

Ascension Day

Morning Prayer

May 14, 2026

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

Christ our Passover *Pascha nostrum*

1 Corinthians 5:7-8; Romans 6:9-11; 1 Corinthians 15:20-22

Antiphon: Alleluia. Christ the Lord has ascended into heaven: Come let us adore Him, alleluia.

Alleluia. Christ our Passover has been sacrificed for us; *

therefore let us keep the feast,

Not with the old leaven, the leaven of malice and evil, *

but with the unleavened bread of sincerity and truth. Alleluia.

Christ being raised from the dead will never die again; *

death no longer has dominion over him.

The death that he died, he died to sin, once for all; *

but the life he lives, he lives to God.

So also consider yourselves dead to sin, *

and alive to God in Jesus Christ our Lord. Alleluia.

Christ has been raised from the dead, *

the first fruits of those who have fallen asleep.

For since by a man came death, *

by a man has come also the resurrection of the dead.

For as in Adam all die, *

so also in Christ shall all be made alive. *Alleluia.*

Antiphon: Alleluia. Christ the Lord has ascended into heaven: Come let us adore Him, alleluia.

Psalm 63:1-9

Antiphon: Men of Galilee, why do you stand looking up toward heaven? This Jesus, who has been taken up from you into heaven, will come in the same way as you saw him go into heaven., alleluia!

- 1 O God, you are my God; eagerly I seek you; *
my soul thirsts for you, my flesh faints for you,
as in a barren and dry land where there is no water.
- 2 Therefore I have gazed upon you in your holy place, *
that I might behold your power and your glory.
- 3 For your loving-kindness is better than life itself; *
my lips shall give you praise.
- 4 So will I bless you as long as I live *
and lift up my hands in your Name.
- 5 My soul is content, as with marrow and fatness, *
and my mouth praises you with joyful lips,
- 6 When I remember you upon my bed, *
and meditate on you in the night watches.
- 7 For you have been my helper, *
and under the shadow of your wings I will rejoice.
- 8 My soul clings to you; *
your right hand holds me fast.

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: Men of Galilee, why do you stand looking up toward heaven? This Jesus, who has been taken up from you into heaven, will come in the same way as you saw him go into heaven., alleluia!

Canticle of Daniel: Song of the Three Youths

Antiphon: Exalt the King of kings; sing praises to God, alleluia!

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.
Glorify the Lord, you angels and all powers of the Lord, *
O heavens and all waters above the heavens.
Sun and moon and stars of the sky, glorify the Lord, *
praise him and highly exalt him for ever.
Glorify the Lord, every shower of rain and fall of dew, *
all winds and fire and heat.

Winter and Summer, glorify the Lord, *
praise him and highly exalt him for ever.
Glorify the Lord, O chill and cold, *
drops of dew and flakes of snow.
Frost and cold, ice and sleet, glorify the Lord, *
praise him and highly exalt him for ever.
Glorify the Lord, O nights and days, *
O shining light and enfolding dark.
Storm clouds and thunderbolts, 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 the people of God glorify the Lord, *
praise him and highly exalt him for ever.
Glorify the Lord, O priests and servants of the Lord, *
praise him and highly exalt him for ever.
Glorify the Lord, O spirits and souls of the righteous, *
praise him and highly exalt him for ever.
You that are holy and humble of heart, 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.

Antiphon: Exalt the King of kings; sing praises to God, alleluia!

Psalm 149

Antiphon: As they watched, He was lifted up, and a cloud removed Him from their sight into heaven, alleluia!

- 1 Sing to the LORD a new song; *
sing his praise in the congregation of the faithful.
- 2 Let Israel rejoice in his Maker; *
let the children of Zion be joyful in their King.
- 3 Let them praise his Name in the dance; *
let them sing praise to him with timbrel and harp.
- 4 For the LORD takes pleasure in his people *
and adorns the poor with victory.
- 5 Let the faithful rejoice in triumph; *
let them be joyful on their beds.
- 6 Let the praises of God be in their throat *
and a two-edged sword in their hand;
- 7 To wreak vengeance on the nations *
and punishment on the peoples;
- 8 To bind their kings in chains *
and their nobles with links of iron;
- 9 To inflict on them the judgment decreed; *
this is glory for all his faithful 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.*

Antiphon: As they watched, He was lifted up, and a cloud removed Him from their sight into heaven, alleluia.

The Lessons and Canticles

First Reading – Ezekiel 1:1-28

In the thirtieth year, in the fourth month, on the fifth day of the month, as I was among the exiles by the river Chebar, the heavens were opened, and I saw visions of God. On the fifth day of the month (it was the fifth year of the exile of King Jehoiachin), the word of the LORD came to the priest Ezekiel son of Buzi, in the land of the Chaldeans by the river Chebar; and the hand of the LORD was on him there. As I looked, a stormy wind came out of the north: a great cloud with brightness around it and fire flashing forth

continually, and in the middle of the fire, something like gleaming amber. In the middle of it was something like four living creatures. This was their appearance: they were of human form. Each had four faces, and each of them had four wings. Their legs were straight, and the soles of their feet were like the sole of a calf's foot; and they sparkled like burnished bronze. Under their wings on their four sides they had human hands. And the four had their faces and their wings thus: their wings touched one another; each of

them moved straight ahead, without turning as they moved. As for the appearance of their faces: the four had the face of a human being, the face of a lion on the right side, the face of an ox on the left side, and the face of an eagle; such were their faces. Their wings were spread out above; each creature had two wings, each of which touched the wing of another, while two covered their bodies. Each moved straight ahead; wherever the spirit would go, they went, without turning as they went. In the middle of the living creatures there was something that looked like burning coals of fire, like torches moving to and fro among the living creatures; the fire was bright, and lightning issued from the fire. The living creatures darted to and fro, like a flash of lightning. As I looked at the living creatures, I saw a wheel on the earth beside the living creatures, one for each of the four of them. As for the appearance of the wheels and their construction: their appearance was like the gleaming of beryl; and the four had the same form, their construction being something like a wheel within a wheel. When they moved, they moved in any of the four directions without veering as they moved. Their rims were tall and awesome, for the rims of all four were full of eyes all around. When the living creatures moved, the wheels moved beside them; and when the living creatures rose from the earth, the wheels rose. Wherever the spirit would go, they went, and the wheels rose along with them; for the spirit of the living creatures was in the

wheels. When they moved, the others moved; when they stopped, the others stopped; and when they rose from the earth, the wheels rose along with them; for the spirit of the living creatures was in the wheels. Over the heads of the living creatures there was something like a dome, shining like crystal, spread out above their heads. Under the dome their wings were stretched out straight, one toward another; and each of the creatures had two wings covering its body. When they moved, I heard the sound of their wings like the sound of mighty waters, like the thunder of the Almighty, a sound of tumult like the sound of an army; when they stopped, they let down their wings. And there came a voice from above the dome over their heads; when they stopped, they let down their wings. And above the dome over their heads there was something like a throne, in appearance like sapphire; and seated above the likeness of a throne was something that seemed like a human form. Upward from what appeared like the loins I saw something like gleaming amber, something that looked like fire enclosed all around; and downward from what looked like the loins I saw something that looked like fire, and there was a splendor all around. Like the bow in a cloud on a rainy day, such was the appearance of the splendor all around. This was the appearance of the likeness of the glory of the LORD. When I saw it, I fell on my face, and I heard the voice of someone speaking.

The Word of the Lord.
Thanks be to God

The Song of Moses *Cantemus Domino*
Exodus 15:1-6, 11-13, 17-18

Song of Moses Antiphon: When Christ ascended to the heavens, He led captivity captive, alleluia

I will sing to the Lord, for he is lofty and uplifted; *
the horse and its rider has he hurled into the sea.

The Lord is my strength and my refuge; *
the Lord has become my Savior.
This is my God and I will praise him, *
the God of my people and I will exalt him.
The Lord is a mighty warrior; *
Yahweh is his Name.
The chariots of Pharaoh and his army has he hurled into the sea; *
the finest of those who bear armor have been drowned in the Red Sea.
The fathomless deep has overwhelmed them; *
they sank into the depths like a stone.
Your right hand, O Lord, is glorious in might; *
your right hand, O Lord, has overthrown the enemy.
Who can be compared with you, O Lord, among the gods? *
who is like you, glorious in holiness,
awesome in renown, and worker of wonders?
You stretched forth your right hand; *
the earth swallowed them up.
With your constant love you led the people you redeemed; *
with your might you brought them in safety to your holy dwelling.
You will bring them in and plant them *
on the mount of your possession,
The resting-place you have made for yourself, O Lord, *
the sanctuary, O Lord, that your hand has established.
The Lord shall reign *
for ever and for ever.
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.*

Song of Moses Antiphon: When Christ ascended to the heavens He led captivity captive, alleluia

Second Reading – Hebrews 2:5-18

Now God did not subject the coming world, about which we are speaking, to angels. But someone has testified somewhere, "What are human beings that you are mindful of them, or mortals, that you care for them? You have made them for a little while lower than the angels; you have crowned them with glory and honor, subjecting all things under their feet." Now in subjecting all things to them, God left nothing outside their control. As it is, we do not yet see everything in subjection to them, but we do see

Jesus, who for a little while was made lower than the angels, now crowned with glory and honor because of the suffering of death, so that by the grace of God he might taste death for everyone. It was fitting that God, for whom and through whom all things exist, in bringing many children to glory, should make the pioneer of their salvation perfect through sufferings. For the one who sanctifies and those who are sanctified all have one Father. For this reason Jesus is not ashamed to call them brothers and

sisters, saying, "I will proclaim your name to my brothers and sisters, in the midst of the congregation I will praise you." And again, "I will put my trust in him." And again, "Here am I and the children whom God has given me." Since, therefore, the children share flesh and blood, he himself likewise shared the same things, so that through death he might destroy the one who has the power of death, that is, the devil, and free those who all their lives were held in slavery by the fear of death. For it is clear that he did not come to help angels, but the

descendants of Abraham. Therefore he had to become like his brothers and sisters in every respect, so that he might be a merciful and faithful high priest in the service of God, to make a sacrifice of atonement for the sins of the people. Because he himself was tested by what he suffered, he is able to help those who are being tested.

The Word of the Lord.
Thanks be to God.

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

Benedictus Antiphon: I am ascending to my Father and your Father, to my God and your God, alleluia.

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: I am ascending to my Father and your Father, to my God and your God, alleluia.

Third Reading – A Reading from a sermon by Saint Augustine, bishop (AD 354-430)

(Sermo de Ascensione Domini, Mai 98, 1-2: PLS 2, 494-495)

Today our Lord Jesus Christ ascended into heaven; let our hearts ascend with him. Listen to the words of the Apostle: *If you have risen with Christ, set your hearts on the things that are above where Christ is, seated at the right hand of God; seek the things that are above, not the things that are on earth.* For just as he remained with us even after his ascension, so we too are already in heaven with him, even though what is promised us has not yet been fulfilled in our bodies. Christ is now exalted above the heavens, but he still suffers on earth all the pain that we, the members of his body, have to bear. He showed this when he cried out from above: *Saul, Saul, why do you persecute me?* and when he said: *I was hungry and you gave me food.* Why do we on earth not strive to find rest with him in heaven even now, through the faith, hope and love that unites us to him? While in heaven he is also with us; and we while on earth are with him. He is here with us by his divinity, his power and his love. We cannot be in heaven, as he is on earth, by divinity, but in him, we can be there by love. He did not leave heaven when he came down to us; nor did he withdraw from us

when he went up again into heaven. The fact that he was in heaven even while he was on earth is borne out by his own statement: *No one has ever ascended into heaven except the one who descended from heaven, the Son of Man, who is in heaven.* These words are explained by our oneness with Christ, for he is our head and we are his body. No one ascended into heaven except Christ because we also are Christ: he is the Son of Man by his union with us, and we by our union with him are the sons of God. So the Apostle says: *Just as the human body, which has many members, is a unity, because all the different members make one body, so is it also with Christ.* He too has many members, but one body. Out of compassion for us he descended from heaven, and although he ascended alone, we also ascend, because we are in him by grace. Thus, no one but Christ descended and no one but Christ ascended; not because there is no distinction between the head and the body, but because the body as a unity cannot be separated from the head.

The Te Deum

You are God: we praise you;
You are the Lord; we acclaim you;
You are the eternal Father:
All creation worships you.
To you all angels, all the powers of heaven,
Cherubim and Seraphim, sing in endless praise:
 Holy, holy, holy Lord, God of power and might,
 heaven and earth are full of your glory.
The glorious company of apostles praise you.
The noble fellowship of prophets praise you.
The white-robed army of martyrs praise you.

Throughout the world the holy Church acclaim you;
Father, of majesty unbounded,
your true and only Son, worthy of all worship,
and the Holy Spirit, advocate and guide.
You, Christ, are the king of glory,
the eternal Son of the Father.
When you became man to set us free
you did not shun the Virgin's womb.
You overcame the sting of death
and opened the kingdom of heaven to all believers.
You are seated at God's right hand in glory.
We believe that you will come and be our judge.
Come then, Lord, and help your people,
bought with the price of your own blood,
and bring us with your saints
to glory everlasting.

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 (B)

V. Save your people, Lord, and bless your inheritance;
R. Govern and uphold them now and always.
V. Day by day we bless you;
R. We praise your name forever.
V. Lord, keep us from all sin today;
R. Have mercy on us, Lord, have mercy.
V. Lord, show us your love and mercy;
R. For we put our trust in you.
V. In you, Lord, is our hope;
R. And we shall never hope in vain.

Collects

Collect for Ascension Day

Almighty God, whose blessed Son our Savior Jesus Christ ascended far above all heavens that he might fill all things: Mercifully give us faith to perceive that, according to his promise, he abides with his Church on earth, even to the end of the ages; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, in glory everlasting *Amen.*

Collect for Guidance

Heavenly Father, in you we live and move and have our being: We humbly pray you so to guide and govern us by your Holy Spirit, that in all the cares and occupations of our life we may not forget you, but may remember that we are ever walking in your sight; through Jesus Christ our Lord. *Amen.*

Collect for Mission

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.*

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. 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. Alleluia, Alleluia!

Thanks be to God. Alleluia!, Alleluia!

Glory to God whose power, working in us, can do infinitely more than we can ask or imagine: Glory to him from generation to generation in the Church, and in Christ Jesus for ever and ever.

Amen.

The Regina Coeli (said during Eastertide)

V. O Queen of heaven, rejoice, alleluia!

R. For He whom you did merit to bear, alleluia!

V. Has risen, as he promised, alleluia!

R. Pray for us to God, alleluia!

V. Rejoice and be glad, O Virgin Mary, alleluia!

R. For the Lord has truly risen, alleluia!

Let us pray: O God, who gave joy to the world through the resurrection of your Son, our Lord Jesus Christ, grant we beseech Thee, that through the intercession of the Virgin Mary, His Mother, we may obtain the joys of everlasting life. 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.