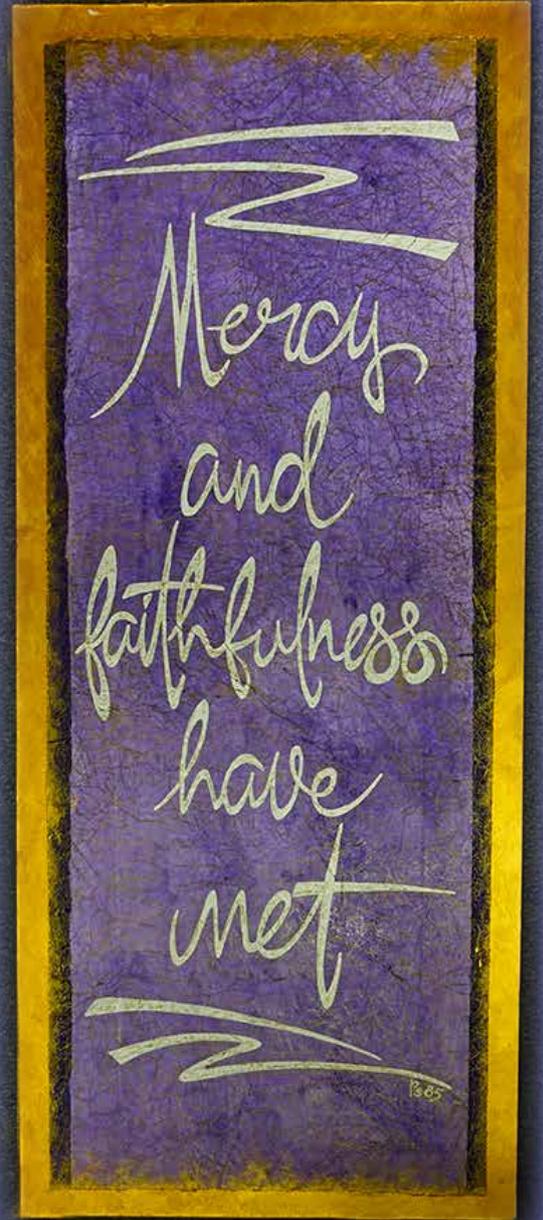


# Morning Prayer

Wednesday, 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 35 (36)

THE SINNER'S WICKEDNESS; GOD'S GOODNESS

**"The man who follows me will not walk in darkness, but he will have the light of life for his guide" (Jn 8:12).**

*In your light, God, we see light.*

Sin speaks to the sinner  
in the depths of his heart.  
There is no fear of God  
before his eyes.

**He so flatters himself in his mind  
that he knows not his guilt.  
In his mouth are mischief and deceit.  
All wisdom is gone.**

He plots the defeat of goodness  
as he lies on his bed.  
He has set his foot on evil ways,  
he clings to what is evil.

**Your love, Lord, reaches to heaven;  
your truth to the skies.  
Your justice is like God's mountain,  
your judgements like the deep.**

To both man and beast you give protection.  
O Lord, how precious is your love.  
My God, the sons of men  
find refuge in the shelter of your wings.

They feast on the riches of your house;  
they drink from the stream of your delight.  
In you is the source of life  
and in your light we see light.

Keep on loving those who know you,  
doing justice for upright hearts.  
Let the foot of the proud not crush me  
nor the hand of the wicked cast me out.

See how the evil-doers fall!  
Flung down, they shall never arise.

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.

*In your light, God, we see light.*

# JUDITH 16

THE LORD, CREATOR OF THE WORLD, PROTECTS HIS PEOPLE

**“They began to sing a new song” (Rev 5:9).**

*Lord, you are great, you are glorious,  
you are wonderfully strong.*

Begin a song to my God with tambourines,  
sing to my Lord with cymbals.

Raise to him a new psalm;  
exalt him and call upon his name.

For God is the Lord who crushes wars.

**I will sing to my God a new song:  
O Lord, you are great and glorious,  
wonderful in strength, invincible.**

Let all your creatures serve you,  
for you spoke, and they were made.  
You sent forth your Spirit, and it formed them;  
there is none that can resist your voice.

**For the mountains  
shall be shaken to their foundations with the waters;  
at your presence the rocks shall melt like wax,  
but to those who fear you  
you will continue to show mercy.**

**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.**

*Lord, you are great, you are glorious,  
you are wonderfully strong.*

# PSALM 46 (47)

THE LORD IS KING

**“He is seated at the right hand of the Father, and his kingdom will have no end.”**

*Cry to God with shouts of joy.*

All peoples, clap your hands,  
cry to God with shouts of joy!  
For the Lord, the Most High, we must fear,  
great king over all the earth.

**He subdues peoples under us  
and nations under our feet.  
Our inheritance, our glory, is from him,  
given to Jacob out of love.**

God goes up with shouts of joy;  
the Lord goes up with trumpet blast.  
Sing praise for God, sing praise,  
sing praise to our king, sing praise.

**God is king of all the earth,  
sing praise with all your skill.  
God is king over the nations;  
God reigns on his holy throne.**

The princes of the peoples are assembled  
with the people of Abraham’s God.  
The rulers of the earth belong to God,  
to God who reigns over all.

**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.**

*Cry to God with shouts of joy.*

## **GOSPEL OF THE DAY**

*MATTHEW 15:29-37*

Jesus reached the shores of the Sea of Galilee, and he went up into the hills. He sat there, and large crowds came to him bringing the lame, the crippled, the blind, the dumb and many others; these they put down at his feet, and he cured them. The crowds were astonished to see the dumb speaking, the cripples whole again, the lame walking and the blind with their sight, and they praised the God of Israel.

But Jesus called his disciples to him and said, 'I feel sorry for all these people; they have been with me for three days now and have nothing to eat. I do not want to send them off hungry, they might collapse on the way.'

The disciples said to him, 'Where could we get enough bread in this deserted place to feed such a crowd?'

Jesus said to them, 'How many loaves have you?'

'Seven' they said 'and a few small fish.'

Then he instructed the crowd to sit down on the ground, and he took the seven loaves and the fish, and he gave thanks and broke them and handed them to the disciples, who gave them to the crowds.

They all ate as much as they wanted, and they collected what was left of the scraps, seven baskets full.

## **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

*There is one coming who is more powerful than I am.  
I am not fit to undo the strap of his sandals.*

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.**

*There is one coming who is more powerful than I am.  
I am not fit to undo the strap of his sandals.*

# **PRAYERS AND INTERCESSIONS**

The Word of God has chosen to live among us: let us thank him and give him praise:

**- Come, Lord Jesus!**

Bring justice to those bowed down with suffering: defend the poor and the powerless.

**- Come, Lord Jesus!**

Prince of Peace, turn our jealousies into love, teach us to forgive rather than give way to anger.

**- Come, Lord Jesus!**

When you come to judge the world, may we stand before you without fear.

**- Come, Lord Jesus!**

You stand in our midst unknown: help us to find you in the poor and the troubled.

**- Come, Lord Jesus!**

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**

Prepare our hearts, Lord,  
by the power of your grace.

When Christ comes,

may he find us worthy

to receive from his hand the bread of heaven  
at the feast of eternal life.

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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