

## **Morning Prayer**

*Monday, July 19*



### **Opening Sentence**

I was glad when they said to me, "Let us go to the house of the Lord." *Psalm 122:1*

### **Confession**

Let us confess our sins against God and our neighbor.

Most merciful God,  
we confess that we have sinned against you  
in thought, word, and deed,  
by what we have done,  
and by what we have left undone.

We have not loved you with our whole heart;  
we have not loved our neighbors as ourselves.

We are truly sorry and we humbly repent.

For the sake of your Son Jesus Christ,  
have mercy on us and forgive us;  
that we may delight in your will,  
and walk in your ways,  
to the glory of your Name. *Amen.*

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

### **Versicle and Response**

Lord, open our lips.

And our mouth shall proclaim your praise.

Glory to the Father, and to the Son, and to the Holy Spirit: as it was in the beginning, is now,  
and will be forever. Amen.

The Earth is the Lord's for he made it:  
Come let us adore him.

### **Jubilate**

Be joyful in the Lord, all you lands;  
serve the Lord with gladness  
and come before his presence with a song.  
Know this: the Lord himself is God;  
he himself has made us, and we are his;  
we are his people and the sheep of his pasture.  
Enter his gates with thanksgiving;  
go into his courts with praise;  
give thanks to him and call upon his Name.  
For the Lord is good;  
his mercy is everlasting;  
and his faithfulness endures from age to age.

## **Antiphon**

The Earth is the Lord's for he made it:  
Come let us adore him.

### **Psalm 41** *Beatus qui intelligit*

<sup>1</sup> Happy are they who consider the poor and needy! \*  
the Lord will deliver them in the time of trouble.  
<sup>2</sup> The Lord preserves them and keeps them alive,  
so that they may be happy in the land; \*  
he does not hand them over to the will of their enemies.  
<sup>3</sup> The Lord sustains them on their sickbed \*  
and ministers to them in their illness.  
<sup>4</sup> I said, "Lord, be merciful to me; \*  
heal me, for I have sinned against you."  
<sup>5</sup> My enemies are saying wicked things about me: \*  
When will he die, and his name perish?"  
<sup>6</sup> Even if they come to see me, they speak empty words; \*  
their heart collects false rumors;  
they go outside and spread them.  
<sup>7</sup> All my enemies whisper together about me \*  
and devise evil against me.  
<sup>8</sup> "A deadly thing," they say, "has fastened on him; \*  
he has taken to his bed and will never get up again."  
<sup>9</sup> Even my best friend, whom I trusted,  
who broke bread with me, \*  
has lifted up his heel and turned against me.  
<sup>10</sup> But you, O Lord, be merciful to me and raise me up, \*  
and I shall repay them.  
<sup>11</sup> By this I know you are pleased with me, \*  
that my enemy does not triumph over me.  
<sup>12</sup> In my integrity you hold me fast, \*  
and shall set me before your face forever.  
<sup>13</sup> Blessed be the Lord God of Israel, \*  
from age to age. *Amen. Amen.*

### **Psalm 52** *Quid gloriaris?*

<sup>1</sup> You tyrant, why do you boast of wickedness \*  
against the godly all day long?  
<sup>2</sup> You plot ruin;  
your tongue is like a sharpened razor, \*  
O worker of deception.  
<sup>3</sup> You love evil more than good \*  
and lying more than speaking the truth.  
<sup>4</sup> You love all words that hurt, \*  
O you deceitful tongue.  
<sup>5</sup> Oh, that God would demolish you utterly, \*  
topple you, and snatch you from your dwelling,  
and root you out of the land of the living!  
<sup>6</sup> The righteous shall see and tremble, \*

and they shall laugh at him, saying,  
7 "This is the one who did not take God for a refuge, \*  
but trusted in great wealth  
and relied upon wickedness."  
8 But I am like a green olive tree in the house of God; \*  
I trust in the mercy of God forever and ever.  
9 I will give you thanks for what you have done \*  
and declare the goodness of your Name in the presence  
of the godly.

### **Gloria Patri**

Glory be to the Father, and to the Son,  
and to the Holy Ghost:  
as it was in the beginning, is now,  
and ever shall be.  
World without end. Amen. *Amen.*

### **The Old Testament Lesson**

*1 Samuel 24:1-22*

<sup>1</sup>When Saul returned from following the Philistines, he was told, "David is in the wilderness of En-gedi." <sup>2</sup>Then Saul took three thousand chosen men out of all Israel and went to look for David and his men in the direction of the Rocks of the Wild Goats. <sup>3</sup>He came to the sheepfolds beside the road, where there was a cave; and Saul went in to relieve himself. Now David and his men were sitting in the innermost parts of the cave. <sup>4</sup>The men of David said to him, "Here is the day of which the Lord said to you, 'I will give your enemy into your hand, and you shall do to him as it seems good to you.'" Then David went and stealthily cut off a corner of Saul's cloak. <sup>5</sup>Afterwards David was stricken to the heart because he had cut off a corner of Saul's cloak. <sup>6</sup>He said to his men, "The Lord forbid that I should do this thing to my lord, the Lord's anointed, to raise my hand against him; for he is the Lord's anointed." <sup>7</sup>So David scolded his men severely and did not permit them to attack Saul. Then Saul got up and left the cave and went on his way. <sup>8</sup>Afterwards David also rose up and went out of the cave and called after Saul, "My lord the king!" When Saul looked behind him, David bowed with his face to the ground, and did obeisance.

<sup>9</sup>David said to Saul, "Why do you listen to the words of those who say, 'David seeks to do you harm'?" <sup>10</sup>This very day your eyes have seen how the Lord gave you into my hand in the cave; and some urged me to kill you, but I spared you. I said, 'I will not raise my hand against my lord; for he is the Lord's anointed.' <sup>11</sup>See, my father, see the corner of your cloak in my hand; for by the fact that I cut off the corner of your cloak, and did not kill you, you may know for certain that there is no wrong or treason in my hands. I have not sinned against you, though you are hunting me to take my life. <sup>12</sup>May the Lord judge between me and you! May the Lord avenge me on you; but my hand shall not be against you. <sup>13</sup>As the ancient proverb says, 'Out of the wicked comes forth wickedness'; but my hand shall not be against you. <sup>14</sup>Against whom has the king of Israel come out? Whom do you pursue? A dead dog? A single flea? <sup>15</sup>May the Lord therefore be judge and give sentence between me and you. May he see to it, and plead my cause, and vindicate me against you."

<sup>16</sup>When David had finished speaking these words to Saul, Saul said, "Is this your voice, my son David?" Saul lifted up his voice and wept. <sup>17</sup>He said to David, "You are more righteous than I; for you have repaid me good, whereas I have repaid you evil. <sup>18</sup>Today you have explained how you have dealt well with me, in that you did not kill me when the Lord put me into your hands. <sup>19</sup>For who has ever found an enemy, and sent the enemy safely away? So

may the Lord reward you with good for what you have done to me this day. <sup>20</sup>Now I know that you shall surely be king, and that the kingdom of Israel shall be established in your hand. <sup>21</sup>Swear to me therefore by the Lord that you will not cut off my descendants after me, and that you will not wipe out my name from my father's house." <sup>22</sup>So David swore this to Saul. Then Saul went home; but David and his men went up to the stronghold.

The Word of the Lord.

*Thanks be to God.*

## **Canticle 9**

### **The First Song of Isaiah**

*Ecce, Deus*

*Isaiah 12:2-6*

Surely, it is God who saves me; \*

I will trust in him and not be afraid.

For the Lord is my stronghold and my sure defense, \*  
and he will be my Savior.

Therefore you shall draw water with rejoicing \*  
from the springs of salvation.

And on that day you shall say, \*

Give thanks to the Lord and call upon his Name;

Make his deeds known among the peoples; \*

see that they remember that his Name is exalted.

Sing the praises of the Lord, for he has done great things, \*  
and this is known in all the world.

Cry aloud, inhabitants of Zion, ring out your joy, \*

for the great one in the midst of you is the Holy One of Israel.

Glory to the Father, and to the Son, and to the Holy Spirit: \*

as it was in the beginning, is now, and will be forever. *Amen.*

## **The New Testament Lesson**

*Acts 13:44-52*

<sup>44</sup>The next sabbath almost the whole city gathered to hear the word of the Lord. <sup>45</sup>But when the Jews saw the crowds, they were filled with jealousy; and blaspheming, they contradicted what was spoken by Paul. <sup>46</sup>Then both Paul and Barnabas spoke out boldly, saying, "It was necessary that the word of God should be spoken first to you. Since you reject it and judge yourselves to be unworthy of eternal life, we are now turning to the Gentiles. <sup>47</sup>For so the Lord has commanded us, saying, 'I have set you to be a light for the Gentiles, so that you may bring salvation to the ends of the earth.'" <sup>48</sup>When the Gentiles heard this, they were glad and praised the word of the Lord; and as many as had been destined for eternal life became believers. <sup>49</sup>Thus the word of the Lord spread throughout the region. <sup>50</sup>But the Jews incited the devout women of high standing and the leading men of the city, and stirred up persecution against Paul and Barnabas, and drove them out of their region. <sup>51</sup>So they shook the dust off their feet in protest against them and went to Iconium. <sup>52</sup>And the disciples were filled with joy and with the Holy Spirit.

The Word of the Lord.

*Thanks be to God.*

## **Canticle 19**

### **The Song of the Redeemed**

*Magna et mirabilia*

*Revelation 15:3-4*

O ruler of the universe, Lord God,  
great deeds are they that you have done, \*  
surpassing human understanding.  
Your ways are ways of righteousness and truth, \*  
O King of all the ages.  
Who can fail to do you homage, Lord,  
and sing the praises of your Name? \*  
for you only are the holy One.  
All nations will draw near and fall down before you, \*  
because your just and holy works have been revealed.  
Glory to the Father, and to the Son, and to the Holy Spirit: \*  
as it was in the beginning, is now, and will be forever. *Amen.*

## **The Gospel**

*Mark 4:1-20*

<sup>1</sup>Again he began to teach beside the sea. Such a very large crowd gathered around him that he got into a boat on the sea and sat there, while the whole crowd was beside the sea on the land. <sup>2</sup>He began to teach them many things in parables, and in his teaching, he said to them: <sup>3</sup>"Listen! A sower went out to sow. <sup>4</sup>And as he sowed, some seed fell on the path, and the birds came and ate it up. <sup>5</sup>Other seed fell on rocky ground, where it did not have much soil, and it sprang up quickly, since it had no depth of soil. <sup>6</sup>And when the sun rose, it was scorched; and since it had no root, it withered away. <sup>7</sup>Other seed fell among thorns, and the thorns grew up and choked it, and it yielded no grain. <sup>8</sup>Other seed fell into good soil and brought forth grain, growing up and increasing and yielding thirty and sixty and a hundredfold." <sup>9</sup>And he said, "Let anyone with ears to hear listen!"

<sup>10</sup>When he was alone, those who were around him along with the twelve asked him about the parables. <sup>11</sup>And he said to them, "To you has been given the secret of the kingdom of God, but for those outside, everything comes in parables; <sup>12</sup>in order that they may indeed look, but not perceive, and may indeed listen, but not understand; so that they may not turn again and be forgiven."

<sup>13</sup>And he said to them, "Do you not understand this parable? Then how will you understand all the parables? <sup>14</sup>The sower sows the word. <sup>15</sup>These are the ones on the path where the word is sown when they hear, Satan immediately comes and takes away the word that is sown in them. <sup>16</sup>And these are the ones sown on rocky ground: when they hear the word, they immediately receive it with joy. <sup>17</sup>But they have no root, and endure only for a while; then, when trouble or persecution arises on account of the word, immediately they fall away. <sup>18</sup>And others are those sown among the thorns: these are the ones who hear the word, <sup>19</sup>but the cares of the world, and the lure of wealth, and the desire for other things come in and choke the word, and it yields nothing. <sup>20</sup>And these are the ones sown on the good soil: they hear the word and accept it and bear fruit, thirty and sixty and a hundredfold."

The Word of the Lord.

*Thanks be to God.*

### **The Apostle's 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 Lord's Prayer**

Our Father in heaven,  
hallowed be your Name,  
your kingdom come,  
your will be done,  
on earth as in heaven.  
Give us today our daily bread.  
Forgive us our sins  
as we forgive those  
who sin against us.  
Save us from the time of trial,  
and deliver us from evil.  
For the kingdom, the power,  
and the glory are yours,  
now and forever. *Amen.*

### **Suffrages**

Save your people, Lord, and bless your inheritance;  
Govern and uphold them, now and always.  
Day by day we bless you;  
We praise your Name forever.  
Lord, keep us from all sin today;  
Have mercy on us, Lord, have mercy.  
Lord, show us your love and mercy;  
For we put our trust in you.  
In you, Lord, is our hope;  
And we shall never hope in vain.

**Collect of the Day**

Almighty God, the fountain of all wisdom, you know our necessities before we ask and our ignorance in asking: Have compassion on our weakness, and mercifully give us those things which for our unworthiness we dare not, and for our blindness we cannot ask; through the worthiness of your Son Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever. *Amen.*

**For Mission**

O God, you have made of one blood all the peoples of the earth and sent your blessed Son to preach peace to those who are far off and to those who are near: Grant that people everywhere may seek after you and find you; bring the nations into your fold; pour out your Spirit upon all flesh and hasten the coming of your kingdom; through Jesus Christ our Lord. *Amen.*

**Collect of Commemoration**

Merciful God, who called your servant Macrina to reveal in her life and her teaching the riches of your grace and truth: Mercifully grant that we, following her example, may seek after your wisdom and live according to her way; through Jesus Christ our Savior, who lives and reigns with you and the Holy Spirit, one God, forever and ever. *Amen.*

**Trinity Cycle of Prayer**

*MaryAnn Baxter*

Let us pray now for our own needs and those of others.

**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.*

**Benediction**

Let us bless the Lord.

*Thanks be to God.*

May the God of hope fill us with all joy and peace in believing through the power of the Holy Spirit. *Amen. Romans 15:13*

## **The Commemoration**

Basil the Great is remembered as the founder of Eastern monasticism. All Eastern Orthodox monks are Basilian monks and follow a variation of the monastic rule that he outlined.

However, it is often overlooked that the community of monks organized by Basil was preceded and inspired by a community of nuns organized by his sister, Macrina.

Macrina the Elder lived in the days of the Emperor Diocletian, who made a determined effort to destroy the Christian faith. She and her husband fled into hiding and survived into the time of Constantine. One of their sons, Basil the Elder, and his wife Emmelia, had several distinguished sons, including Basil the Great (see 14 June), Gregory of Nyssa (see 9 March), Peter of Sebastea, Naucratis, and (according to one ambiguously worded communication) Dios of Antioch.

Their oldest offspring, however, was their daughter Macrina (called Macrina the Younger to distinguish her from her grandmother). She was betrothed at the age of twelve, after the custom of the day, but when her fiance died, she determined to devote her life to prayer and contemplation and to works of charity. After the death of her father, she and her mother formed a community of women who shared her goals. She often brought poor and hungry women home to be fed, clothed, nursed, or otherwise taken care of, and many eventually joined the community, as did many women of means.

After the death of their parents, Macrina was chiefly responsible for the upbringing of her ten younger brothers. When they were disposed to be conceited about their intellectual accomplishments, she deflated them with affectionate but pointed jibes. Her example encouraged some of them to pursue the monastic ideal, and to found monastic communities for men. (Dios founded one of the most celebrated monasteries in Constantinople.) Three of them (Basil, Gregory, Peter) became bishops, and all of them were leading contenders for the faith of Nicea against the Arians.

Gregory, in his [Life of Macrina](#), records his last visit with her, and her farewell speech and her prayers and teachings about the resurrection.