

## Morning Prayer

Wednesday, July 23



### Opening Statement

*Leader*

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

### Confession of Sin

*Leader*

Let us confess our sins against God and our neighbor.

*Silence may be kept.*

*Everyone together, all kneeling:*

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.*

*Leader*

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.*

### Invitatory and Psalter

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 for ever. *Amen. Alleluia.*

### Antiphon

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

**Psalm 119:49-72**

**Zayin** *Memor esto verbi tui*

<sup>49</sup> Remember your word to your servant, \*  
because you have given me hope.  
<sup>50</sup> This is my comfort in my trouble, \*  
that your promise gives me life.  
<sup>51</sup> The proud have derided me cruelly, \*  
but I have not turned from your law.  
<sup>52</sup> When I remember your judgments of old, \*  
O Lord, I take great comfort.  
<sup>53</sup> I am filled with a burning rage, \*  
because of the wicked who forsake your law.  
<sup>54</sup> Your statutes have been like songs to me \*  
wherever I have lived as a stranger.  
<sup>55</sup> I remember your Name in the night, O Lord, \*  
and dwell upon your law.  
<sup>56</sup> This is how it has been with me, \*  
because I have kept your commandments.

**Heth** *Portio mea, Domine*

<sup>57</sup> You only are my portion, O Lord; \*  
I have promised to keep your words.  
<sup>58</sup> I entreat you with all my heart, \*  
be merciful to me according to your promise.  
<sup>59</sup> I have considered my ways \*  
and turned my feet toward your decrees.  
<sup>60</sup> I hasten and do not tarry \*  
to keep your commandments.  
<sup>61</sup> Though the cords of the wicked entangle me, \*  
I do not forget your law.  
<sup>62</sup> At midnight I will rise to give you thanks, \*  
because of your righteous judgments.  
<sup>63</sup> I am a companion of all who fear you \*  
and of those who keep your commandments.  
<sup>64</sup> The earth, O Lord, is full of your love; \*  
instruct me in your statutes.

**Teth** *Bonitatem fecisti*

<sup>65</sup> O Lord, you have dealt graciously with your servant, \*  
according to your word.  
<sup>66</sup> Teach me discernment and knowledge, \*  
for I have believed in your commandments.  
<sup>67</sup> Before I was afflicted I went astray, \*

but now I keep your word.

<sup>68</sup> You are good and you bring forth good; \*

instruct me in your statutes.

<sup>69</sup> The proud have smeared me with lies, \*

but I will keep your commandments with my whole heart.

<sup>70</sup> Their heart is gross and fat, \*

but my delight is in your law.

<sup>71</sup> It is good for me that I have been afflicted, \*

that I might learn your statutes.

<sup>72</sup> The law of your mouth is dearer to me \*

than thousands in gold and silver.

### **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**

#### *Reader*

*A reading from the first book of the Prophet Samuel 25:23-44*

<sup>23</sup>When Abigail saw David, she hurried and alighted from the donkey, fell before David on her face, bowing to the ground.<sup>24</sup>She fell at his feet and said, "Upon me alone, my lord, be the guilt; please let your servant speak in your ears, and hear the words of your servant."<sup>25</sup>My lord, do not take seriously this ill-natured fellow, Nabal; for as his name is, so is he; Nabal is his name, and folly is with him; but I, your servant, did not see the young men of my lord, whom you sent.<sup>26</sup>Now then, my lord, as the Lord lives, and as you yourself live, since the Lord has restrained you from bloodguilt and from taking vengeance with your own hand, now let your enemies and those who seek to do evil to my lord be like Nabal.<sup>27</sup>And now let this present that your servant has brought to my lord be given to the young men who follow my lord.<sup>28</sup>Please forgive the trespass of your servant; for the Lord will certainly make my lord a sure house, because my lord is fighting the battles of the Lord; and evil shall not be found in you so long as you live.<sup>29</sup>If anyone should rise up to pursue you and to seek your life, the life of my lord shall be bound in the bundle of the living under the care of the Lord your God; but the lives of your enemies he shall sling out as from the hollow of a sling.<sup>30</sup>When the Lord has done to my lord according to all the good that he has spoken concerning you, and has appointed you prince over Israel,<sup>31</sup>my lord shall have no cause of grief, or pangs of conscience, for having shed blood without cause or for having saved himself. And when the Lord has dealt well with my lord, then remember your servant."

<sup>32</sup>David said to Abigail, "Blessed be the Lord, the God of Israel, who sent you to meet me today!<sup>33</sup>Blessed be your good sense, and blessed be you, who have kept me today from bloodguilt and from avenging myself by my own hand!<sup>34</sup>For as surely as the Lord the God of Israel lives, who has restrained me from hurting you, unless you had hurried and come to meet me, truly by morning there would not have been left to Nabal so much as one male."<sup>35</sup>Then David received from her hand what she had brought him; he said to her, "Go up to your house in peace; see, I have heeded your voice, and I have granted your petition."

<sup>36</sup>Abigail came to Nabal; he was holding a feast in his house, like the feast of a king. Nabal's heart was merry within him, for he was very drunk; so she told him nothing at all until the morning light.<sup>37</sup>In the morning, when the wine had gone out of Nabal, his wife told him these

things, and his heart died within him; he became like a stone.<sup>38</sup>About ten days later the Lord struck Nabal, and he died.<sup>39</sup>When David heard that Nabal was dead, he said, "Blessed be the Lord who has judged the case of Nabal's insult to me, and has kept back his servant from evil; the Lord has returned the evil-doing of Nabal upon his own head." Then David sent and wooed Abigail, to make her his wife.<sup>40</sup>When David's servants came to Abigail at Carmel, they said to her, "David has sent us to you to take you to him as his wife."<sup>41</sup>She rose and bowed down, with her face to the ground, and said, "Your servant is a slave to wash the feet of the servants of my lord."<sup>42</sup>Abigail got up hurriedly and rode away on a donkey; her five maids attended her. She went after the messengers of David and became his wife.<sup>43</sup>David also married Ahinoam of Jezreel; both of them became his wives.<sup>44</sup>Saul had given his daughter Michal, David's wife, to Palti son of Laish, who was from Gallim.

The Word of the Lord.

*Everyone*

Thanks be to God.

*Silence may be kept after the Reading.*

**Psalm 11** The Third Song of Isaiah *Surge, illuminare*  
*Isaiah 60:1-3, 11a, 14c, 18-19*

Arise, shine, for your light has come, \*  
and the glory of the Lord has dawned upon you.  
For behold, darkness covers the land; \*  
deep gloom enshrouds the peoples.  
But over you the Lord will rise, \*  
and his glory will appear upon you.  
Nations Will stream to your light, \*  
and kings to the brightness of your dawning.  
Your gates will always be open; \*  
by day or night they will never be shut.  
They will call you, The City of the Lord, \*  
The Zion of the Holy One of Israel.  
Violence will no more be heard in your land, \*  
ruin or destruction within your borders.  
You will call your walls, Salvation, \*  
and all your portals, Praise.  
The sun will no more be your light by day; \*  
by night you will not need the brightness of the moon.  
The Lord will be your everlasting light, \*  
and your God will be your glory.  
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 New Testament Lesson**

*Reader*

*A reading from the Acts of the Apostles 14:19-28*

<sup>19</sup>But Jews came there from Antioch and Iconium and won over the crowds. Then they stoned Paul and dragged him out of the city, supposing that he was dead.<sup>20</sup>But when the disciples surrounded him, he got up and went into the city. The next day he went on with Barnabas to Derbe.<sup>21</sup>After they had proclaimed the good news to that city and had made many disciples, they returned to Lystra, then on to Iconium and Antioch.<sup>22</sup>There they strengthened the souls of the disciples and encouraged them to continue in the faith, saying, "It is through many

persecutions that we must enter the kingdom of God."<sup>23</sup>And after they had appointed elders for them in each church, with prayer and fasting they entrusted them to the Lord in whom they had come to believe.<sup>24</sup>Then they passed through Pisidia and came to Pamphylia.<sup>25</sup>When they had spoken the word in Perga, they went down to Attalia.<sup>26</sup>From there they sailed back to Antioch, where they had been commended to the grace of God for the work that they had completed.<sup>27</sup>When they arrived, they called the church together and related all that God had done with them, and how he had opened a door of faith for the Gentiles.<sup>28</sup>And they stayed there with the disciples for some time.

The Word of the Lord.

*Everyone*

Thanks be to God.

*Silence may be kept after the Reading.*

**Psalm 16** The Song of Zechariah *Benedictus Dominus Deus*

*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.  
You, my child, shall be called the prophet of the Most High, \*  
for you will go before the Lord to prepare his way,  
To give his people knowledge of salvation \*  
by the forgiveness of their sins.  
In the tender compassion of our God \*  
the dawn from on high shall break upon us,  
To shine on those who dwell in darkness and the  
shadow of death, \*  
and to guide our feet into the way of peace.  
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 Gospel**

*Reader*

*The Gospel according to Mark 4:35-41*

<sup>35</sup>On that day, when evening had come, he said to them, "Let us go across to the other side."<sup>36</sup>And leaving the crowd behind, they took him with them in the boat, just as he was. Other boats were with him.<sup>37</sup>A great windstorm arose, and the waves beat into the boat, so that the boat was already being swamped.<sup>38</sup>But he was in the stern, asleep on the cushion; and they woke him up and said to him, "Teacher, do you not care that we are perishing?"<sup>39</sup>He woke up and rebuked the wind, and said to the sea, "Peace! Be still!" Then the wind ceased, and there

was a dead calm.<sup>40</sup>He said to them, "Why are you afraid? Have you still no faith?"<sup>41</sup>And they were filled with great awe and said to one another, "Who then is this, that even the wind and the sea obey him?"

The Word of the Lord.

*Everyone*

Thanks be to God.

*Silence may be kept after the Reading.*

### **The Apostles' Creed**

*All stand*

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**

The Lord be with you.

*And also with you.*

Let us pray.

### **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 for ever. *Amen.*

### **The 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 for ever.*

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.*

### **The 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 for ever. *Amen.*

### **For Mission**

Almighty and everlasting God, by whose Spirit the whole body of your faithful people is governed and sanctified: Receive our supplications and prayers which we offer before you for all members of your holy Church, that in their vocation and ministry they may truly and devoutly serve you; through our Lord and Savior Jesus Christ. *Amen.*

### **Collect of Commemoration**

Holy God, 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 for ever. *Amen.*

### **Trinity Cycle of Prayer**

*Barbara Kane*

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.*

The grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit, be with us all evermore. *Amen. 2 Corinthians 13:14*

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## **The Commemoration**

Saint 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.