

Morning Prayer

Teresa of Avila

Monastic Nun, 1582

October 15, 2021

Opening Sentence

Officiant Let the words of my mouth and the meditation of my heart
be acceptable in your sight, O Lord, my strength and my redeemer. *Psalm 19:14*

The Invitatory and Psalter

Officiant Lord, open our lips.

People ***And our mouth shall proclaim your praise.***

Officiant and People ***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.***

Officiant The mercy of the Lord is everlasting:
Come let us adore him.

Jubilate *Psalm 100*

**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 Psalm Appointed (*appointed for the day*)

Psalm 42:1–7

**As a deer longs for flowing streams,
so my soul longs for you, O God.**

**My soul thirsts for God,
for the living God.**

**When shall I come and behold
the face of God?**

**My tears have been my food day and night,
while people say to me continually,
“Where is your God?”**

**These things I remember, as I pour out my soul:
how I went with the throng,
and led them in procession to the house of God,
with glad shouts and songs of thanksgiving,
a multitude keeping festival.**

**Why are you cast down, O my soul,
and why are you disquieted within me?**

**Hope in God; for I shall again praise him,
my help and my God.**

**My soul is cast down within me;
therefore I remember you from the land of Jordan and of Hermon,
from Mount Mizar.**

**Deep calls to deep at the thunder of your cataracts;
all your waves and your billows have gone over me.**

**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 Lessons

A Reading from Paul’s Letter to the Romans

Romans 8:22-27

We know that the whole creation has been groaning in labor pains until now; and not only the creation, but we ourselves, who have the first fruits of the Spirit, groan inwardly while we wait for adoption, the redemption of our bodies. For in hope we were saved. Now hope that is seen is not hope. For who hopes for what is seen? But if we hope for what we do not see, we wait for it with patience.

Likewise the Spirit helps us in our weakness; for we do not know how to pray as we ought, but that very Spirit intercedes with sighs too deep for words. And God, who searches the heart, knows what is the mind of the Spirit, because the Spirit intercedes for the saints according to the will of God.

The Word of the Lord.

Thanks be to God.

Canticle 9 The First Song of Isaiah

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 for ever. Amen.

The Gospel

Gospeller The Holy Gospel of our Lord Jesus Christ according to Matthew. *Matthew 5:13-16*

People ***Glory to you, Lord Christ.***

“You are the salt of the earth; but if salt has lost its taste, how can its saltiness be restored? It is no longer good for anything, but is thrown out and trampled under foot.

“You are the light of the world. A city built on a hill cannot be hid. No one after lighting a lamp puts it under the bushel basket, but on the lampstand, and it gives light to all in the house. In the same way, let your light shine before others, so that they may see your good works and give glory to your Father in heaven.

The Gospel of the Lord.

Praise to you, Lord Christ.

Reflection

Teresa was one of two women declared a “Doctor of the Church” in 1970, primarily because of her two mystical contemplative works, *The Way of Perfection* and *Interior Castle*. She was a close spiritual and personal friend of St. John of the Cross.

Teresa was born near Avila. Even in her childhood, she took much pleasure in the study of saints' lives, and she used to delight in spending times of contemplation, repeating over and over "For ever, for ever, for ever, for ever, they shall see God."

In her autobiography Teresa tells that, following her mother's death, she became quite worldly. To offset this, her father placed her in an Augustinian convent to be educated, but serious illness ended her studies. During convalescence, she determined to enter the religious life; and, though opposed by her father, she became a postulant at a Carmelite convent. Again, illness forced her to return home. After three years, she returned to the convent.

The easygoing life of the "mitigated" Carmelite rule distracted her from her customary prayer life, to which she returned. Taking recourse in two great penitents, Augustine of Hippo and Mary Magdalene, she became increasingly meditative. She began to receive visions—whether from God or the Devil she could not know—and struggled to reject them.

Teresa set out to establish a reformed Carmelite order of the "discalced" religious, who wore sandals or went unshod. Despite many setbacks she traveled for 25 years through Spain. Energetic, practical, efficient, as well as being a mystic and ascetic, she established 17 convents of Reformed Carmelites. Even imprisonment did not deter her.

Despite the demands of her administrative and missionary work, Teresa found time to write the numerous letters that give us rare insights into her personality and concerns. She shows us a practical organizer, a writer of native genius, a warm devoted friend, and, above all, a lover of and the beloved of God.

Her death, following two years of illness, was peaceful. Her last sight was of the Sacrament brought for her comfort; her last words, "O my Lord! Now is the time that we may see each other."

The Apostles' Creed

Officiant and People

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

Officiant The Lord be with you.

People ***And also with you.***

Officiant Let us pray.

***Our Father, who art in heaven, hallowed be thy Name,
thy kingdom come, thy will be done,
on earth as it is in heaven.***

Give us this day our daily bread.

***And forgive us our trespasses,
as we forgive those who trespass against us.***

And lead us not into temptation, but deliver us from evil.

For thine is the kingdom, and the power, and the glory, for ever and ever. Amen.

V. Show us your mercy, O Lord;

R. ***And grant us your salvation.***

V. Clothe your ministers with righteousness;

R. ***Let your people sing with joy.***

V. Give peace, O Lord, in all the world;

R. ***For only in you can we live in safety.***

V. Lord, keep this nation under your care;

R. ***And guide us in the way of justice and truth.***

V. Let your way be known upon earth;

R. ***Your saving health among all nations.***

V. Let not the needy, O Lord, be forgotten;

R. ***Nor the hope of the poor be taken away.***

V. Create in us clean hearts, O God;

R. ***And sustain us with your Holy Spirit.***

The Collect of the Day

Officiant O God, by your Holy Spirit you moved Teresa of Avila to manifest to your Church the way of perfection: Grant us, we pray, to be nourished by her excellent teaching, and enkindle within us a keen and unquenchable longing for true holiness; through Jesus Christ, the joy of loving hearts, who with you and the Holy Spirit lives and reigns, one God, for ever and ever. ***Amen.***

Prayers of Intercession and Thanksgiving

Officiant 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.**

Spiritual Communion

Let us pray together a prayer for Spiritual Communion:

Blessed Jesus, I believe that we are fed with the spiritual food of your Body and Blood. Since I cannot receive You physically today, I now desire to receive you spiritually into my soul. Unite my heart with those of my community who cannot gather in person to celebrate the great meal of thanksgiving and make us all one with you. May this spiritual communion strengthen my faith and grant me confidence in your loving care now and forever. Amen.

The General Thanksgiving

Officiant Almighty God, Father of all mercies,
we your unworthy servants give you humble thanks
for all your goodness and loving-kindness
to us and to all whom you have made.
We bless you for our creation, preservation,
and all the blessings of this life;
but above all for your immeasurable love
in the redemption of the world by our Lord Jesus Christ;
for the means of grace, and for the hope of glory.
And, we pray, give us such an awareness of your mercies,
that with truly thankful hearts we may show forth your praise,
not only with our lips, but in our lives,
by giving up ourselves to your service,
and by walking before you
in holiness and righteousness all our days;
through Jesus Christ our Lord,
to whom, with you and the Holy Spirit,
be honor and glory throughout all ages. **Amen.**

Officiant Let us bless the Lord.

People **Thanks be to God.**

Officiant 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.**

Bible Study

Gospel: Mark 10:35-45

James and John, the sons of Zebedee, came forward to Jesus and said to him, "Teacher, we want you to do for us whatever we ask of you." And he said to them, "What is it you want me to do for you?" And they said to him, "Grant us to sit, one at your right hand and one at your left, in your glory." But Jesus said to them, "You do not know what you are asking. Are you able to drink the cup that I drink, or be baptized with the baptism that I am baptized with?" They replied, "We are able." Then Jesus said to them, "The cup that I drink you will drink; and with the baptism with which I am baptized, you will be baptized; but to sit at my right hand or at my left is not mine to grant, but it is for those for whom it has been prepared."

When the ten heard this, they began to be angry with James and John. So Jesus called them and said to them, "You know that among the Gentiles those whom they recognize as their rulers lord it over them, and their great ones are tyrants over them. But it is not so among you; but whoever wishes to become great among you must be your servant, and whoever wishes to be first among you must be slave of all. For the Son of Man came not to be served but to serve, and to give his life a ransom for many."

Reflection on Mark 10:35-45

This Gospel reading opens as James and John come to Jesus and say: "Teacher, we want you to do for us whatever we ask." What bold words! Did James and John actually believe that Jesus would simply obey their command? However, Jesus does not seem to be ruffled or upset. Rather he simply asks them: "What do you want me to do for you?" They responded: "Grant that in your glory we may sit one at your right and the other at your left." Jesus warns them: "You do not know what you are asking!"

Jesus then asks them: "Can you truly drink the cup that I drink? Are you willing to be baptized with the baptism with which I am baptized?" James and John blithely respond with the words: "We can!" Jesus then says to them: "The cup that I drink, you will drink, and the baptism with which I was baptized, you also will be baptized. However, your request to sit at my right and left hand is not mine to give. Rather it will be given to those for whom it has been prepared."

Remember: this conversation takes place in the presence of the other disciples. Now put yourself in the place of the other 10 disciples. What are the emotions you think they may have experienced as these two men boldly make their request to Jesus? After all, each one of the disciples had left their families, homes and work to follow Jesus. Did James and John truly think they were better than the other disciples? Or were they simply trying to gain a higher position and also have more influence with Jesus?

The desire for power and status is an inherent longing in most human beings. Each one of us needs to know that we do have a certain amount of power and status. Power gives us some

control in our lives. We also have a natural desire for the people in our lives to love us, care for us and admire us. However, we get in trouble when our desire for power, love or status begins to control us. This is why Jesus sternly warns his disciples. Jesus desires that we serve others rather than to be served. He wants us to use our energy to serve those in need, rather than striving for first place, for acclaim or for power.

Every day in our world numerous people jockey for power, esteem and position. This need is so inherent in us human beings that often we do not recognize the subtle ways we strive for power, esteem or position. I wonder if our need to serve others is as natural to us as our need and desire for recognition and power. Today take a few moments and ask yourself: How strong is my need for power and acclaim? How deep is my need to serve others? Which need comes first in my life?

Jesus' primary desire is that we quietly and simply love and serve the individuals in our lives as he did. If we do this well, we will receive the acclaim we desire from Jesus. Can we be satisfied with this? I pray we can!