

Morning Prayer

Thursday, July 31



Opening Statement

Leader

The Lord is in his holy temple; let all the earth keep silence before him. *Habakkuk 2:20*

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.*

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.*

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 for ever. *Amen. Alleluia.*

The Antiphon

The Spirit of the Lord renews the face of the Earth:

Come let us adore him.

Venite

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!
Glory be 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 Spirit of the Lord renews the face of the Earth:
Come let us adore him.

Psalm 71 *In te, Domine, speravi*

¹ In you, O Lord, have I taken refuge; *
let me never be ashamed.
² In your righteousness, deliver me and set me free; *
incline your ear to me and save me.
³ Be my strong rock, a castle to keep me safe; *
you are my crag and my stronghold.
⁴ Deliver me, my God, from the hand of the wicked, *
from the clutches of the evildoer and the oppressor.
⁵ For you are my hope, O Lord God, *
my confidence since I was young.
⁶ I have been sustained by you ever since I was born;
from my mother's womb you have been my strength; *
my praise shall be always of you.
⁷ I have become a portent to many; *
but you are my refuge and my strength.
⁸ Let my mouth be full of your praise *
and your glory all the day long.
⁹ Do not cast me off in my old age; *
forsake me not when my strength fails.
¹⁰ For my enemies are talking against me, *
and those who lie in wait for my life take counsel together.
¹¹ They say, "God has forsaken him;
go after him and seize him; *
because there is none who will save."
¹² O God, be not far from me; *
come quickly to help me, O my God.
¹³ Let those who set themselves against me be put to shame and
be disgraced; *
let those who seek to do me evil be covered with scorn
and reproach.
¹⁴ But I shall always wait in patience, *
and shall praise you more and more.
¹⁵ My mouth shall recount your mighty acts
and saving deeds all day long; *
though I cannot know the number of them.

¹⁶ I will begin with the mighty works of the Lord GOD; *
I will recall your righteousness, yours alone.
¹⁷ O God, you have taught me since I was young, *
and to this day I tell of your wonderful works.
¹⁸ And now that I am old and gray-headed, O God, do not
forsake me, *
till I make known your strength to this generation
and your power to all who are to come.
¹⁹ Your righteousness, O God, reaches to the heavens; *
you have done great things;
who is like you, O God?
²⁰ You have showed me great troubles and adversities, *
but you will restore my life
and bring me up again from the deep places of the earth.
²¹ You strengthen me more and more; *
you enfold and comfort me,
²² Therefore I will praise you upon the lyre for your
faithfulness, O my God; *
I will sing to you with the harp, O Holy One of Israel.
²³ My lips will sing with joy when I play to you, *
and so will my soul, which you have redeemed.
²⁴ My tongue will proclaim your righteousness all day long, *
for they are ashamed and disgraced who sought
to do me harm.

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

A reading from the book of 2 Samuel 4:1-12

¹When Saul's son Ishbaal heard that Abner had died at Hebron, his courage failed, and all Israel was dismayed. ²Saul's son had two captains of raiding bands; the name of the one was Baanah, and the name of the other Rechab. They were sons of Rimmon a Benjaminite from Beeroth for Beeroth is considered to belong to Benjamin. ³(Now the people of Beeroth had fled to Gittaim and are there as resident aliens to this day). ⁴Saul's son Jonathan had a son who was crippled in his feet. He was five years old when the news about Saul and Jonathan came from Jezreel. His nurse picked him up and fled; and, in her haste to flee, it happened that he fell and became lame. His name was Mephibosheth. ⁵Now the sons of Rimmon the Beerothite, Rechab and Baanah, set out, and about the heat of the day they came to the house of Ishbaal, while he was taking his noonday rest. ⁶They came inside the house as though to take wheat, and they struck him in the stomach; then Rechab and his brother Baanah escaped. ⁷Now they had come into the house while he was lying on his couch in his bedchamber; they attacked him, killed him, and beheaded him. Then they took his head and traveled by way of the Arabah all night long. ⁸They brought the head of Ishbaal to David at Hebron and said to the king, "Here is the head of Ishbaal, son of Saul, your enemy, who sought your life; the Lord has avenged my lord the king this day on Saul and on his offspring."

⁹David answered Rechab and his brother Baanah, the sons of Rimmon the Beerothite, "As the Lord lives, who has redeemed my life out of every adversity, ¹⁰when the one who told me, 'See, Saul is dead,' thought he was bringing good news, I seized him and killed him at Ziklag this was the reward I gave him for his news. ¹¹How much more then, when wicked men have killed a righteous man on his bed in his own house! And now shall I not require his blood at your hand, and destroy you from the earth?" ¹²So David commanded the young men, and they killed them; they cut off their hands and feet, and hung their bodies beside the pool at Hebron. But the head of Ishbaal they took and buried in the tomb of Abner at Hebron.

The Word of the Lord.

Thanks be to God.

Canticle 8 The Song of Moses

Cantemus Domino

Exodus 15:1-6, 11-13, 17-18

I will sing to the Lord, for he is lofty and uplifted; *
the horse and its rider has he hurled into the sea.
The Lord is my strength and my refuge; *
the Lord has become my Savior.
This is my God and I will praise him, *
the God of my people and I will exalt him.
The Lord is a mighty warrior; *
Yahweh is his Name.
The chariots of Pharaoh and his army has he hurled into the sea; *
the finest of those who bear armor have been
drowned in the Red Sea.
The fathomless deep has overwhelmed them; *
they sank into the depths like a stone.
Your right hand, O Lord, is glorious in might; *
your right hand, O Lord, has overthrown the enemy.
Who can be compared with you, O Lord, among the gods? *
who is like you, glorious in holiness,
awesome in renown, and worker of wonders?
You stretched forth your right hand; *
the earth swallowed them up.
With your constant love you led the people you redeemed; *
with your might you brought them in safety to
your holy dwelling.
You will bring them in and plant them *
on the mount of your possession,
The resting-place you have made for yourself, O Lord, *
the sanctuary, O Lord, that your hand has established.
The Lord shall reign *
for ever and 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 New Testament Lesson

A reading from the Acts of the Apostles 16:25-40

²⁵About midnight Paul and Silas were praying and singing hymns to God, and the prisoners were listening to them. ²⁶Suddenly there was an earthquake, so violent that the foundations of the prison were shaken; and immediately all the doors were opened and everyone's chains were unfastened. ²⁷When the jailer woke up and saw the prison doors wide open, he drew his sword and was about to kill himself, since he supposed that the prisoners had escaped. ²⁸But Paul shouted in a loud voice, "Do not harm yourself, for we are all here." ²⁹The jailer called for lights, and rushing in, he fell down trembling before Paul and Silas. ³⁰Then he brought them outside and said, "Sirs, what must I do to be saved?" ³¹They answered, "Believe on the Lord Jesus, and you will be saved, you and your household." ³²They spoke the word of the Lord to him and to all who were in his house. ³³At the same hour of the night he took them and washed their wounds; then he and his entire family were baptized without delay. ³⁴He brought them up into the house and set food before them; and he and his entire household rejoiced that he had become a believer in God.

³⁵When morning came, the magistrates sent the police, saying, "Let those men go." ³⁶And the jailer reported the message to Paul, saying, "The magistrates sent word to let you go; therefore come out now and go in peace." ³⁷But Paul replied, "They have beaten us in public, uncondemned, men who are Roman citizens, and have thrown us into prison; and now are they going to discharge us in secret? Certainly not! Let them come and take us out themselves." ³⁸The police reported these words to the magistrates, and they were afraid when they heard that they were Roman citizens; ³⁹so they came and apologized to them. And they took them out and asked them to leave the city. ⁴⁰After leaving the prison they went to Lydia's home; and when they had seen and encouraged the brothers and sisters there, they departed. 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 for ever. *Amen.*

The Gospel

The Gospel according to Mark 7:1-23

¹Now when the Pharisees and some of the scribes who had come from Jerusalem gathered around him, ²they noticed that some of his disciples were eating with defiled hands, that is, without washing them. ³(For the Pharisees, and all the Jews, do not eat unless they thoroughly wash their hands, thus observing the tradition of the elders; ⁴and they do not eat anything from the market unless they wash it; and there are also many other traditions that they

observe, the washing of cups, pots, and bronze kettles.) ⁵So the Pharisees and the scribes asked him, "Why do your disciples not live according to the tradition of the elders, but eat with defiled hands?" ⁶He said to them, "Isaiah prophesied rightly about you hypocrites, as it is written,

"This people honors me with their lips,
but their hearts are far from me;

⁷in vain do they worship me,
teaching human precepts as doctrines.'

⁸You abandon the commandment of God and hold to human tradition."

⁹Then he said to them, "You have a fine way of rejecting the commandment of God in order to keep your tradition! ¹⁰For Moses said, 'Honor your father and your mother'; and, 'Whoever speaks evil of father or mother must surely die.' ¹¹But you say that if anyone tells father or mother, 'Whatever support you might have had from me is Corban' (that is, an offering to God) ¹²then you no longer permit doing anything for a father or mother, ¹³thus making void the word of God through your tradition that you have handed on. And you do many things like this."

¹⁴Then he called the crowd again and said to them, "Listen to me, all of you, and understand: ¹⁵there is nothing outside a person that by going in can defile, but the things that come out are what defile."

¹⁷When he had left the crowd and entered the house, his disciples asked him about the parable. ¹⁸He said to them, "Then do you also fail to understand? Do you not see that whatever goes into a person from outside cannot defile, ¹⁹since it enters, not the heart but the stomach, and goes out into the sewer?" (Thus he declared all foods clean.) ²⁰And he said, "It is what comes out of a person that defiles. ²¹For it is from within, from the human heart, that evil intentions come: fornication, theft, murder, ²²adultery, avarice, wickedness, deceit, licentiousness, envy, slander, pride, folly. ²³All these evil things come from within, and they defile a person."

The Word of the Lord.

Thanks be to God.

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 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.*

Suffrages

Show us your mercy, O Lord;
And grant us your salvation.

Clothe your ministers with righteousness;
Let your people sing with joy.

Give peace, O Lord, in all the world;
For only in you can we live in safety.

Lord, keep this nation under your care;
And guide us in the way of justice and truth.

Let your way be known upon earth;
Your saving health among all nations.

Let not the needy, O Lord, be forgotten;
Nor the hope of the poor be taken away.

Create in us clean hearts, O God;
And sustain us with your Holy Spirit.

The Collect of the Day

O God, the protector of all who trust in you, without whom nothing is strong, nothing is holy: Increase and multiply upon us your mercy; that, with you as our ruler and guide, we may so pass through things temporal, that we lose not the things eternal; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and 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

Almighty God, who called Ignatius of Loyola to the service of your Divine Majesty and to seek you in all things; Give us also the grace to labor without counting the cost and to seek no reward other than knowing that we do your will; through Jesus Christ our Savior, who lives and reigns with you and the Holy Spirit, now and for ever. *Amen.*

Trinity Cycle of Prayer

Fred and Joanne Langbein

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

Iñigo de Recalde de Loyola, youngest of 13 (one of my sources says 11) children of Don Beltran Yáñez de Loyola and Maria Sáenz de Licona y Balda, was born in 1491 in the family castle in the Basque province of Gipuzkoa, in northeastern Spain, near the French border.

As befitted a boy from an aristocratic family, he spent some time as a page at the court of Ferdinand and Isabella, the rulers of Spain.

Here, by his later testimony, he was involved in gambling, wenching, and duelling.

He got into trouble with the law, but escaped punishment because he was technically a cleric.

(This does not mean that he was destined for the priesthood. In those days someone becoming a priest went through seven steps: doorkeeper, reader, exorcist, acolyte, subdeacon, deacon, and priest.)

The first four were called Minor Orders, and did not involve any serious commitment, but they did make one technically a cleric, which was useful if one got arrested for anything less than murder or treason.

Probably many young noblemen took the first step simply as a precaution. Later the law extended the definition of "cleric" to anyone who could read. See the BIO notes on [Thomas a Becket](#), 29 December.)

He then entered military service, but fought in only one major battle, the defense of Pamplona against the French in 1521. The professional soldiers knew that their position was indefensible, and proposed to surrender.

Iñigo (or Ignatius, to give him the Latin form of his name) had visions of military glory, and urged his comrades to fight. He was promptly hit in the leg by a cannon ball, the town surrendered anyway, and the French sent him home on a stretcher.

The leg was badly set, and did not heal properly. It had to be rebroken and reset, and again it healed crookedly and left him with a permanent limp.

Meanwhile, he was bedridden for many months, and spent the time reading. He asked for tales of knightly adventure, but instead was given a *Life of Christ*, written by a Carthusian monk. He read it, and his life was transformed.

He went on pilgrimage to Montserrat (near Barcelona), where he hung up his sword over the altar, and then spent about a year at Manresa near Montserrat first working as a nurse and orderly in a hospital there, and then retiring to a cave to live as a hermit and study [*The Imitation of Christ*](#), by [Thomas a Kempis](#), a book urging the Christian to take Christ as example, and seek daily to follow in His footsteps.

It is probably during this year that he wrote his [*Spiritual Exercises*](#), a manual of Christian prayer and meditation.

He directs the reader to begin with an event in the life of Christ, and to imagine the scene in detail, to replay the episode in his mind like a movie script, and to try to feel as if he had himself witnessed the event, and then to use this experience as a motive for love, gratitude, and dedication to the service of God.

The book is available today in hardcover and paperback. It has been much used by Christians of all varieties--John Wesley was enthusiastic about it.

Ignatius then made a pilgrimage to Jerusalem to see with his own eyes the scenes of Our Lord's life and death. He wanted to stay and preach to the Muslims, but the Franciscans stationed there advised him that he needed an education in order to preach effectively.

Back in Spain, he spent 10 years (1524-1534) getting an education at Barcelona, Alcala, Salamanca, and Paris, beginning by going to elementary school to learn Latin grammar, and ending with a Master of Arts degree from the University of Paris.

In Salamanca, he often preached to groups of people assembled by chance; but in those days a layman undertaking to preach on his own, without a license or supervision, was automatically suspected of heresy.

Ignatius was twice imprisoned by the Spanish Inquisition and questioned about his beliefs, an experience that made a deep impression on him. (He was finally acquitted, but forbidden to discuss religious matters for three years.)

Today, his followers are aggressively proud of the fact that no member of their order has ever sat on an Inquisitorial tribunal. (It is possible that Ignatius already had doubts about the Inquisition. He was a Basque, and I am told that the Inquisition was never active in Biscay because the Basques, although thoroughly orthodox Christians, would not tolerate it.)

In 1534, he and six fellow students formed a group who vowed to travel to Jerusalem and there preach the Gospel to the Muslims. (The most famous of the six is [Francis Xavier](#), who went to India and China as a missionary, and who is commemorated on 3 December.)

This group later took the name, "The Society of Jesus," and were nicknamed "the Jesuits" by outsiders, a nickname that stuck.

In 1537 the Jesuits (now 10 in number) gathered in Venice and (having found that renewed war in Palestine made journeying there impossible) offered their services to Pope Paul III. Ignatius and some of the others were ordained to the priesthood, and they were assigned various tasks.

In 1540 they became a formal organization, with the usual monastic vows, plus a fourth vow of personal obedience to the Pope.

To have more time for preaching and study, the order abolished the practice (followed by almost all previous orders) of reciting the monastic Hours in community. Its chief goals were: (a) renewal of the Roman Catholic Church through extensive education and the encouragement of frequent use of the sacraments,

(b) extensive missionary work in non-Christian countries, and
(c) a suitable response to the growing challenge of Protestantism.

In the remaining 15 years of his life, Ignatius supervised the Jesuits from Rome and saw the order grow from 10 men to 1000.

The Order was always active in missions, and became deeply involved in education, and in counselling those with difficult decisions to make, particularly rulers.

The Order undertook to win back to the Roman obedience those areas that had recently become Protestant.

Ignatius counselled his Jesuits (technically neither monks nor friars, but priests regular) to proceed with charity and moderation, "without hard words or contempt for people's errors." He died suddenly on 31 July 1556.

His writing includes the following prayer:

Teach us, good Lord, to serve thee as thou deservest;
to give, and not to count the cost,
to fight, and not to heed the wounds,
to toil, and not to seek for rest,
to labor, and not to ask for any reward,
save that of knowing that we do thy will.