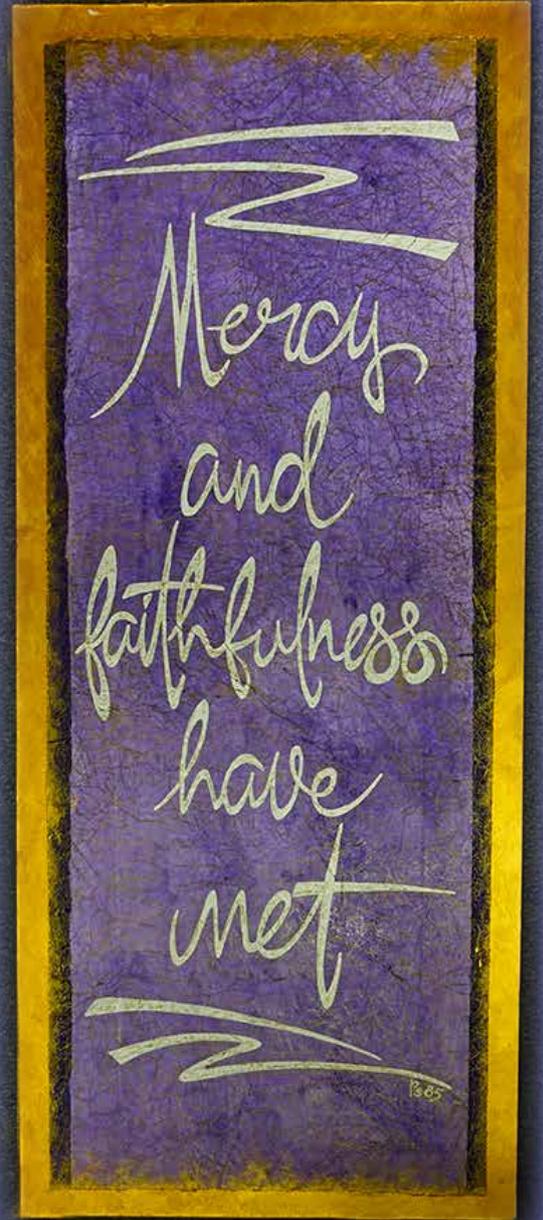


# Morning Prayer

Tuesday, First week 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 23 (24)

THE LORD COMES TO HIS TEMPLE

**“The gates of heaven were opened to Christ because he was lifted up in the flesh” (St Irenaeus).**

*The man with clean hands and pure heart  
will climb the mountain of the Lord.*

The Lord's is the earth and its fullness,  
the world and all its peoples.  
It is he who set it on the seas;  
on the waters he made it firm.

Who shall climb the mountain of the Lord?  
Who shall stand in his holy place?  
The man with clean hands and pure heart,  
who desires not worthless things,  
who has not sworn so as to deceive his neighbour.

He shall receive blessings from the Lord  
and reward from the God who saves him.  
Such are the men who seek him,  
seek the face of the God of Jacob.

O gates, lift high your heads;  
grow higher, ancient doors.  
Let him enter, the king of glory!

Who is the king of glory?  
The Lord, the mighty, the valiant,  
the Lord, the valiant in war.

O gates, lift high your heads;  
grow higher, ancient doors.  
Let him enter, the king of glory!

Who is he, the king of glory?

He, the Lord of armies,  
he is the king of glory.

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.

*The man with clean hands and pure heart will climb the  
mountain of the Lord.*

# TOBIT 13

GOD PUNISHES AND GOD SAVES

**“Blessed be the God and Father of our Lord Jesus Christ! Because of his great love we have been born anew” (1 Peter 1:3).**

*Praise the king of the ages in all your deeds.*

Blessed is God, who lives for ever,  
and blessed is his kingdom.  
For he afflicts, and he shows mercy;  
he leads down to Hades, and brings up again,  
and there is no one who can escape his hand.

**Acknowledge him before the nations, O sons of Israel;  
for he has scattered us among them.  
Make his greatness known there,  
and exalt him in the presence of all the living;  
because he is our Lord and God,  
he is our Father for ever.**

He will afflict us for our iniquities;  
and again he will show mercy,  
but see what he will do with you;  
give thanks to him with your full voice.  
Praise the Lord of righteousness,  
and exalt the King of the ages.

**I give him thanks in the land of my captivity,  
and I show his power and majesty to a nation of sinners.  
Turn back, you sinners, and do right before him:  
who knows if he will accept you and have mercy on you?**

I exalt my God;  
my soul exalts the King of heaven,  
and will rejoice in his majesty.  
Let all men speak,  
and give him thanks in Jerusalem.

**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.**

*Praise the king of the ages in all your deeds.*

# PSALM 32 (33)

THE LORD PROVIDES

**"All things were made through him" (Jn 1:3).**

*Praise is fitting for loyal hearts.*

Ring out your joy to the Lord, O you just;  
for praise is fitting for loyal hearts.

Give thanks to the Lord upon the harp,  
with a ten-stringed harp sing him songs.  
O sing him a song that is new,  
play loudly, with all your skill.

For the word of the Lord is faithful  
and all his works to be trusted.  
The Lord loves justice and right  
and fills the earth with his love.

By his word the heavens were made,  
by the breath of his mouth all the stars.  
He collects the waves of the ocean;  
he stores up the depths of the sea.

Let all the earth fear the Lord  
all who live in the world revere him.  
He spoke; and it came to be.  
He commanded; it sprang into being.

He frustrates the designs of the nations,  
he defeats the plans of the peoples.  
His own designs shall stand for ever,  
the plans of his heart from age to age.

They are happy, whose God is the Lord,  
the people he has chosen as his own.  
From the heavens the Lord looks forth,  
he sees all the children of men.

From the place where he dwells he gazes  
on all the dwellers on the earth;  
he who shapes the hearts of them all;  
and considers all their deeds.

A king is not saved by his army,  
nor a warrior preserved by his strength.  
A vain hope for safety is the horse;  
despite its power it cannot save.

The Lord looks on those who revere him,  
on those who hope in his love,  
to rescue their souls from death,  
to keep them alive in famine.

Our soul is waiting for the Lord.  
The Lord is our help and our shield.  
In him do our hearts find joy.  
We trust in his holy name.

May your love be upon us, O Lord,  
as we place all our hope in you.

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.

*Praise is fitting for loyal hearts.*

## **GOSPEL OF THE DAY**

*LUKE 10:21-24*

**Filled with joy by the Holy Spirit, Jesus said:**

**‘I bless you, Father, Lord of heaven and of earth, for hiding these things from the learned and the clever and revealing them to mere children. Yes, Father, for that is what it pleased you to do. Everything has been entrusted to me by my Father; and no one knows who the Son is except the Father, and who the Father is except the Son and those to whom the Son chooses to reveal him.’**

**Then turning to his disciples he spoke to them in private, ‘Happy the eyes that see what you see, for I tell you that many prophets and kings wanted to see what you see, and never saw it; to hear what you hear, and never heard it.’**

## **SHORT RESPONSORY**

**The glory of the Lord will shine on you, Jerusalem. Like the sun he will rise over you.**

**– The glory of the Lord will shine on you, Jerusalem.  
Like the sun he will rise over you.**

**His glory will appear in your midst.**

**– The glory of the Lord will shine on you, Jerusalem.  
Like the sun he will rise over you.**

**Glory be to the Father and to the Son and to the Holy Spirit.**

**– The glory of the Lord will shine on you, Jerusalem.  
Like the sun he will rise over you.**

# **BENEDICTUS**

*THE MESSIAH AND THE ONE WHO WAS SENT BEFORE HIM*

*A shoot shall spring from the stock of Jesse:  
the whole world shall be filled with the glory of the Lord  
and all flesh shall see the saving power of God.*

**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.**

*A shoot shall spring from the stock of Jesse:  
the whole world shall be filled with the glory of the Lord  
and all flesh shall see the saving power of God.*

## **PRAYERS AND INTERCESSIONS**

**It is time for us to wake from our sleep: the day of our salvation is near.**

**– Lord, may your kingdom come!**

**Help us to show our repentance  
by a new way of living.**

**– Lord, may your kingdom come!**

**Prepare us for the coming of your Word  
by opening our hearts to receive him.**

**– Lord, may your kingdom come!**

**Help us to overcome our pride,  
and raise us from the depths of our weakness.**

**– Lord, may your kingdom come!**

**Throw down the walls of hatred between nations;  
clear the way for those who work for peace.**

**– Lord, may your kingdom come!**

**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**

**Take pity on our distress, Lord God:  
show us your love.**

**May the coming of your Son strengthen us  
and cleanse us from all trace of sin.**

**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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