

The Second Friday after the Epiphany

January 23, 2026- Morning Prayer

Friday Week 2

Opening Versicle

Lord, (+) open our lips.

And our mouth shall proclaim your praise.

Glory to the Father, and to the Son, and to the Holy Spirit: as it was in the beginning, is now, and will be forever. Amen. Alleluia.

Invitatory and Psalter

Venite *Psalms 95:1-7*

Antiphon: The Lord has shown forth His glory: Come let us adore Him.

Come, let us sing to the Lord; *

let us shout for joy to the Rock of our salvation.

Let us come before his presence with thanksgiving *

and raise a loud shout to him with psalms.

For the Lord is a great God, *

and a great King above all gods.

In his hand are the caverns of the earth, *

and the heights of the hills are his also.

The sea is his, for he made it, *

and his hands have molded the dry land.

Come, let us bow down, and bend the knee, *

and kneel before the Lord our Maker.

For he is our God, and we are the people of his pasture and the sheep of his hand. *

Oh, that today you would hearken to his voice!

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.***

Antiphon: The Lord has shown forth His glory: Come let us adore Him.

Psalms 51

Antiphon: A humble, contrite heart, O God, you will not despise.

1 Have mercy on me, O God, according to your loving-kindness; *
in your great compassion blot out my offenses.

2 Wash me through and through from my wickedness *
and cleanse me from my sin.

- 3 For I know my transgressions, *
and my sin is ever before me.
- 4 Against you only have I sinned *
and done what is evil in your sight.
- 5 And so you are justified when you speak *
and upright in your judgment.
- 6 Indeed, I have been wicked from my birth, *
a sinner from my mother's womb.
- 7 For behold, you look for truth deep within me, *
and will make me understand wisdom secretly
- 8 Purge me from my sin, and I shall be pure; *
wash me, and I shall be clean indeed.
- 9 Make me hear of joy and gladness, *
that the body you have broken may rejoice.
- 10 Hide your face from my sins *
and blot out all my iniquities.
- 11 Create in me a clean heart, O God, *
and renew a right spirit within me.
- 12 Cast me not away from your presence *
and take not your holy Spirit from me.
- 13 Give me the joy of your saving help again *
and sustain me with your bountiful Spirit.
- 14 I shall teach your ways to the wicked, *
and sinners shall return to you.
- 15 Deliver me from death, O God, *
and my tongue shall sing of your righteousness, O God of my salvation.
- 16 Open my lips, O Lord, *
and my mouth shall proclaim your praise.
- 17 Had you desired it, I would have offered sacrifice, *
but you take no delight in burnt-offerings.
- 18 The sacrifice of God is a troubled spirit; *
a broken and contrite heart, O God, you will not despise.
- 19 Be favorable and gracious to Zion, *
and rebuild the walls of Jerusalem.
- 20 Then you will be pleased with the appointed sacrifices, with burnt-offerings and oblations; *
then shall they offer young bullocks upon your altar.
- 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.*

Antiphon: A humble, contrite heart, O God, you will not despise.

The Prayer of the Prophet *Habakkuk 3:2-4. 13a, 15-19*

Antiphon: I will rejoice in the LORD and exult in my Redeemer.

O Lord, I have heard your renown, *
and I stand in awe, O Lord, of your work.

In your own time revive it, in your own time make it known; *
 in wrath, may you remember mercy!
 God comes from Teman, *
 the Holy One from Mount Paran.
 Covered are the heavens with his glory, *
 and with his praise the earth is filled.
 His splendor spreads like the sun; rays shine forth from his right hand, *
 where his power is hidden.
 You come forth to save your people, *
 to save your anointed one
 You tread the sea with your steeds*
 churning the deep and mighty waters.
 I hear, and my body trembles; *
 at the sound, my lips quiver.
 Decay invades my bones, *
 my legs tremble beneath me.
 I await the day of calamity *
 that will come upon the people who attack us.
 For though the fig tree blossom not*
 nor fruit be on the vines,
 Though the yield of the olive fail*
 and the terraces produce no food,
 Though the flocks disappear from the fold*
 and there be no herd in the stalls,
 Yet will I rejoice in the LORD*
 and exult in the God of my salvation.
 GOD, my Lord, is my strength; he makes my feet swift as those of hinds*
 and enables me to tread upon the heights
 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.*

Antiphon: I will rejoice in the LORD and exult in my Redeemer.

Psalm 22

Antiphon: You ransomed us by your Precious Blood, O Christ. Nailed to the cross and pierced with the lance, you poured forth immortality for humanity.

- 1 My God, my God, why have you forsaken me? *
and are so far from my cry and from the words of my distress?
- 2 O my God, I cry in the daytime, but you do not answer; *
by night as well, but I find no rest.
- 3 Yet you are the Holy One, *
enthroned upon the praises of Israel.
- 4 Our forefathers put their trust in you; *
they trusted, and you delivered them.

- 5 They cried out to you and were delivered; *
they trusted in you and were not put to shame.
- 6 But as for me, I am a worm and no man, *
scorned by all and despised by the people.
- 7 All who see me laugh me to scorn; *
they curl their lips and wag their heads, saying,
- 8 “He trusted in the LORD; let him deliver him; *
let him rescue him, if he delights in him.”
- 9 Yet you are he who took me out of the womb, *
and kept me safe upon my mother's breast.
- 10 I have been entrusted to you ever since I was born; *
you were my God when I was still in my mother's womb.
- 11 Be not far from me, for trouble is near, *
and there is none to help.
- 12 Many young bulls encircle me; *
strong bulls of Bashan surround me.
- 13 They open wide their jaws at me, *
like a ravening and a roaring lion.
- 14 I am poured out like water; all my bones are out of joint; *
my heart within my breast is melting wax.
- 15 My mouth is dried out like a pot-sherd; my tongue sticks to the roof of my mouth; *
and you have laid me in the dust of the grave.
- 16 Packs of dogs close me in, and gangs of evildoers circle around me; *
they pierce my hands and my feet; I can count all my bones.
- 17 They stare and gloat over me; *
they divide my garments among them; they cast lots for my clothing.
- 18 Be not far away, O LORD; *
you are my strength; hasten to help me.
- 19 Save me from the sword, *
my life from the power of the dog.
- 20 Save me from the lion's mouth, *
my wretched body from the horns of wild bulls.
- 21 I will declare your Name to my brethren; *
in the midst of the congregation I will praise you.
- 22 Praise the LORD, you that fear him; *
stand in awe of him, O offspring of Israel; you of Jacob's line, give glory.
- 23 For he does not despise nor abhor the poor in their poverty; neither does he hide his face from them; *
but when they cry to him he hears them.
- 24 My praise is of him in the great assembly; *
I will perform my vows in the presence of those who worship him.
- 25 The poor shall eat and be satisfied, and those who seek the LORD shall praise him: *
“May your heart live for ever!”
- 26 All the ends of the earth shall remember and turn to the LORD, *
and all the families of the nations bow before him.
- 27 For kingship belongs to the LORD; *
he rules over the nations.
- 28 To him alone all who sleep in the earth bow down in worship; *
all who go down to the dust fall before him.

29 My soul shall live for him; my descendants shall serve him; *
they shall be known as the LORD'S for ever.
30 They shall come and make known to a people yet unborn *
the saving deeds that he has done.
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.*

Antiphon: You ransomed us by your Precious Blood, O Christ. Nailed to the cross and pierced with the lance, you poured forth immortality for humanity.

The Lessons and Canticles

First Reading – Genesis 11:27-12:8

Now these are the descendants of Terah. Terah was the father of Abram, Nahor, and Haran; and Haran was the father of Lot. Haran died before his father Terah in the land of his birth, in Ur of the Chaldeans. Abram and Nahor took wives; the name of Abram's wife was Sarai, and the name of Nahor's wife was Milcah. She was the daughter of Haran the father of Milcah and Iscah. Now Sarai was barren; she had no child. Terah took his son Abram and his grandson Lot son of Haran, and his daughter-in-law Sarai, his son Abram's wife, and they went out together from Ur of the Chaldeans to go into the land of Canaan; but when they came to Haran, they settled there. The days of Terah were two hundred five years; and Terah died in Haran. Now the LORD said to Abram, "Go from your country and your kindred and your father's house to the land that I will show you. I will make of you a great nation, and I will bless you, and make your name great, so that you will be a blessing. I will bless those who bless you, and

the one who curses you I will curse; and in you all the families of the earth shall be blessed." So Abram went, as the LORD had told him; and Lot went with him. Abram was seventy-five years old when he departed from Haran. Abram took his wife Sarai and his brother's son Lot, and all the possessions that they had gathered, and the persons whom they had acquired in Haran; and they set forth to go to the land of Canaan. When they had come to the land of Canaan, Abram passed through the land to the place at Shechem, to the oak of Moreh. At that time the Canaanites were in the land. Then the LORD appeared to Abram, and said, "To your offspring I will give this land." So he built there an altar to the LORD, who had appeared to him. From there he moved on to the hill country on the east of Bethel, and pitched his tent, with Bethel on the west and Ai on the east; and there he built an altar to the LORD and invoked the name of the LORD.

The Word of the Lord.
Thanks be to God.

The Third Song of Isaiah *Surge, illuminar* *Isaiah 60:1-3, 11a, 14c, 18-19*

The Third Song of Isaiah Antiphon: I will give you as a light to the nations, that my salvation may reach to the end of the earth.

Arise, shine, for your light has come, *
 and the glory of the Lord has dawned upon you.
 For behold, darkness covers the land; *
 deep gloom enshrouds the peoples.
 But over you the Lord will rise, *
 and his glory will appear upon you.
 Nations will stream to your light, *
 and kings to the brightness of your dawning.
 Your gates will always be open; *
 by day or night they will never be shut.
 They will call you, The City of the Lord, *
 The Zion of the Holy One of Israel.
 Violence will no more be heard in your land, *
 ruin or destruction within your borders.
 You will call your walls, Salvation, *
 and all your portals, Praise.
 The sun will no more be your light by day; *
 by night you will not need the brightness of the moon.
 The Lord will be your everlasting light, *
 and your God will be your glory.
 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 Third Song of Isaiah Antiphon: I will give you as a light to the nations, that my salvation may reach to the end of the earth.

Second Reading – Hebrews 7:1-17

This "King Melchizedek of Salem, priest of the Most High God, met Abraham as he was returning from defeating the kings and blessed him" and to him Abraham apportioned "one-tenth of everything." His name, in the first place, means "king of righteousness" next he is also king of Salem, that is, "king of peace." Without father, without mother, without genealogy, having neither beginning of days nor end of life, but resembling the Son of God, he remains a priest forever. See how great he is! Even Abraham the patriarch gave him a tenth of the spoils. And those descendants of Levi who receive the priestly office have a commandment in the law to collect tithes from the people, that is, from their kindred, though these also are descended from Abraham. But this man, who does not belong to their ancestry, collected tithes from Abraham and blessed him who had

received the promises. It is beyond dispute that the inferior is blessed by the superior. In the one case, tithes are received by those who are mortal; in the other, by one of whom it is testified that he lives. One might even say that Levi himself, who receives tithes, paid tithes through Abraham, for he was still in the loins of his ancestor when Melchizedek met him. Now if perfection had been attainable through the levitical priesthood-- for the people received the law under this priesthood-- what further need would there have been to speak of another priest arising according to the order of Melchizedek, rather than one according to the order of Aaron? For when there is a change in the priesthood, there is necessarily a change in the law as well. Now the one of whom these things are spoken belonged to another tribe, from which no one has ever served at the altar. For it is evident that

our Lord was descended from Judah, and in connection with that tribe Moses said nothing about priests. It is even more obvious when another priest arises, resembling Melchizedek, one who has become a priest, not through a legal

requirement concerning physical descent, but through the power of an indestructible life. For it is attested of him, "You are a priest forever, according to the order of Melchizedek."

The Word of the Lord.

Thanks be to God

The Song of Zechariah *Benedictus Dominus Deus Luke 1: 68-79*

Benedictus Antiphon: The Lord has come to His people and set them free.

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, and to the Son, and to the Holy Spirit: *
as it was in the beginning, is now, and will be for ever. ***Amen.***

Benedictus Antiphon: The Lord has come to His people and set them free.

Third Reading – A Reading from the treatise On Spiritual Perfection by Diadochus of Photice, bishop (AD 400-486) Cap. 12, 13, 14: PG 65, 1171-1172

No one who is in love with themselves is capable of loving God. The one who loves God is the one who mortifies their self-love for the sake of the immeasurable blessings of divine love. Such a person never seeks his or her own glory but only the glory of God. If a person loves themselves, they seek their own glory, but

the one who loves God loves the glory of the Creator. Anyone alive to the love of God can be recognized from the way they constantly strive to glorify Him by fulfilling all His commandments and by delighting in their own abasement. Because of His great majesty it is fitting that God should receive glory, but if that

person hopes to win God's favor it becomes that one to be humble. If we possess this love for God, we too will rejoice in his glory as Saint John the Baptist did, and we shall never stop repeating: His fame must increase, but mine must diminish. I know a priest who, though lamenting his failure to love God as much as he desires, yet loves him so much that his soul burns with ceaseless longing for God to be glorified, and for his own complete effacement. This man has no feeling of self-importance even when he receives praise. So deep is his desire to humble himself that he never even thinks of his own dignity. He fulfills his priestly duty by celebrating the Liturgy, but his intense love for God is an abyss that swallows up all consciousness of his high office. His humility makes him oblivious of any honor it might bring him, so that in his own estimation he is never anything but a useless servant. Because of his desire for self-abasement, he regards himself as though degraded from his office. His example is one that we ourselves should follow by fleeing

from all honor and glory for the sake of the immeasurable blessings of God's love, for he has loved us so much! Anyone who loves God in the depths of their heart has already been loved by God. In fact, the measure of a person's love for God depends upon how deeply aware they are of God's love for them. When this awareness is keen it makes whoever possesses it long to be enlightened by the divine light, and this longing is so intense that it seems to penetrate their very bones. They lose all consciousness of themselves and are entirely transformed by the love of God. Such a person lives in this life and at the same time does not live in it, for although they still inhabit their body, they are constantly leaving it in spirit because of the love that draws them toward God. Once the love of God has released them from self-love, the flame of divine love never ceases to burn in their heart and they remain united to God by an irresistible longing. As the Apostle says: If we are taken out of ourselves it is for the love of God; if we are brought back to our senses it is for your sake.

The Apostles' Creed

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

The Lord be with you.

And also with you.

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.**

The Suffrages (A)

- 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 Collects

Collect for the Second week after the Epiphany

Almighty God, whose Son our Savior Jesus Christ is the light of the world: Grant that your people, illumined by your Word and Sacraments, may shine with the radiance of Christ's glory, that he may be known, worshipped, and obeyed to the ends of the earth; through Jesus Christ our Lord, who with you and the Holy Spirit lives and reigns, one God, now and for ever. **Amen.**

Collect for Fridays

Almighty God, whose most dear Son went not up to joy but first he suffered pain, and entered not into glory before he was crucified: Mercifully grant that we, walking in the way of the cross, may find it none other than the way of life and peace; through Jesus Christ our Lord. ***Amen***

Collect for Mission

Lord Jesus Christ, you stretched out your arms of love on the hard wood of the cross that everyone might come within the reach of your saving embrace: So clothe us in your Spirit that we, reaching forth our hands in love, may bring those who do not know you to the knowledge and love of you; for the honor of your Name. ***Amen.***

The General Thanksgiving

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 our selves 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.***

A Prayer of St. John Chrysostom

Almighty God, you have given us grace at this time with one accord to make our common supplication to you; and you have promised through your well-beloved Son that when two or three are gathered together in his Name you will be in the midst of them: Fulfill now, O Lord, our desires and petitions as may be best for us; granting us in this world knowledge of your truth, and in the age to come life everlasting.
Amen.

Let us bless the Lord.

Thanks be to God.

The Angelus

V. The Angel of the Lord announced unto Mary,
R. And she conceived by the Holy Ghost.

*Hail Mary, full of grace, the Lord is with thee,
Blessed art thou among women,
and blessed is the fruit of thy womb, Jesus.
Holy Mary, Mother of God, pray for us sinners,
now and at the hour of our death. Amen.*

V. Behold the handmaid of the Lord;
R. Be it unto me according to thy word.

*Hail Mary, full of grace, the Lord is with thee,
Blessed art thou among women,
and blessed is the fruit of thy womb, Jesus.
Holy Mary, Mother of God, pray for us sinners,
now and at the hour of our death. Amen.*

V. And the Word was made flesh,
R. And dwelt among us.

*Hail Mary, full of grace, the Lord is with thee,
Blessed art thou among women,
and blessed is the fruit of thy womb, Jesus.
Holy Mary, Mother of God, pray for us sinners,
now and at the hour of our death. Amen.*

V. Pray for us, O holy Mother of God.
R. That we may be made worthy of the promises of Christ.

Let us pray: We beseech thee, O Lord, pour thy grace into our hearts; that as we have known the incarnation of thy Son Jesus Christ announced by the message of an angel to the Virgin Mary, so by his (+) cross and passion we may be brought unto the glory of his resurrection. Through the same Christ our Lord. *Amen.*

Prayer to Saint Michael

Saint Michael the Archangel, defend us in battle. Be our safeguard against the wickedness and snares of the Devil. May God rebuke him, we humbly pray, and, O Prince of the heavenly hosts, by the power of God, cast into hell Satan, and all the evil spirits, who prowl about the world seeking the ruin of souls.
Amen.