

Sunday, September 17, 2023
Twenty-Fourth Sunday of Ordinary Time

Prayer for the Morning

Jesus Christ is God's peace: come, let us adore!
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

Hymn **Meter: 87 87 D**

Though unseen, O Lord, I love thee,
Wondrous is thy saving might,
Thus to wean my soul so sweetly
From its sinful chief delight:
More thou did in one short instant
Than a world could e'er have done,
Winning thee a happy dwelling
In this sterile heart of stone.

Psalm **37:3-9**

Wrath and anger are hateful things, yet the sinner hugs them tight. (Sir 27:30)

Anger is a spontaneous emotional response to injury. To deny that we sometimes feel angry when offended is foolish and harmful. However, to nurse our anger is to harden our hearts so that we shut ourselves out of the life of love that animates Christ's Body and delights the human spirit.

If you trust in the Lord and do good,
then you will live in the land and be secure.
If you find your delight in the Lord,
he will grant your heart's desire.
Commit your life to the Lord,
trust in him and he will act,
so that your justice breaks forth like the light,
your cause like the noon-day sun.
Be still before the Lord and wait in patience;
do not fret at the man who prospers;
a man who makes evil plots
to bring down the needy and the poor.
Calm your anger and forget your rage;
do not fret, it only leads to evil.
For those who do evil shall perish;
the patient shall inherit the land.
Glory to the Father...

Word of God **Ephesians 4:31-32**

All bitterness, fury, anger, shouting, and reviling must be removed from you, along with all malice. [And] be kind to one another, compassionate, forgiving one another as God has forgiven you in Christ.

Bear with one another and forgive one another, if one has a grievance against another; as the Lord has forgiven you, so must you also do.
(cf. Col 3:13)

Canticle of Zechariah

See that no one returns evil for evil; rather, always seek what is good [both] for each other and for all.
(1 Thes 5:15)

Blessed be the Lord, the God of Israel; he has come to his people and set them free. He has raised up for us a mighty savior, born of the house of his servant David.

Through his holy prophets he promised of old that he would save us from our enemies, from the hands of all who hate us. He promised to show mercy to our fathers and to remember his holy covenant.

This was the oath he swore to our father Abraham: to set us free from the hands of our enemies, free to worship him without fear, holy and righteous in his sight all the days of our life. You, my child, shall be called the prophet of the Most High; for you will go before the Lord to prepare his way, to give his people knowledge of salvation by the forgiveness of their sins. In the tender compassion of our God the dawn from on high shall break upon us, to shine on those who dwell in darkness and the shadow of death, and to guide our feet into the way of peace.

Glory to the Father...

Intercessions

In the spirit of Christ, our peace, let us pray:

R/ Have mercy, Lord our God!

For those who have angered us: grant them peace, we pray. **R/**

For those who have harmed our loved ones: grant them your forgiveness and ours, we pray. **R/**

For those whose hearts are hardened against forgiving, grant them healing, we pray. **R/**

Personal intentions

