

Morning Prayer

Saint Mary the Virgin

August 16, 2021

Opening Sentence

Officiant We give thanks to the Father, who has made us worthy
to share in the inheritance of the saints in light.

Colossians 1:12

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 34:1–9*

**I will bless the LORD at all times;
his praise shall continually be in my mouth.**

**My soul makes its boast in the LORD;
let the humble hear and be glad.**

**O magnify the LORD with me,
and let us exalt his name together.**

I sought the LORD, and he answered me,
and delivered me from all my fears.

Look to him, and be radiant;
so your faces shall never be ashamed.

This poor soul cried, and was heard by the LORD,
and was saved from every trouble.

The angel of the LORD encamps
around those who fear him, and delivers them.

O taste and see that the LORD is good;
happy are those who take refuge in him.

O fear the LORD, you his holy ones,
for those who fear him have no want.

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 4: 4-7

But when the fullness of time had come, God sent his Son, born of a woman, born under the law, in order to redeem those who were under the law, so that we might receive adoption as children. And because you are children, God has sent the Spirit of his Son into our hearts, crying, "Abba! Father!" So you are no longer a slave but a child, and if a child then also an heir, through God.¹

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 Luke. *Luke 1: 46-55*
People ***Glory to you, Lord Christ.***

And Mary said,
“My soul magnifies the Lord, and my spirit rejoices in God my Savior,
for he has looked with favor on the lowliness of his servant.
Surely, from now on all generations will call me blessed;
for the Mighty One has done great things for me, and holy is his name.
His mercy is for those who fear him from generation to generation.
He has shown strength with his arm;
he has scattered the proud in the thoughts of their hearts.
He has brought down the powerful from their thrones, and lifted up the lowly;
he has filled the hungry with good things, and sent the rich away empty.
He has helped his servant Israel, in remembrance of his mercy,
according to the promise he made to our ancestors,
to Abraham and to his descendants forever.”

The Gospel of the Lord.
Praise to you, Lord Christ.

Reflection

The honor paid to Mary, the Mother of Jesus Christ, goes back to the earliest days of the Church. Two Gospels tell of the manner of Christ's birth, and the familiar Christmas story testifies to the Church's conviction that he was born of a virgin. In Luke's Gospel, we catch a brief glimpse of Jesus' upbringing at Nazareth, when the child was wholly in the care of his mother and his foster-father, Joseph.

During Jesus' ministry in Galilee, we learn that Mary was often with the other women who followed Jesus and ministered to his needs. At Calvary, she was among the little band of disciples who kept watch at the cross. After the resurrection, she was to be found with the Twelve in the upper room, watching and praying until the coming of the Spirit at Pentecost.

Mary was the person closest to Jesus in his most impressionable years, and the words of the Magnificat, as well as her humble acceptance of the divine will, bear more than an accidental resemblance to the Lord's Prayer and the Beatitudes of the Sermon on the Mount.

Later devotion has claimed many things for Mary which cannot be proved from Holy Scripture. What we can believe is that one who stood in so intimate a relationship with the incarnate Son of God on earth must, of all the human race, have the place of highest honor in the eternal life of God. A paraphrase of an ancient Greek hymn expresses this belief in very familiar words: "O higher than the cherubim, more glorious than the seraphim, lead their praises, alleluia."

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, you have taken to yourself the blessed Virgin Mary, mother of your incarnate Son: Grant that we, who have been redeemed by his blood, may share with her the glory of your eternal kingdom; through Jesus Christ our Lord, who lives and reigns with you, in the unity of the Holy Spirit, one God, now and for 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 gathered 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: John 6: 56-69

⁵⁶Those who eat my flesh and drink my blood abide in me, and I in them. ⁵⁷Just as the living Father sent me, and I live because of the Father, so whoever eats me will live because of me. ⁵⁸This is the bread that came down from heaven, not like that which your ancestors ate, and they died. But the one who eats this bread will live for ever.' ⁵⁹He said these things while he was teaching in the synagogue at Capernaum.

⁶⁰When many of his disciples heard it, they said, 'This teaching is difficult; who can accept it?' ⁶¹But Jesus, being aware that his disciples were complaining about it, said to them, 'Does this offend you? ⁶²Then what if you were to see the Son of Man ascending to where he was before? ⁶³It is the spirit that gives life; the flesh is useless. The words that I have spoken to you are spirit and life. ⁶⁴But among you there are some who do not believe.' For Jesus knew from the first who were the ones that did not believe, and who was the one that would betray

him. ⁶⁵And he said, ‘For this reason I have told you that no one can come to me unless it is granted by the Father.’

⁶⁶ Because of this many of his disciples turned back and no longer went about with him. ⁶⁷So Jesus asked the twelve, ‘Do you also wish to go away?’ ⁶⁸Simon Peter answered him, ‘Lord, to whom can we go? You have the words of eternal life. ⁶⁹We have come to believe and know that you are the Holy One of God.’

Reflection on John 6:51-58

This Sunday’s Gospel is the completion of the Gospel we read last Sunday. John writes: “Many of Jesus’ disciples heard Jesus speak and they said to one another: “This is too hard for us to understand.” Jesus realized that his disciples were grumbling to one another and he questioned his followers. Finally Jesus asked them: “Does this bother you?” He then said to them: “What if you see the Son of Man go up to heaven where he came from? The Spirit is the One who gives life. The words I speak to you are spirit and life.” Jesus then says: “You cannot come to me unless the Father wants you to come. That is why I have told you all these things.”

Take a moment and put yourself in the disciples’ shoes. How would you respond if Jesus were saying all of this to you? Would you be overwhelmed, excited, frightened, or elated? John tells us: “Many of Jesus’ disciples turned their backs on Him and went back to their homes.” However, Simon Peter approached Jesus and said: “Lord, there is no one else whom we can go to. You alone have the words of eternal life.” Peter then affirmed his belief that Jesus truly was God’s Holy Son!

Imagine the impact Peter’s profession of faith must have had on Jesus. A few minutes before, a good number of people who had been following him turned away from Him. He was not acting as they had expected Him to act and they had walked away from Him. Yet, here was Peter boldly professing his belief in Jesus as the Christ. Peter’s strong faith and deep belief in Jesus must have bolstered Jesus’ spirit. Jesus was divine, yet He also was human and thus he experienced the same emotions we experience.

Peter’s deep conviction that Jesus truly was the Lord was pure gift to Jesus. How deep is your conviction that Jesus is the Lord? I invite you to take a few moments and reflect on that question, then go to Jesus. If you truly do believe in Jesus, profess your conviction and your commitment to Him. If you are uncertain, take your uncertainty and doubts to Jesus. He will hold your hand and lead you closer to Him.

We all may have doubts in Jesus at times. Often these are the times we distance ourselves from Jesus. Yet these are the times when we need to approach Him and talk with Him. We may question Him or perhaps simply sit in His presence and allow Him to wrap us in love and light. We are the ones who leave Him. Jesus will never, ever leave us!