead us not into temptation,**

but deliver us from evil.

CONCLUDING PRAYER

Grant, almighty Father,

**that when Christ comes again we may go out to meet him
bearing the harvest of good works achieved by your grace.**

We pray that he will receive us

into the company of the saints

and call us into the kingdom of heaven.

Through our Lord Jesus Christ, your Son,

who lives and reigns with you

in the unity of the Holy Spirit,

one God, for ever and ever. Amen.

CONCLUSION OF THE HOUR

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

Amen.

Go in the peace of Christ.

Thanks be to God.

ACKNOWLEDGEMENTS

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