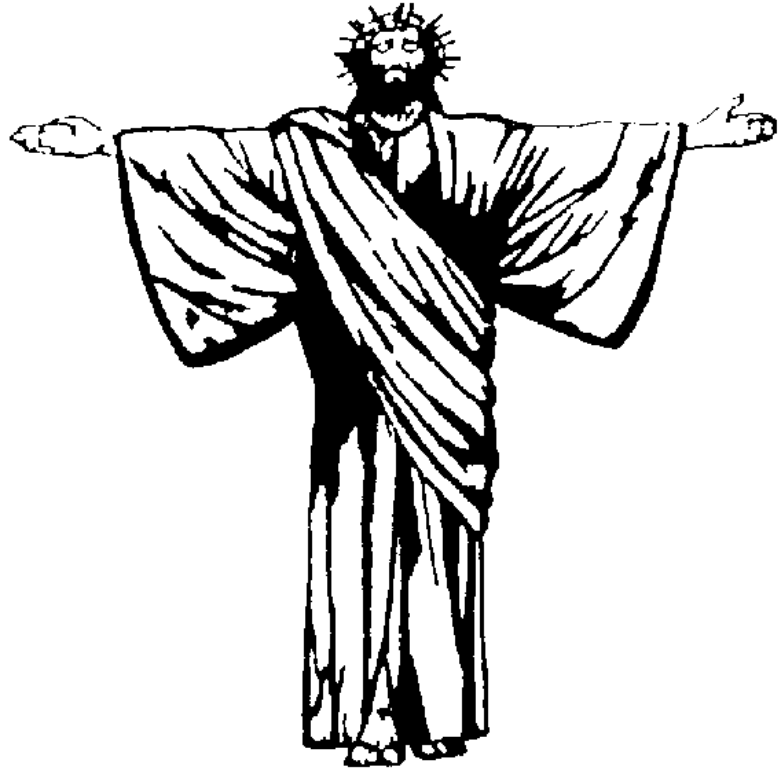


*Hours of the
Triduum*



God, + come to my assistance.
– Lord, make haste to help me.

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.

HYMN

Were you there when they crucified my lord?
Were you there when they crucified my lord?
Oh! ... Sometimes it causes me to Tremble, tremble, tremble
Were you there when they crucified my lord?

Were you there when they nailed HIM to the tree?
Were you there when they nailed HIM to the tree?
Oh!...Sometimes it causes me to Tremble, tremble, tremble
Were you there when they nailed HIM to the tree?

Were you there when they laid HIM in the tomb?
Were you there when they laid HIM in the tomb?
Oh!...Sometimes it causes me to Tremble, tremble, tremble
Were you there when they laid HIM in the tomb?

Examination of Conscience

Leader: Night holds no terrors for me sleeping under God's wing.

Psalm 91

North: He who dwells in the shelter of the Most High and abides in the shade of the Almighty says to the Lord: "My refuge, my stronghold, my God in whom I trust!"

South: It is He who will free you from the snare of the fowler who seeks to destroy you; He will conceal you with His pinions and under His wings you will find refuge.

North: A thousand may fall at you side, ten thousand fall at your right, you, it will never approach; His faithfulness is buckler and shield.

South: Your eyes have only to look to see how the wicked are repaid, you who have said: "Lord, my refuge!" and have made the Most High your dwelling.

North: Upon you no evil shall fall, no plague approach where you dwell. For you has he commanded His angels, to keep you in all your ways.

South: They shall bear you upon their hands, lest you strike your foot against a stone. On the lion and viper you will tread and trample the young lion and the dragon.

North: Since he clings to me in love, I will free him; protect him for he knows my name. When he calls I shall answer: "I am with you." I will save him in distress and give him glory.

South: With length of life I will content him; I shall let him see my saving power.

All: Glory be to the Father, and to the Son and to the Holy Spirit, as it was in the beginning is now and ever shall be, world without end. Amen.

All: Night holds no terrors for me sleeping under God's wing.

Reading

Revelation 22:4-5

They shall see Him face to face and bear His name on their foreheads. The night shall be no more. They will need no light from lamps or the sun, for the Lord God shall give them light, and they shall reign forever.

The Word of the Lord

All: *Thanks be to God*

All: For our sake Christ was obedient, accepting even death.

Leader: Protect us, Lord, as we stay awake; watch over us as we sleep, that awake, we may keep watch with Christ, and asleep, rest in His peace.

(while making the sign of the cross we all pray together:)

Lord, now you let your servant go in peace; your word has been fulfilled;
my own eyes have seen the salvation which you have prepared
in the sight of every people: a light to reveal you to the nations
and the glory of your people Israel.

All: Glory be to the Father, and to the Son and to the Holy Spirit, as it was in the beginning is now and ever shall
be, world without end. Amen.

All: Protect us, Lord, as we stay awake; watch over us as we sleep, that awake, we may keep watch with Christ, and
asleep, rest in His peace.

Leader: Lord we beg you to visit this house and banish from it all the deadly power of the enemy. May your
holy angels dwell here to keep us in peace, and may your blessing be upon us always. We ask this
through Christ our Lord.

All: Amen.

Leader: May the all powerful Lord, grant us a restful night and a peaceful death.

All: Amen.

Antiphon in Honor the Blessed Virgin

Ave, Regina caelorum, Ave, Domina angelorum,
Salve, radix, salve, porta, Ex qua mundo lux est orta.
Gaude, Virgo gloriosa, super omnes speciosa;
Vale, O valde decora, et pro nobis Christum exora. Amen

Good Friday Morning Prayer

God, + come to my assistance.

– Lord, make haste to help me.

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.

HYMN

Were you there when they crucified my lord?
Were you there when they crucified my lord?
Oh! ... Sometimes it causes me to Tremble, tremble, tremble
Were you there when they crucified my lord?

Were you there when they nailed HIM to the tree?
Were you there when they nailed HIM to the tree?
Oh!...Sometimes it causes me to Tremble, tremble, tremble
Were you there when they nailed HIM to the tree?

Were you there when they laid HIM in the tomb?
Were you there when they laid HIM in the tomb?
Oh!...Sometimes it causes me to Tremble, tremble, tremble
Were you there when they laid HIM in the tomb?

PSALMODY

Ant. 1 God did not spare his own Son, but gave him up to suffer for our sake.

Psalm 51

O God, have mercy on me

Your inmost being must be renewed, and you must put on the new man (Ephesians 4:23-24).

Have mercy on me, God, in your kindness. *

In your compassion blot out my offense.

O wash me more and more from my guilt *

and cleanse me from my sin.

My offenses truly I know them; *
my sin is always before me
Against you, you alone, have I sinned; *
what is evil in your sight I have done.

That you may be justified when you give sentence *
and be without reproach when you judge.
O see, in guilt I was born, *
a sinner was I conceived.

Indeed you love truth in the heart; *
then in the secret of my heart teach me wisdom.
O purify me, then I shall be clean; *
O wash me, I shall be whiter than snow.

Make me hear rejoicing and gladness, *
that the bones you have crushed may revive.
From my sins turn away your face *
and blot out all my guilt.

A pure heart create for me, O God, *
put a steadfast spirit within me.
Do not cast me away from your presence, *
nor deprive me of your holy spirit.

Give me again the joy of your help; *
with a spirit of fervor sustain me,
that I may teach transgressors your ways *
and sinners may return to you.

O rescue me, God, my helper, *
and my tongue shall ring out your goodness.
O Lord, open my lips *
and my mouth shall declare your praise.

For in sacrifice you take no delight, *
burnt offering from me you would refuse,
my sacrifice, a contrite spirit.*
A humbled, contrite heart you will not spurn.

In your goodness, show favor to Zion: *
rebuild the walls of Jerusalem.
Then you will be pleased with lawful sacrifice,
Holocausts offered on 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.

Psalm Prayer

Father, he who knew no sin was made sin for us, to save us and restore us to your friendship. Look upon our contrite heart and afflicted spirit and heal our troubled conscience, so that in the joy and strength of the Holy Spirit we may proclaim your praise and glory before all the nations.

Ant. God did not spare his own Son, but gave him up to suffer for our sake.

Ant. 2 Jesus Christ loved us, and poured out his own blood for us to wash away our sins.

*Canticle: Habakkuk 3:2-4, 13a, 15-19 - God comes to judge
Lift up your heads for your redemption is at hand (Luke 21:28).*

O Lord, I have heard your renown, *
and feared, O Lord, your work.
In the course of the years revive it, †
in the course of the years make it known; *
in your wrath remember compassion!

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 light; †
rays shine forth from beside him, *
where his power is concealed.
You come forth to save your people, *
to save your anointed one.

You tread the sea with your steeds *
amid the churning of the deep 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 distress *
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 nourishment,

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 my saving God.

God, my Lord, is my strength; †
he makes my feet swift as those of hinds *
and enables me to go 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.

Ant. Jesus Christ loved us, and poured out his own blood for us to wash away our sins.

Ant. 3 We worship your cross, O Lord, and we praise and glorify your holy resurrection, for the wood of the cross has brought joy to the world.

Psalm 147:12-20
The restoration of Jerusalem

Come, I will show you the bride of the Lamb (Revelation 21:9).

O praise the Lord, Jerusalem! *
Zion, praise your God!

He has strengthened the bars of your gates, *
he has blessed the children within you.
He established peace on your borders, *
he feeds you with finest wheat.

He sends out his word to the earth *
and swiftly runs his command.
He showers down snow white as wool, *
he scatters hoar-frost like ashes.

He hurls down hailstones like crumbs. *
The waters are frozen at his touch;
he sends forth his word and it melts them: *
at the breath of his mouth the waters flow.

He makes his word known to Jacob, *
to Israel his laws and decrees.
He has not dealt thus with other nations; *
he has not taught them his decrees.

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.

Psalm Prayer

Lord you established peace within the borders of Jerusalem. Give the fullness of peace to your faithful people. May peace rule us in this life and possess us in eternal life. You are about to fill us with the best of wheat; grant that what we see dimly now as in a mirror, we may come to perceive clearly in the brightness of your truth.

Ant. We worship your cross, O Lord, and we praise and glorify your holy resurrection, for the wood of the cross has brought joy to the world.

READING

Isaiah 52:13-15

See, my servant shall prosper, he shall be raised high and greatly exalted. Even as many were amazed at him—so marred was his look beyond that of man, and his appearance beyond that of mortals—So shall he startle many nations, because of him kings shall stand speechless; For those who have not been told shall see, those who have not heard shall ponder it.

In place of the responsory the following is said:

Ant. For our sake Christ was obedient, accepting even death, death on a cross.

GOSPEL CANTICLE

Ant. Over his head they hung their accusation: Jesus of Nazareth, King of the Jews.

Luke 1:68 -79 - The Messiah and his forerunner

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.

Ant. Over his head they hung their accusation: Jesus of Nazareth, King of the Jews.

INTERCESSIONS

For our sake our Redeemer suffered death and was buried, and rose again. With heartfelt love let us adore him, and pray:
Lord, have mercy on us.

Christ our teacher, for our sake you were obedient even to accepting death,
– teach us to obey the Father’s will in all things.
Lord, have mercy on us.

Christ our life, by your death on the cross you destroyed the power of evil and death,
– may we die with you, to rise with you in glory.
Lord, have mercy on us.

Christ our King, you became an outcast among us, a worm and no man,
– teach us the humility by which you saved the world.
Lord, have mercy on us.

Christ our salvation, you gave yourself up to death out of love for us,
– help us to show your love to one another.
Lord, have mercy on us.

Christ our Savior, on the cross you embraced all time with your outstretched arms,
unite God’s scattered children in your kingdom of salvation.
Lord, have mercy on us.

THE LORD’S PRAYER

(Remember us, Lord, when you come to your kingdom and teach us how to 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.

CONCLUDING PRAYER

Look, we pray, O Lord, on this your family,
for whom our Lord Jesus Christ
did not hesitate to be delivered into the hands of the wicked
and submit to the agony of the Cross.

Who lives and reigns with you
in the unity of the Holy Spirit,
one God, for ever and ever.

– Amen.

Good Friday Mid-afternoon Prayer

God, + come to my assistance.
– Lord, make haste to help me.

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.

HYMN

Take up your cross, the Savior said,
If you would my disciple be;
Deny yourself, the world forsake,
And humbly follow after me.

Take up your cross, let not its weight
Fill your weak spirit with alarm;
His strength shall bear your spirit up,
Shall brace your heart and nerve your arm.

Take up your cross then in his strength,
And ev'ry danger calmly brave,
To guide you to a better home,
And vict'ry over death and grave.

Take up your cross and follow Christ,
Nor think till death to lay it down;
For only he who bears the cross
May hope to wear the glorious crown.

To you, great Lord, the One in three,
All praise for evermore ascend;
O grant us here below to see
The heav'nly life that knows no end.

Tune: Breslau or Winchester New L.M.

Music: (Breslau) As Hymnodus Sacer, 1625 or (Winchester New) Musikalisches Handbuch, Hamburg, 1690. Text: Charles William Everest, 1814-1877, adapted by Anthony G. Petti

PSALMODY

Midmorning: It was about nine in the morning when they nailed Jesus to the cross.

Midday: From noon until three o'clock there was darkness over the whole world.

Midafternoon: At three o'clock, Jesus cried out in a loud voice: My God, my God, why have you forsaken me?

Psalm 40:2-14, 17-18

Thanksgiving and plea for help

It was not sacrifice and oblation you wanted, but you have prepared a body for me
(Hebrews 10:5).

I waited, I waited for the Lord †
and he stooped down to me; *
he heard my cry.

He drew me from the deadly pit, *
from the miry clay.
He set my feet upon a rock *
and made my footsteps firm.

He put a new song into my mouth, *
praise of our God.
Many shall see and fear *
and shall trust in the Lord.

Happy the man who has placed *
his trust in the Lord
and has not gone over to the rebels *
who follow false gods.

How many, O Lord my God, †
are the wonders and designs that you have worked for us; *
you have no equal.
Should I proclaim and speak of them, *
they are more than I can tell!

You do not ask for sacrifices and offerings, *
but an open ear.
You do not ask for holocaust and victim. *
Instead, here am I.

In the scroll of the book it stands written *
that I should do your will.
My God, I delight in your law *
in the depth of my heart.

Your justice I have proclaimed *
in the great assembly.
My lips I have not sealed; *
you know it, O Lord.

I have not hidden your justice in my heart *
but declared your faithful help.
I have not hidden your love and your truth *
from the great assembly.

O Lord, you will not withhold *
your compassion from me.
Your merciful love and your truth *
will always guard me.

For I am beset with evils *
too many to be counted.
My sins have fallen upon me *
and my sight fails me.
They are more than the hairs on my head *
and my heart sinks.

O Lord, come to my rescue, *
Lord, come to my aid.

O let there be rejoicing and gladness *
for all who seek you.
Let them ever say: "The Lord is great," *
who love your saving help.

As for me, wretched and poor, *
the Lord thinks of me.
You are my rescuer, my help, *
O God, do not delay.

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.

Psalm Prayer

Lord Jesus Christ, you were made obedient unto death, and your name was exalted above all others. Teach us always to do the Father's will, so that, made holy by obedience which unites us to the sacrifice of your body, we can expect your great love in times of sorrow and sing a new song to our God.

Psalm 54:1-6, 8-9

Plea for help

The prophet prays that God will deliver him from the malice of his enemies (Cassian).

O God, save me by your name; *
by your power, uphold my cause.
O God, hear my prayer; *
listen to the words of my mouth.

For proud men have risen against me, †
ruthless men seek my life. *
They have no regard for God.
But I have God for my help. *
The Lord upholds my life.

I will sacrifice to you with willing heart *
and praise your name for it is good:
for you have rescued me from all my distress *
and my eyes have seen the downfall of my foes.

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.

Psalm Prayer

We humbly ask you, Father, to save us from every evil and trial on earth, that we may seek with our hearts and deeds our Lord and helper, Jesus Christ, whom we look to in the heavens.

Psalm 88

Prayer of a person who is gravely ill
This is your moment—when darkness reigns (Luke 22:53).

Lord my God, I call for help by day; *
I cry at night before you.
Let my prayer come into your presence. *
O turn your ear to my cry.

For my soul is filled with evils; *
my life is on the brink of the grave.
I am reckoned as one in the tomb: *
I have reached the end of my strength,

like one alone among the dead; *
like the slain lying in their graves;
like those you remember no more, *
cut off, as they are, from your hand.

You have laid me in the depths of the tomb, *
in places that are dark, in the depths.
Your anger weighs down upon me: *
I am drowned beneath your waves.

You have taken away my friends *
and made me hateful in their sight.
Imprisoned, I cannot escape; *
my eyes are sunken with grief.

I call to you, Lord, all the day long; *
to you I stretch out my hands.
Will you work your wonders for the dead? *
Will the shades stand and praise you?

Will your love be told in the grave *
or your faithfulness among the dead?
Will your wonders be known in the dark *
or your justice in the land of oblivion?

As for me, Lord, I call to you for help: *
in the morning my prayer comes before you.
Lord, why do you reject me? *
Why do you hide your face?

Wretched, close to death from my youth, *
I have borne your trials; I am numb.
Your fury has swept down upon me; *
your terrors have utterly destroyed me.

They surround me all the day like a flood, *
they assail me all together.
Friend and neighbor you have taken away: *
my one companion is darkness.

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.

Psalm Prayer

Lord Jesus, redeemer of all and author of our salvation, for us you went down to the realm of death and became free of death. Hear the prayers of your family and lift us from our slavery to evil, that we may be redeemed by you and see your Father's glory.

Antiphons

Midmorning: It was about nine in the morning when they nailed Jesus to the cross.

Midday: From noon until three o'clock there was darkness over the whole world.

Midafternoon: At three o'clock, Jesus cried out in a loud voice: My God, my God, why have you forsaken me?

MIDMORNING

READING

Isaiah 53:2-3

He grew up like a sapling before him, like a shoot from the parched earth; There was in him no stately bearing to make us look at him, nor appearance that would attract us to him. He was spurned and avoided by men, a man of suffering, accustomed to infirmity, One of those from whom men hide their faces, spurned, and we held him in no esteem.

We worship you, O Christ, and we praise you.

– Because by your holy cross you have redeemed the world.

CONCLUDING PRAYER

Let us pray.

Father, look with love upon your people,
the love which our Lord Jesus Christ showed us
when he delivered himself to evil men
and suffered the agony of the cross,
for he lives and reigns for ever and ever.

– Amen.

ACCLAMATION

Let us praise the Lord.

– And give him thanks.

MIDDAY

READING

Isaiah 53:4-5

Yet it was our infirmities that he bore, our sufferings that he endured, While we thought of him as stricken, as one smitten by God and afflicted. But he was pierced for our offenses, crushed for our sins. Upon him was the chastisement that makes us whole, by his stripes we were healed.

Lord, remember me.

– When you come into your kingdom.

CONCLUDING PRAYER

Let us pray.

Father,
look with love upon your people,
the love which our Lord Jesus Christ showed us
when he delivered himself to evil men
and suffered the agony of the cross,
for he lives and reigns for ever and ever.

– Amen.

ACCLAMATION

Let us praise the Lord.
– And give him thanks.

MIDAFTERNOON

READING

Isaiah 53:6-7

We had all gone astray like sheep, each following his own way; But the Lord laid upon him the guilt of us all. Though he was harshly treated, he submitted and opened not his mouth; Like a lamb led to the slaughter or a sheep before the shearers, he was silent and opened not his mouth.

He has plunged me into darkness.
– Like the dead, long forgotten.

CONCLUDING PRAYER

Let us pray.
Father,
look with love upon your people,
the love which our Lord Jesus Christ showed us
when he delivered himself to evil men
and suffered the agony of the cross,
for he lives and reigns for ever and ever.
– Amen.

ACCLAMATION

Let us praise the Lord.
– And give him thanks.

Holy Saturday- Morning Prayer

God, + come to my assistance.
– Lord, make haste to help me.

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.

HYMN

Now Christ, O Sun of righteousness,
Let dawn our darkened spirits bless:
The light of grace to us restore
While day to earth returns once more.

To us you give the accepted time,
Give, too, a heart that mourns for crime,
Let those by mercy now be cured
Whom loving-kindness long endured.

Spare not, we pray, to send us here
Some penance kindly but severe,
So let your gift of pardoning grace
Our grievous sinfulness efface.

Soon will that day, your day, appear
And all things with its brightness cheer:
We will rejoice in it, as we
return thereby to grace, and thee.

Let all the world from shore to shore
O gracious Trinity, adore;
Right soon your loving pardon grant,
That we our new-made song may chant. Amen.

Tune: Beatus Vir L.M. Music: Slovak Hymn Text: Iam, Christe, sol iustitiae, tenth century or possibly Ambrosian
Translation: The Primer of 1706, attributed to John Dryden, 1631-1701

PSALMODY

Ant 1 Though sinless, the Lord has been put to death. The world is in mourning as for an only son.

Psalm 64

Prayer for help against enemies

This psalm commemorates most particularly our Lord's passion (Saint Augustine).

Hear my voice, O God, as I complain, *
guard my life from dread of the foe.
Hide me from the band of the wicked, *
from the throng of those who do evil.

They sharpen their tongues like swords; *
they aim bitter words like arrows
to shoot at the innocent from ambush, *
shooting suddenly and recklessly.

They scheme their evil course; *
they conspire to lay secret snares.
They say: "Who will see us? *
Who can search out our crimes?"

He will search who searches the mind *
and knows the depth of the heart.
God has shot them with his arrow *
and dealt them sudden wounds.
Their own tongue has brought them to ruin *
and all who see them mock.

Then will all men fear; *
they will tell what God has done.
They will understand God's deeds. *
The just will rejoice in the Lord
and fly to him for refuge. *
All the upright hearts will 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.

Psalm Prayer

Father, you gave your Son victory over the men who plotted evil against him; when he cried to you in his agony, you delivered him from fear of his enemies. May those who suffer with him in this life find refuge and success in you.

Ant. Though sinless, the Lord has been put to death. The world is in mourning as for an only son.

Ant. 2 From the jaws of hell, Lord, rescue my soul.

Canticle: Isaiah 38:10-14, 17b-20
Anguish of a dying man and joy in his restoration

I was living, I was dead . . . and I hold the keys of death (Revelation 1:17-18).

Once I said, *
“In the noontime of life I must depart!
To the gates of the nether world I shall be consigned *
for the rest of my years.”

I said, “I shall see the Lord no more *
in the land of the living.
No longer shall I behold my fellow men *
among those who dwell in the world.”

My dwelling, like a shepherd's tent, *
is struck down and borne away from me;
you have folded up my life, like a weaver *
who severs the last thread.

Day and night you give me over to torment; *
I cry out until the dawn.
Like a lion he breaks all my bones; *
day and night you give me over to torment.

Like a swallow I utter shrill cries; *
I moan like a dove.
My eyes grow weak, gazing heaven-ward: *
O Lord, I am in straits; be my surety!

You have preserved my life *
from the pit of destruction,
When you cast behind your back *
all my sins.

For it is not the nether world that gives you thanks, *
nor death that praises you;
Neither do those who go down into the pit *
await your kindness.

The living, the living give you thanks, *
as I do today.
Fathers declare to their sons, *

O God, your faithfulness.

The Lord is our savior; *
we shall sing to stringed instruments
In the house of the Lord *
all the days of our life.

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.

Ant. From the jaws of hell, Lord, rescue my soul.

Ant 3. I was dead, but now I live for ever, and I hold the keys of death and of hell.

Psalm 150
Praise the Lord

Let mind and heart be in your song: this is to glorify God with your whole self (Hesychius).

Praise God in his holy place, *
praise him in his mighty heavens.
Praise him for his powerful deeds, *
praise his surpassing greatness.

O praise him with sound of trumpet, *
praise him with lute and harp.
Praise him with timbrel and dance, *
praise him with strings and pipes.

O praise him with resounding cymbals, *
praise him with clashing of cymbals.
Let everything that lives and that breathes *
give praise to the Lord.

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

Psalm Prayer

Lord God, maker of heaven and earth and of all created things, you make your just ones holy and you justify sinners who confess your name. Hear us as we humbly pray to you: give us eternal joy with your saints.

Ant. I was dead, but now I live for ever, and I hold the keys of death and of hell.

READING
Hosea 5:15b-16:2

Thus says the Lord, In their affliction, they shall look for me: “Come, let us return to the Lord, For it is he who has rent, but he will heal us; he has struck us, but he will bind our wounds. He will revive us after two days; on the third day he will raise us up, to live in his presence.”

In place of the Responory the following is said:

Ant. For our sake Christ was obedient, accepting even death, death on a cross. Therefore God raised him on high and gave him the name above all other names.

GOSPEL CANTICLE

Ant. Save us, O Savior of the world. On the cross you redeemed us by the shedding of your blood; we cry out for your help, O God.

Luke 1:68 -79
The Messiah and his forerunner

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.

Ant. Save us, O Savior of the world. On the cross you redeemed us by the shedding of your blood; we cry out for your help, O God.

INTERCESSIONS

Our Redeemer suffered and was buried for us in order to rise again. With sincere love we adore him, and aware of our needs we cry out:
Lord, have mercy on us.

Christ our Savior, your sorrowing Mother stood by you at your death and burial,
– in our sorrows may we share your suffering.
Lord, have mercy on us.

Christ our Lord, like the seed buried in the ground, you brought forth for us the harvest of grace,
– may we die to sin and live for God.
Lord, have mercy on us.

Christ the Good Shepherd, in death you lay hidden from the world,
– teach us to live a life hidden with you in the Father.
Lord, have mercy on us.

Christ, the new Adam, you entered the kingdom of death to release all the just since the beginning of the world,
– may all who lie dead in sin hear your voice and rise to life.
Lord, have mercy on us.

Christ Son of the living God, through baptism we were buried with you,
– risen also in baptism, may we walk in newness of life.
Lord, have mercy on us.

THE LORD'S PRAYER

(Gathering our prayer and praises into one, let us offer the prayer that Christ himself taught us:)

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.

CONCLUDING PRAYER

All-powerful and ever-living God,
your only Son went down among the dead
and rose again in glory.
In your goodness
raise up your faithful people,
buried with him in baptism,
to be one with him
in the everlasting life of heaven,
where he lives and reigns with you and the Holy Spirit,
one God, for ever and ever.
– Amen.

Holy Saturday - Midday Prayer

God, + come to my assistance.
– Lord, make haste to help me.

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.

HYMN

Have mercy, Lord, on us,
For you are ever kind;
Though we have sinned before you, Lord,
Your mercy let us find.

Lord, wash away our guilt,
And cleanse us from our sin;
For we confess our wrongs, and see
How great our guilt has been.

The joy your grace can give,
Let us again obtain,
And may your Spirit's firm support
Our spirits then sustain.

To God the Father, Son,
And Spirit glory be,
Who was, and is, and shall be so
For all eternity.

Tune: Southwell (Daman) S.M.

Music: William Daman, Psalmes of David in English Meter, 1579

Text: Psalm 42, Nahum Tate, 1652-1715 and Nicholas Brady, 1659-c.1726

PSALMODY

Antiphons

Midmorning: I know that I shall see the goodness of the Lord in the land of the living.

Midday: Lord, you have saved my soul from hell.

Midafternoon: He lives in peace, his home is in Zion.

Psalm 27

God stands by us in dangers

God now truly dwells with men (Revelation 21:3).

The Lord is my light and my help; *
whom shall I fear?
The Lord is the stronghold of my life; *
before whom shall I shrink?

When evil-doers draw near *
to devour my flesh,
it is they, my enemies and foes, *
who stumble and fall.

Though an army encamp against me *
my heart would not fear.
Though war break out against me *
even then would I trust.

There is one thing I ask of the Lord, *

for this I long,
to live in the house of the Lord, *
all the days of my life,
to savor the sweetness of the Lord, *
to behold his temple.

For there he keeps me safe in his tent *
in the day of evil.
He hides me in the shelter of his tent, *
on a rock he sets me safe.

And now my head shall be raised *
above my foes who surround me,
and I shall offer within his tent *
a sacrifice of joy.

I will sing and make music for the Lord.

O Lord, hear my voice when I call; *
have mercy and answer.
Of you my heart has spoken: *
“Seek his face.”

It is your face, O Lord, that I seek; *
hide not your face.
Dismiss not your servant in anger; *
you have been my help.

Do not abandon or forsake me, *
O God my help!
Though father and mother forsake me, *
the Lord will receive me.

Instruct me, Lord, in your way; *
on an even path lead me.
When they lie in ambush, protect me *
from my enemy's greed.
False witnesses rise against me, *
breathing out fury.

I am sure I shall see the Lord's goodness *
in the land of the living.
Hope in him, hold firm and take heart. *
Hope in the Lord!

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.

Psalm Prayer

Father, you protect and strengthen those who hope in you; you heard the cry of your Son and kept him safe in your tent in the day of evil. Grant that your servants who seek your face in time of trouble may see your goodness in the land of the living.

Psalm 30
Thanksgiving for deliverance from death

Christ, risen in glory, gives continual thanks to his Father (Cassian).

I will praise you, Lord, you have rescued me *
and have not let my enemies rejoice over me.

O Lord, I cried to you for help *

and you, my God, have healed me.
O Lord, you have raised my soul from the dead, *
restored me to life from those who sink into the grave.

Sing psalms to the Lord, you who love him, *
give thanks to his holy name.
His anger lasts but a moment; his favor through life. *
At night there are tears, but joy comes with dawn.

I said to myself in my good fortune: *
“Nothing will ever disturb me.”
Your favor had set me on a mountain fastness, *
then you hid your face and I was put to confusion.

To you, Lord, I cried, *
to my God I made appeal:
“What profit would my death be, my going to the grave? *
Can dust give you praise or proclaim your truth?”

The Lord listened and had pity. *
The Lord came to my help.
For me you have changed my mourning into dancing, *
you removed my sackcloth and clothed me with joy.
So my soul sings psalms to you unceasingly. *
O Lord my God, I will thank you 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.

Psalm Prayer

God our Father, glorious in giving life, and even more glorious in restoring it, when his last night on earth came, your Son shed tears of blood, but dawn brought incomparable gladness. Do not turn away from us, or we shall fall back into dust, but rather turn our mourning into joy by raising us up with Christ.

Psalm 76 Thanksgiving for victory

They will see the Son of Man coming on the clouds of heaven (Matthew 24:30).

God is made known in Judah; *
in Israel his name is great.
He set up his tent in Jerusalem *
and his dwelling place in Zion.
It was there he broke the flashing arrows, *
the shield, the sword, the armor.

You, O Lord, are resplendent, *
more majestic than the everlasting mountains.
The warriors, despoiled, slept in death; *
the hands of the soldiers were powerless.
At your threat, O God of Jacob, *
horse and rider lay stunned.

You, you alone, strike terror. *
Who shall stand when your anger is roused?
You uttered your sentence from the heavens; *
the earth in terror was still
when you arose to judge, *
to save the humble of the earth.

Men's anger will serve to praise you; *
its survivors surround you with joy.

Make vows to your God and fulfill them. *
Let all pay tribute to him who strikes terror,
who cuts short the breath of princes, *
who strikes terror in the kings of the earth.

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.

Psalm Prayer

Your power is awesome, Father, and wonderful is your holiness. In your presence the earth both trembles and stands still, for you shattered death's power by the cross. Rise to help your people: give your light and grant salvation to the meek of the earth, that they may praise your name in heaven.

Antiphons

Midmorning: I know that I shall see the goodness of the Lord in the land of the living.

Midday: Lord, you have saved my soul from hell.

Midafternoon: He lives in peace, his home is in Zion.

At the other hours, the complementary psalmody is used

MIDMORNING

READING

1 John 1:8-9

If we say, "We are free of the guilt of sin,"
we deceive ourselves; the truth is not to be found in us.
But if we acknowledge our sins,
he who is just can be trusted
to forgive our sins
and cleanse us from every wrong.

You will not leave my soul in hell.
– Nor let your holy one experience corruption.

CONCLUDING PRAYER

Let us pray.

All powerful and ever-living God,
your only Son went down among the dead
and rose again in glory.
In your goodness
raise up your faithful people,
buried with him in baptism,
to be one with him in the eternal life of heaven,
who lives with you for ever and ever.
– Amen.

ACCLAMATION

Let us praise the Lord.
– And give him thanks.

MIDDAY

READING

1 John 2:1b-2

We have, in the presence of the Father,
Jesus Christ, an intercessor who is just.
He is an offering for our sins,
and not for our sins only,
but for those of the whole world.

The Lord kills and gives life.
– He thrusts men down to hell and raises them up again.

CONCLUDING PRAYER

Let us pray.

All powerful and ever-living God,
your only Son went down among the dead
and rose again in glory.
In your goodness
raise up your faithful people,
buried with him in baptism,
to be one with him in the eternal life of heaven,
who lives with you for ever and ever.
– Amen.

ACCLAMATION

Let us praise the Lord.
– And give him thanks.

MIDAFTERNOON

READING

1 John 2:8b-10

The darkness is over
and the real light begins to shine.
The man who claims to be in light,
hating his brother all the while,
is in darkness even now.
The man who continues in the light
is the one who loves his brother;
there is nothing in him to cause a fall.

They buried the Lord and sealed the tomb.
– They stationed soldiers there to guard it.

CONCLUDING PRAYER

Let us pray.

All powerful and ever-living God,
your only Son went down among the dead
and rose again in glory.
In your goodness
raise up your faithful people,
buried with him in baptism,
to be one with him in the eternal life of heaven,
who lives with you for ever and ever.
– Amen.