



Morning Prayer

+ In the name of the Father, and of the Son, and of the Holy Spirit. Amen

Opening sentences

One thing I have asked of the Lord,
this is what I seek:

that I may dwell in the house of the Lord
all the days of my life;
to behold the beauty of the Lord
and to seek Him in His temple.

Call: Who is it that you seek?

Response: We seek the Lord our God.

Call: Do you seek Him with all your heart?

Response: Amen. Lord, have mercy.

Call: Do you seek Him with all your soul?

Response: Amen. Lord, have mercy.

Call: Do you seek Him with all your mind?

Response: Amen. Lord, have mercy.

Call: Do you seek Him with all your strength?

Response: Amen. Christ, have mercy.

Declaration of faith

To whom shall we go?

You have the words of eternal life,
and we have believed and have come to know
that You are the Holy One of God.

Praise to You, Lord Jesus Christ,
King of endless glory.

Today's Scripture Readings

Psalm 63:1–2,7 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. for you have been my help, and in the shadow of your wings I sing for joy.

Proverbs 1:7 The fear of the LORD is the beginning of knowledge; fools despise wisdom and instruction.

Mark 13:33–37 Beware, keep alert; for you do not know when the time will come. It is like a man going on a journey, when he leaves home and puts his slaves in charge, each with his work, and commands the doorkeeper to be on the watch. Therefore, keep awake—for you do not know when the master of the house will come, in the evening, or at midnight, or at cockcrow, or at dawn, or else he may find you asleep when he comes suddenly. And what I say to you I say to all: Keep awake.'

Today's Meditation

If you must be heard, let it be like the babbling brook,
laughing over the rocks.

If you must be seen, let it be like sunlight
giving warmth and comfort to all.

If you must be acknowledged, let it be as the eyes
behold the skies in all their glory.

If you must lead, let it be like the wind and all its unshackled direction.

If you must learn, let it be like breathing,
the natural flow of in and out,
and done without thinking.

If you must teach, let it be like the water,
deep and flowing,
for your words are like pebbles in a pond,
the ripples they cause spread out in all directions,
and what you give out eventually returns.

If you must know, let it be flowing and growing.

And above all, if you must:
shine!

Prayers for others

Christ, as a light
illumine and guide me.

Christ, as a shield
overshadow me.

Christ under me;

Christ over me;

Christ beside me

on my left and my right.

This day be within and without me,
lowly and meek, yet all-powerful.

Be in the heart of each to whom I speak;
in the mouth of each who speaks unto me.

This day be within and without me,
lowly and meek, yet all-powerful.

Christ as a light;

Christ as a shield;

Christ beside me

on my left and my right.

Blessing

May the peace of the Lord Christ go with you,
wherever He may send you.

May He guide you through the wilderness,
protect you through the storm.

May He bring you home rejoicing
at the wonders He has shown you.

May He bring you home rejoicing
once again into our doors.

+ In the name of the Father, and of the Son, and of the Holy Spirit. Amen