



**Morning Prayer**  
**Wednesday July 8, 2020**  
**The Feast of St. Benedict of Nursia**  
**[transferred]**

**The Invitatory and Psalter**

Send out your light and your truth, that they may lead me, and bring me to your holy hill and to your dwelling.

[Psalm 43:3]

**The Confession**

God of all mercy, we confess that we have sinned against you, opposing your will in our lives. We have denied your goodness in each other, in ourselves, and in the world you have created. We repent of the evil that enslaves us, the evil we have done, and the evil done on our behalf. Forgive, restore, and strengthen us through our Savior Jesus Christ, that we may abide in your love and serve only your will. **Amen.**

**Absolution**

Almighty God have mercy on you, forgive you all your sins through the grace of Jesus Christ, strengthen you in all goodness, and by the power of the Holy Spirit keep you in eternal life. **Amen.**

**Opening Versicle & Doxology**

O God, let our mouth proclaim your praise. **And your glory all the day long.**

**Praise to the holy and undivided Trinity, one God: as it was in the beginning, is now, and will be forever. Amen.**

**Venite [Psalm 95:1-7]**

Come, let us sing to the Lord; \* let us shout for joy to the Rock of our salvation.  
Let us come before his presence with thanksgiving \* and raise a loud shout to him with psalms.  
For the Lord is a great God, \* and a great King above all gods.  
In his hand are the caverns of the earth, \* and the heights of the hills are his also.  
The sea is his, for he made it, \* and his hands have molded the dry land.

Come, let us bow down, and bend the knee, \*

and kneel before the Lord our Maker.

For he is our God, and we are the people of his pasture and the sheep of his hand. \*

Oh, that today you would hearken to his voice!

## **Psalm 1**

1 Happy are they who have not walked in the counsel of the wicked, \*

nor lingered in the way of sinners, nor sat in the seats of the scornful!

2 Their delight is in the law of the Lord, \* and they meditate on his law day and night.

3 They are like trees planted by streams of water,

bearing fruit in due season, with leaves that do not wither; \*

everything they do shall prosper.

4 It is not so with the wicked; \* they are like chaff which the wind blows away.

5 Therefore the wicked shall not stand upright when judgment comes, \*

nor the sinner in the council of the righteous.

6 For the Lord knows the way of the righteous, \* but the way of the wicked is doomed.

## **The Lessons**

### **The First Lesson: A Reading from the Book of Proverbs [2:1-9]**

2 My child, if you accept my words and treasure up my commandments within you,

<sup>2</sup> making your ear attentive to wisdom and inclining your heart to understanding;

<sup>3</sup> if you indeed cry out for insight, and raise your voice for understanding;

<sup>4</sup> if you seek it like silver, and search for it as for hidden treasures—

<sup>5</sup> then you will understand the fear of the Lord and find the knowledge of God.

<sup>6</sup> For the Lord gives wisdom; from his mouth come knowledge and understanding;

<sup>7</sup> he stores up sound wisdom for the upright; he is a shield to those who walk blamelessly,

<sup>8</sup> guarding the paths of justice and preserving the way of his faithful ones.

<sup>9</sup> Then you will understand righteousness and justice and equity, every good path;

### **Canticle: The Song of Zechariah [Luke 1: 68-79]**

Blessed be the Lord, the God of Israel; \*

he has come to his people and set them free.

He has raised up for us a mighty savior, \*

born of the house of his servant David.

Through his holy prophets he promised of old,

that he would save us from our enemies, \*

from the hands of all who hate us.

He promised to show mercy to our fathers \*

and to remember his holy covenant.  
This was the oath he swore to our father Abraham, \*  
to set us free from the hands of our enemies,  
Free to worship him without fear, \*  
holy and righteous in his sight  
all the days of our life.

### **The Second Lesson: The Gospel of Luke [14:27-33]**

<sup>27</sup>Whoever does not carry the cross and follow me cannot be my disciple. <sup>28</sup>For which of you, intending to build a tower, does not first sit down and estimate the cost, to see whether he has enough to complete it? <sup>29</sup>Otherwise, when he has laid a foundation and is not able to finish, all who see it will begin to ridicule him, <sup>30</sup>saying, "This fellow began to build and was not able to finish." <sup>31</sup>Or what king, going out to wage war against another king, will not sit down first and consider whether he is able with ten thousand to oppose the one who comes against him with twenty thousand? <sup>32</sup>If he cannot, then, while the other is still far away, he sends a delegation and asks for the terms of peace. <sup>33</sup>So therefore, none of you can become my disciple if you do not give up all your possessions.

### **The Song of Mary *Magnificat* Luke 1:46-55**

My soul proclaims the greatness of the Lord, my spirit rejoices in God my Savior; \*  
for he has looked with favor on his lowly servant.  
From this day all generations will call me blessed: \*  
the Almighty has done great things for me, and holy is his Name.  
He has mercy on those who fear him \* in every generation.  
He has shown the strength of his arm,\*  
he has scattered the proud in their conceit.  
He has cast down the mighty from their thrones, \*and has lifted up the lowly.  
He has filled the hungry with good things,\* and the rich he has sent away empty.  
He has come to the help of his servant Israel, \*  
for he has remembered his promise of mercy,  
The promise he made to our fathers, \* to Abraham and his children for ever.  
Glory to the Father, and to the Son, and to the Holy Spirit: \*  
as it was in the beginning, is now, and will be for ever. Amen.

## **The Apostles' Creed**

**I believe in God, the Father almighty, creator of heaven and earth.**

**I believe in Jesus Christ, his only son, our Lord. He was conceived by the power of the Holy Spirit and born of the Virgin Mary. He suffered under Pontius Pilate, was crucified, died, and was buried. He descended to the dead. On the third day he rose again. He ascended into heaven, and is seated at the right hand of the Father. He will come again to judge the living and the dead.**

**I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting. Amen.**

## **The Prayers**

Hear our cry, O God. **And listen to our prayer.**

Let us pray. God be with you. **And also with you.**

## **The Lord's Prayer**

### **The Suffrages**

V. Help us, O God our Savior;

**R. Deliver us and forgive us our sins.**

V. Look upon your congregation;

**R. Give to your people the blessing of peace.**

V. Declare your glory among the nations;

**R. And your wonders among all peoples.**

V. Do not let the oppressed be shamed and turned away;

**R. Never forget the lives of your poor.**

V. Continue your loving-kindness to those who know you;

**R. And your favor to those who are true of heart.**

V. Satisfy us by your loving-kindness in the morning;

**R. So shall we rejoice and be glad all the days of our life.**

## **Collect of the Day**

Gracious God, whose service is perfect freedom and in whose commandments there is nothing harsh or burdensome, grant that we with your servant Benedict, may listen with attentive minds, pray with fervent hearts, and serve you with willing hands, so that we live at peace with one another and in obedience to thy Word, Jesus Christ our Lord, who with you and the Holy Spirit lives and reigns, one God, now and for ever. **Amen.**

### **A Prayer of Benedict of Nursia**

Gracious and Holy God, Give us wisdom to perceive you, intelligence to understand you, diligence to see you, patience to wait for you, eyes to behold you, a heart to meditate on you, and a life to proclaim you, through the power of the Spirit of Jesus Christ Our Lord. Amen.

### **A Collect for Guidance**

Heavenly Father, in you we live and move and have our being: We humbly pray you so to guide and govern us by your Holy Spirit, that in all the cares and occupations of our life we may not forget you, but may remember that we are ever walking in your sight; through Jesus Christ our Lord. **Amen.**

### **A Prayer for an end to racism**

O Lord our God, in your mercy and kindness, no thought of ours is left unnoticed, no desire or concern ignored. You have proven that blessings abound when we fall on our knees in prayer, and so we turn to you in our hour of need. Fill us with your mercy so that we, in turn, may be merciful to others. Strip away pride, suspicion, and racism so that we may seek peace and justice in our communities. Strengthen our hearts so that they beat only to the rhythm of your holy purpose. Flood our path with your light as we walk humbly toward a future filled with compassionate understanding and unity. Be with us, O Lord, in our efforts, for only by the prompting of your grace can we progress toward virtue. We ask this through Jesus Christ our Lord.

### **A Prayer for those who have died from Coronavirus**

Lord, your ways are mysterious, and your purposes unknowable. But that of which we can be sure is that when we feel sorrow, you feel sorrow, too. That when we suffer, you also suffer. That when we mourn, you mourn, as well. That when our hearts are broken, so is yours. Lord, we feel that sorrow now, that suffering now, that mourning now, and our hearts are breaking now that in this nation more than 130,000 of our sisters and brothers have already been taken from us by this disease. Yet, we know that your Son who suffered death itself for us, is by our side, and shares our burden. So, Lord, comfort those who have lost, protect those who remain, and take those you have gathered into that greater light where pain, and suffering, and death itself exist no more. **Amen**

## **A Prayer of St. Chrysostom**

Almighty God, you have given us grace at this time with one accord to make our common supplication to you; and you have promised through your well-beloved Son that when two or three are gathered together in his Name you will be in the midst of them: Fulfill now, O Lord, our desires and petitions as may be best for us; granting us in this world knowledge of your truth, and in the age to come life everlasting. **Amen.**

Be O Lord, a guiding star above us, a smooth path below us, a kindly shepherd behind us and a bright flame before us; today, tonight and forever. **Amen.**