



SAMPLE

Sunday Morning Prayer 1

Week 1

*Please pray slowly, allowing each word or phrase to touch your heart
Let your heart soar with delight and swell with awe as you pray*

Preparation of the Heart for Prayer

Good morning, my dear companion, my love.

I open my heart to you on this Sunday morning

O *Holy and Gracious Mystery*,
and I behold you with awe (*pause*),
reverence (*pause*),
and gratitude (*pause*).

O *Holy Mystery of Love*:

the author of our being,

—indeed, of all that has come into existence.

Source of all love.

Origin and energy of life itself.

Holy Mystery Incarnate:

Jesus, the anointed and beloved one,
—in whom the fullness of God does dwell.
Our teacher,
healer,
and friend.

Holy Mystery Indwelling:

the wellspring of holiness & source of all wisdom
—our companion, helper, and guide.
Filling us with gifts of divine spirit.

I bow to your Presence in all creation
and open myself to your Presence within me
as I humbly begin my morning prayer.

The night has passed,
and this Sunday lies open before me.
I begin this day conscious of divine light
and open to the power of sacred love.

*If this opening sequence is sufficient for you, simply pause here and allow your
prayer to unfold as your heart directs.*

The Psalms

When you are ready, begin your Sunday with this Psalm:

Psalm 63:1-4

I search for the Holy One.
My whole being longs for God.
I can even feel the desire in my body
for the sacred Presence.
Just as I would long for water
in a parched, lifeless, and dry desert
so much do I long for that Presence.

I have stood with everyone in the assembly
and seen the amazing power of love.
I will constantly search for such love
because it rises from the sacred mystery.
As long as I live, I applaud the Holy One
and make my morning prayer. RMV

Glory Be!

Awe and reverence are yours,
O Holy Mystery of Love:
Incarnate and Indwelling.
All love and holiness
begin and end with you
now and forever. Amen.

Psalm 8:1-9

O Holy One,
everyone on earth honors your name!
Everyone can see the wonderful things
you have done,
even children and babies!
This has given you a strong defense
and it has helped silence your enemies.
I am in awe of how you have built the heavens,
the stars, the moon, the sky.
How can you take notice of me?
Of any of us humans?
And yet, you have made us like yourself
and given us a place of honor.
You have made us partners with everything on earth
all the animals, birds, and fish.

Your name is majestic
everywhere on earth! RMV

Glory Be!

Awe and reverence are yours,
O *Holy Mystery of Love*:
Incarnate and Indwelling.
All love and holiness
begin and end with you
now and forever. Amen.

Ignatian Discernment

With the Psalmist, O Holy One,
I pray for the comfort of your Presence
and the strength of your grace.
Without you, I wither and fade away
like dry grass in the desert.
But I open my heart to you
because you are the Source of Love
and I joyfully announce that this Sunday morning,
I join my heart with people everywhere
as I begin this Sunday.
We have one commandment from you:
that we must love God above all things
and love others as though they were us.
May that energy of love fill me today
and allow me to glimpse your Presence.
And now I pause to hear your Word
echo deep within me.

Spend a few moments discerning to what God may be calling you today, or what gifts God may be offering you. When you are ready, turn to the sacred texts below, selecting the proper text for your season of the year.

Sacred Readings

First Reading

Ordinarily, this is your reading:

Sacred Scripture from Matthew 4:18-20

As he walked by the Sea of Galilee, [Jesus] saw two brothers, Simon, who is called Peter, and Andrew his brother, casting a net into the sea—for they were fishers. And he said to them, “Follow me, and I will teach you how to fish for people.” Immediately they left their nets and followed him.

During Advent and the Christmas Season, this is your reading:

Sacred Scripture from John 8:12

Again, Jesus spoke to them, saying, “I am the light of the world. Whoever follows me will never walk in darkness but will have the light of life.”

During Lent and the Easter Season, this is your reading:

Sacred Scripture from Luke 22:26

And Jesus said to them, “It must not be that way with you; rather, the greatest among you must become like the youngest and the leader like one who serves.”

Second Reading

“We've had enough exhortations to be silent. Cry out with a thousand tongues—I see the world is rotten because of silence.”

— St. Catherine of Siena, *The Dialogue*

Brief Lectio Divina

Pause briefly to hear God's Word in these texts. Read them a second time and listen for the ways in which you are being called today.

Canticle of Zechariah (The Benedictus)

To find the Canticle, please see page 288.

Morning Prayers

Prayers for our needs and those of the world & the Church

The energy of your Divine Presence fills us,
O Holy One.

May we become more conscious
of those who live around us
and embrace the way of service
by serving them with love as you would do.

May we constantly recall that we are together,
bound as a community of love,
and guided by divine light,
as we attend to the echo within us.

May our hearts overflow from this holy time of prayer.
With gratitude for your indwelling Presence,
let us be in awe of your constant love.

We begin this day with hope and joy.

The desire of our hearts
is to be conscious of your Presence
and aware of your gifts:

Recall the people and events that are in your life right now. What concerns would you like to bring into your conversation with the Holy One? What other joys or worries are on your mind? When you are ready, gather your prayerful concerns together with those of all people and creation to pray the Prayer of Jesus in Matthew 6.

Prayer of Jesus in Matthew 6

O Holy Mystery, Source of all Love
you bring together heaven and earth

and your very name is Holy!
May your reign be established among us
as we follow your way of life.
May we see that you give us enough bread
to sustain ourselves
and feed the world.
May we know forgiveness and grace
as we pardon those who offend us.
May we not fail when facing temptation
and be safe when facing evil.
For the kingdom of love,
the power of healing,
and the glory of mercy
begin and end with you! Amen.

Morning Blessing

As we now turn to rest and pray this Sunday,
or to work and play,
we stand in the light of your blessing.
We stand here with Jesus as our Healer
and with Holy Wisdom as our Guide.
We hold near us all those in the world
who huddle against the night,
suffer from hunger and fear,
and flee from war.
May everyone see in us
your Divine Presence in them. Amen.