

## Morning Prayer

Friday, July 23



### Opening Sentence

The hour is coming, and now is, when the true worshipers will worship the Father in spirit and truth, for such the Father seeks to worship him. *John 4:23*

### 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 40** *Expectans, expectavi*

<sup>1</sup> I waited patiently upon the Lord; \*  
he stooped to me and heard my cry.  
<sup>2</sup> He lifted me out of the desolate pit, out of the mire and clay; \*  
he set my feet upon a high cliff and made my footing sure.  
<sup>3</sup> He put a new song in my mouth,  
a song of praise to our God; \*  
many shall see, and stand in awe,  
and put their trust in the Lord.  
<sup>4</sup> Happy are they who trust in the Lord! \*  
they do not resort to evil spirits or turn to false gods.  
<sup>5</sup> Great things are they that you have done, O Lord my God!  
how great your wonders and your plans for us! \*  
there is none who can be compared with you.  
<sup>6</sup> Oh, that I could make them known and tell them! \*  
but they are more than I can count.  
<sup>7</sup> In sacrifice and offering you take no pleasure \*  
(you have given me ears to hear you);  
<sup>8</sup> Burnt-offering and sin-offering you have not required, \*  
and so I said, "Behold, I come."  
<sup>9</sup> In the roll of the book it is written concerning me: \*  
'I love to do your will, O my God;  
your law is deep in my heart.'  
<sup>10</sup> I proclaimed righteousness in the great congregation; \*  
behold, I did not restrain my lips;  
and that, O Lord, you know.  
<sup>11</sup> Your righteousness have I not hidden in my heart;  
I have spoken of your faithfulness and your deliverance; \*  
I have not concealed your love and faithfulness from the  
great congregation.  
<sup>12</sup> You are the Lord;  
do not withhold your compassion from me; \*  
let your love and your faithfulness keep me safe forever,  
<sup>13</sup> For innumerable troubles have crowded upon me;  
my sins have overtaken me, and I cannot see; \*  
they are more in number than the hairs of my head,  
and my heart fails me.  
<sup>14</sup> Be pleased, O Lord, to deliver me; \*  
O Lord, make haste to help me.  
<sup>15</sup> Let them be ashamed and altogether dismayed  
who seek after my life to destroy it; \*  
let them draw back and be disgraced

who take pleasure in my misfortune.

<sup>16</sup> Let those who say "Aha!" and gloat over me be confounded, \*  
because they are ashamed.

<sup>17</sup> Let all who seek you rejoice in you and be glad; \*  
let those who love your salvation continually say,  
Great is the Lord!"

<sup>18</sup> Though I am poor and afflicted, \*  
the Lord will have regard for me.

<sup>19</sup> You are my helper and my deliverer; \*  
do not tarry, O my God.

### **Psalm 54** *Deus, in nomine*

<sup>1</sup> Save me, O God, by your Name; \*  
in your might, defend my cause.

<sup>2</sup> Hear my prayer, O God; \*  
give ear to the words of my mouth.

<sup>3</sup> For the arrogant have risen up against me,  
and the ruthless have sought my life, \*  
those who have no regard for God.

<sup>4</sup> Behold, God is my helper; \*  
it is the Lord who sustains my life.

<sup>5</sup> Render evil to those who spy on me; \*  
in your faithfulness, destroy them.

<sup>6</sup> I will offer you a freewill sacrifice \*  
and praise your Name, O Lord, for it is good.

<sup>7</sup> For you have rescued me from every trouble, \*  
and my eye has seen the ruin of my foes.

### **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 31:1-13*

<sup>1</sup>Now the Philistines fought against Israel; and the men of Israel fled before the Philistines, and many fell on Mount Gilboa. <sup>2</sup>The Philistines overtook Saul and his sons; and the Philistines killed Jonathan and Abinadab and Malchishua, the sons of Saul. <sup>3</sup>The battle pressed hard upon Saul; the archers found him, and he was badly wounded by them. <sup>4</sup>Then Saul said to his armor-bearer, "Draw your sword and thrust me through with it, so that these uncircumcised may not come and thrust me through and make sport of me." But his armor-bearer was unwilling; for he was terrified. So Saul took his own sword and fell upon it. <sup>5</sup>When his armor-bearer saw that Saul was dead, he also fell upon his sword and died with him. <sup>6</sup>So Saul and his three sons and his armor-bearer and all his men died together on the same day. <sup>7</sup>When the men of Israel who were on the other side of the valley and those beyond the Jordan saw that the men of Israel had fled, and that Saul and his sons were dead, they forsook their towns and fled; and the Philistines came and occupied them.

<sup>8</sup>The next day, when the Philistines came to strip the dead, they found Saul and his three sons fallen on Mount Gilboa. <sup>9</sup>They cut off his head, stripped off his armor, and sent messengers throughout the land of the Philistines to carry the good news to the houses of their idols and to the people. <sup>10</sup>They put his armor in the temple of Astarte; and they fastened his body to the wall of Beth-shan. <sup>11</sup>But when the inhabitants of Jabesh-gilead heard what the Philistines had done to Saul, <sup>12</sup>all the valiant men set out, traveled all night long, and took the body of Saul and the bodies of his sons from the wall of Beth-shan. They came to Jabesh and burned them there. <sup>13</sup>Then they took their bones and buried them under the tamarisk tree in Jabesh and fasted seven days.

The Word of the Lord.

*Thanks be to God.*

## **Canticle 10 The Second Song of Isaiah**

*Isaiah 55:6-11*

*Quaerite Dominum*

Seek the Lord while he wills to be found; \*  
call upon him when he draws near.  
Let the wicked forsake their ways \*  
and the evil ones their thoughts;  
And let them turn to the Lord,  
and he will have compassion, \*  
and to our God, for he will richly pardon.  
For my thoughts are not your thoughts, \*  
nor your ways my ways, says the Lord.  
For as the heavens are higher than the earth, \*  
so are my ways higher than your ways,  
and my thoughts than your thoughts.  
For as rain and snow fall from the heavens \*  
and return not again, but water the earth,  
Bringing forth life and giving growth, \*  
seed for sowing and bread for eating,  
So is my word that goes forth from my mouth; \*  
it will not return to me empty;  
But it will accomplish that which I have purposed, \*  
and prosper in that for which I sent it.  
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 15:12-21*

<sup>12</sup>The whole assembly kept silence and listened to Barnabas and Paul as they told of all the signs and wonders that God had done through them among the Gentiles. <sup>13</sup>After they finished speaking, James replied, "My brothers, listen to me. <sup>14</sup>Simeon has related how God first looked favorably on the Gentiles, to take from among them a people for his name. <sup>15</sup>This agrees with the words of the prophets, as it is written, <sup>16</sup>'After this I will return, and I will rebuild the dwelling of David, which has fallen; from its ruins I will rebuild it, and I will set it up, <sup>17</sup>so that all other peoples may seek the Lord even all the Gentiles over whom my name has been called. Thus says the Lord, who has been making these things <sup>18</sup>known from long ago.' <sup>19</sup>Therefore I have reached the decision that we should not trouble those Gentiles who are turning to God, <sup>20</sup>but we should write to them to abstain only from things polluted by

idols and from fornication and from whatever has been strangled and from blood. <sup>21</sup>For in every city, for generations past, Moses has had those who proclaim him, for he has been read aloud every sabbath in the synagogues.”

The Word of the Lord.

*Thanks be to God.*

## **Canticle 18**

### **A Song to the Lamb**

*Dignus es*

*Revelation 4:11; 5:9-10, 13*

Splendor and honor and kingly power \*  
are yours by right, O Lord our God,  
For you created everything that is, \*  
and by your will they were created and have their being;  
And yours by right, O Lamb that was slain, \*  
for with your blood you have redeemed for God,  
From every family, language, people, and nation, \*  
a kingdom of priests to serve our God.  
And so, to him who sits upon the throne, \*  
and to Christ the Lamb,  
Be worship and praise, dominion and splendor, \*  
forever and forevermore.

## **The Gospel**

*Mark 5:21-43*

<sup>21</sup>When Jesus had crossed again in the boat to the other side, a great crowd gathered around him; and he was by the sea. <sup>22</sup>Then one of the leaders of the synagogue named Jairus came and, when he saw him, fell at his feet <sup>23</sup>and begged him repeatedly, “My little daughter is at the point of death. Come and lay your hands on her, so that she may be made well, and live.” <sup>24</sup>So he went with him. And a large crowd followed him and pressed in on him. <sup>25</sup>Now there was a woman who had been suffering from hemorrhages for twelve years. <sup>26</sup>She had endured much under many physicians and had spent all that she had; and she was no better, but rather grew worse. <sup>27</sup>She had heard about Jesus and came up behind him in the crowd and touched his cloak, <sup>28</sup>for she said, “If I but touch his clothes, I will be made well.” <sup>29</sup>Immediately her hemorrhage stopped; and she felt in her body that she was healed of her disease. <sup>30</sup>Immediately aware that power had gone forth from him, Jesus turned about in the crowd and said, “Who touched my clothes?” <sup>31</sup>And his disciples said to him, “You see the crowd pressing in on you; how can you say, ‘Who touched me?’” <sup>32</sup>He looked all around to see who had done it. <sup>33</sup>But the woman, knowing what had happened to her, came in fear and trembling, fell down before him, and told him the whole truth. <sup>34</sup>He said to her, “Daughter, your faith has made you well; go in peace and be healed of your disease.” <sup>35</sup>While he was still speaking, some people came from the leader’s house to say, “Your daughter is dead. Why trouble the teacher any further?” <sup>36</sup>But overhearing what they said, Jesus said to the leader of the synagogue, “Do not fear, only believe.” <sup>37</sup>He allowed no one to follow him except Peter, James, and John, the brother of James. <sup>38</sup>When they came to the house of the leader of the synagogue, he saw a commotion, people weeping and wailing loudly. <sup>39</sup>When he had entered, he said to them, “Why do you make a commotion and weep? The child is not dead but sleeping.” <sup>40</sup>And they laughed at him. Then he put them all outside and took the child’s father and mother and those who were with him, and went in where the child was. <sup>41</sup>He took her by the hand and said to her, “Talitha cum,” which means, “Little girl,

get up!" <sup>42</sup>And immediately the girl got up and began to walk about (she was twelve years of age). At this they were overcome with amazement. <sup>43</sup>He strictly ordered them that no one should know this and told them to give her something to eat.

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.

### **A Collect for Fridays**

Almighty God, whose most dear Son went not up to joy but first he suffered pain and entered not into glory before he was crucified: Mercifully grant that we, walking in the way of the cross, may find it none other than the way of life and peace; through Jesus Christ your Son our Lord. *Amen.*

### **For Mission**

Lord Jesus Christ, you stretched out your arms of love on the hardwood of the cross that everyone might come within the reach of your saving embrace: So, clothe us in your Spirit that we, reaching forth our hands in love, may bring those who do not know you to the knowledge and love of you; for the honor of your Name. *Amen.*

### **Collect of Commemoration**

Holy One, whose beloved Son Jesus Christ blessed the pure in heart: Grant that we, together with your servant John Cassian and in union with his prayers, may ever seek the purity with which to behold you as you are; one God now and forever. *Amen.*

### **Trinity Cycle of Prayer**

*Amanda, Christie, Jace, Julia, Liv, Lila, and Callan Beyer*

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.*

Glory to God whose power, working in us, can do infinitely more than we can ask or imagine: Glory to him from generation to generation in the Church, and in Christ Jesus forever and ever. *Amen. Ephesians 3:20, 21*

## The Commemoration

John Cassian (ca. 360 – 435) (Latin: Jo(h)annes Eremita Cassianus, Joannus Cassianus, or Joannes Massiliensis), John the Ascetic, or John Cassian the Roman, is a Christian theologian celebrated in both the Western and Eastern Churches for his mystical writings. He is known both as one of the "Scythian monks" and as one of the "Desert Fathers."

John Cassian was born around 360 probably in the region of Scythia Minor (now Dobruja in modern-day Romania), although some scholars assume a Gallic origin.

He was involved in a disputation concerning the Patriarch of Constantinople ([St. John Chrysostom](#)), and, when the Patriarch was forced into exile from Constantinople in 404, the Latin-speaking John Cassian was sent to Rome to plead his cause before Pope Innocent I.

While he was in Rome John Cassian accepted the invitation to found an Egyptian style monastery in southern Gaul, near Marseille. His foundation, the Abbey of St Victor, a complex of monasteries for both men and women, was one of the first such institutes in the west and served as a model for later monastic development. Cassian's abbey and writings influenced [St. Benedict](#), who incorporated many of the same principles into his monastic rule. Since Benedict's rule is still used by Benedictine, Cistercian, and Trappist monks, the thought of John Cassian still guides the spiritual lives of thousands of men and women in the Western Church.

John Cassian wrote two major spiritual works, the [Institutions](#) and [Conferences](#). In these, he codified and transmitted the wisdom of the Desert Fathers of Egypt. The *Institutes* (Latin: "De institutis coenobiorum") deal with the external organization of monastic communities, while the *Conferences* (Latin: "Collationes") deal with "the training of the inner man and the perfection of the heart."

The spiritual traditions of John Cassian had an immeasurable effect on Western Europe. Many different western spiritualities, from that of Saint Benedict to that of [Saint Ignatius of Loyola](#), owe their basic ideas to John Cassian.