

# Morning Prayer

St. Francis of Assisi

Friar, 1226

October 04, 2021

## Opening Sentence

*Officiant* Their sound has gone out into all lands,  
And their message to the ends of the world. *Psalm 19:4*

## 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 Lord is glorious in his saints:  
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 148: 7-14*

**Praise the LORD from the earth,  
you sea monsters and all deeps,  
fire and hail, snow and frost,  
stormy wind fulfilling his command!**

**Mountains and all hills,  
fruit trees and all cedars!**

**Wild animals and all cattle,  
creeping things and flying birds!**

**Kings of the earth and all peoples,  
princes and all rulers of the earth!**

**Young men and women alike,  
old and young together!**

**Let them praise the name of the LORD,  
for his name alone is exalted;  
his glory is above earth and heaven.**

**He has raised up a horn for his people,  
praise for all his faithful,  
for the people of Israel who are close to him.**

**Praise the LORD!**

**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 Galatians**

*Galatians 6:14-18*

May I never boast of anything except the cross of our Lord Jesus Christ, by which the world has been crucified to me, and I to the world. For neither circumcision nor uncircumcision is anything; but a new creation is everything! As for those who will follow this rule—peace be upon them, and mercy, and upon the Israel of God.

From now on, let no one make trouble for me; for I carry the marks of Jesus branded on my body.

May the grace of our Lord Jesus Christ be with your spirit, brothers and sisters. Amen.

The Word of the Lord.

***Thanks be to God.***

**Glorify the Lord, all you works of the Lord,  
praise him and highly exalt him for ever.**

**In the firmament of his power, glorify the Lord,  
praise him and highly exalt him for ever.**

**Let the earth glorify the Lord,  
praise him and highly exalt him for ever.**

**Glorify the Lord, O mountains and hills, and all that grows upon the earth,  
praise him and highly exalt him for ever.**

**Glorify the Lord, O springs of water, seas, and streams,  
O whales and all that move in the waters.**

**All birds of the air, glorify the Lord,  
praise him and highly exalt him for ever.**

**Glorify the Lord, O beasts of the wild,  
and all you flocks and herds.**

**O men and women everywhere, glorify the Lord,  
praise him and highly exalt him for ever.**

**Let us glorify the Lord: Father, Son, and Holy Spirit;  
praise him and highly exalt him for ever.**

**In the firmament of his power, glorify the Lord,  
praise him and highly exalt him for ever.**

### **The Gospel**

*Gospeller*    The Holy Gospel of our Lord Jesus Christ according to Matthew.      *Matthew 11:25-30*

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

At that time Jesus said, "I thank you, Father, Lord of heaven and earth, because you have hidden these things from the wise and the intelligent and have revealed them to infants; yes, Father, for such was your gracious will. All things have been handed over to me by my Father; and no one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son chooses to reveal him.

"Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light."

The Gospel of the Lord.

***Praise to you, Lord Christ.***

## Reflection

Francis of Assisi *Friar, 1226*

Francis, the son of a prosperous merchant of Assisi, was born in 1182. His early youth was spent in harmless revelry and fruitless attempts to win military glory.

Various encounters with beggars and lepers pricked the young man's conscience, and he decided to embrace a life devoted to Lady Poverty. Despite his father's intense opposition, Francis totally renounced all material values, and devoted himself to serve the poor.

In 1210 Pope Innocent III confirmed the simple Rule for the Order of Friars Minor, a name Francis chose to emphasize his desire to be numbered among the "least" of God's servants.

The order grew rapidly all over Europe. But by 1221 Francis had lost control of it, since his ideal of strict and absolute poverty, both for the individual friars and for the order as a whole, was found to be too difficult to maintain. His last years were spent in much suffering of body and spirit, but his unconquerable joy never failed.

Not long before his death, during a retreat on Mount La Verna, Francis received, on September 14, Holy Cross Day, the marks of the Lord's wounds, the stigmata, in his own hands and feet and side. Pope Gregory IX, a former patron of the Franciscans, canonized Francis in 1228, and began the erection of the great basilica in Assisi where Francis is buried.

Of all the saints, Francis is the most popular and admired, but probably the least imitated; few have attained to his total identification with the poverty and suffering of Christ. Francis left few writings; but, of these, his spirit of joyous faith comes through most truly in the "Canticle of the Sun," which he composed at Clare's convent of St. Damian's. The Hymnal version begins:

Most High, omnipotent, good Lord,  
To thee be ceaseless praise outpoured,  
And blessing without measure.  
Let creatures all give thanks to thee  
And serve in great humility.

## 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* Most high, omnipotent, good Lord, grant your people grace to renounce gladly the vanities of this world; that, following the way of blessed Francis, we may for love of you delight in your whole creation with perfectness of joy; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, 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 10:17-31**

As Jesus was setting out on a journey, a man ran up and knelt before him, and asked him, “Good Teacher, what must I do to inherit eternal life?” Jesus said to him, “Why do you call me good? No one is good but God alone. You know the commandments: ‘You shall not murder; You shall not commit adultery; You shall not steal; You shall not bear false witness; You shall not defraud; Honor your father and mother.’” He said to him, “Teacher, I have kept all these since my youth.” Jesus, looking at him, loved him and said, “You lack one thing; go, sell what you own, and give the money to the poor, and you will have treasure in heaven; then come, follow me.” When he heard this, he was shocked and went away grieving, for he had many possessions.

Then Jesus looked around and said to his disciples, “How hard it will be for those who have wealth to enter the kingdom of God!” And the disciples were perplexed at these words. But Jesus said to them again, “Children, how hard it is to enter the kingdom of God! It is easier for a camel to go through the eye of a needle than for someone who is rich to enter the kingdom of God.” They were greatly astounded and said to one another, “Then who can be saved?” Jesus looked at them and said, “For mortals it is impossible, but not for God; for God all things are possible.”

Peter began to say to him, “Look, we have left everything and followed you.” Jesus said, “Truly I tell you, there is no one who has left house or brothers or sisters or mother or father or children or fields, for my sake and for the sake of the good news, who will not receive a hundredfold now in this age—houses, brothers and sisters, mothers and children, and fields with persecutions—and in the age to come eternal life. But many who are first will be last, and the last will be first.”

### **Reflection on Mark 10: 17-31**

In this Gospel, we hear the story of the rich young man who came to Jesus and asked him: “What must I do to inherit eternal life?” Instead of answering the man’s question, Jesus asks him: “Why do you call me good? No one is good but God alone.” Jesus then names several of the commandments. After Jesus had finished speaking, the young man told Jesus: “I have observed these commandments since I was young.” Mark writes: “Jesus, looking at the man,

loved him.” Jesus then said to the man: “You are lacking one thing. Go, sell all you have and give the money to the poor. Then, come and follow me.” When the young man realized what Jesus was asking of him, Mark writes: “At Jesus’ statement, the man’s face fell, and he went away sad for he had many possessions.”

Now ask yourself: How would you (and I) respond if Jesus looked at us and asked us to sell everything we have, give our money to the poor and then leave home and follow him? Would we truly be willing to “give our all?” Or would we respond as the rich young man did? Would we also walk away from Jesus, sad and troubled? Possessions and wealth have a dangerous potential to possess us if we are not careful and mindful. Every ad we hear on TV and the radio encourages us to buy, buy, buy! For many people in the first world countries the slogan “more is better” is lived out every day!

Yet, Jesus clearly understands that our “need” for more possessions or upgraded possessions may begin to “possess” us! If you ever go to a mall the day after Christmas, you see people buying items that are a great bargain. However, do they truly need those bargains? Or do they buy the item simply because it is a bargain? However on these occasions do we buy only what we truly need?

If we are not mindful, our possessions may begin to “possess” us. Today Jesus warns his disciples (us) to be mindful and aware! Jesus wants us to be completely free to follow him. The question is: are we willing to give up all we have and follow Jesus? What is your (and my) answer?