

Morning Prayer

Good Friday

Adapted from: www.ibreviary.com

INTRODUCTION

Stand

(L) God, + come to my assistance.

(All) – Lord, make haste to help me.

(L) Glory to the Father, and to the Son, and to the Holy Spirit:

(All) – as it was in the beginning, is now, and will be for ever.

Amen.

HYMN

Tune: Attende Domine 11.11.11 with Refrain

Refrain:

Hear us, almighty Lord, show us your mercy

Sinners, we stand here before you.

Jesus, our Savior, Lord of all the nations,
Christ our Redeemer, hear the prayers we offer,
Spare us and save us, comfort us in sorrow.

Refrain

Word of the Father, keystone of God's building,
Source of our gladness, gateway to the Kingdom,
Free us in mercy from the sins that bind us.

Refrain

God of compassion, Lord of might and splendor,
Graciously listen, hear our cries of anguish.
Touch us, and heal us where our sins have wounded.

Refrain

Humbly confessing that we have offended,
Stripped of illusions, naked in our sorrow,
Pardon, Lord Jesus, those your blood has ransomed.

Refrain

Innocent captive, you were led to slaughter,
Sentenced by sinners when they brought false witness.
Keep from damnation those your death has rescued.

Refrain:

PSALMODY

Directions: Be seated. The psalms are prayed alternatively by those sitting on the left and right side of the chapel or church. The leader offers the antiphon and opening line of the psalm and the left side joins in on the second.

(L) **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

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 forever. Amen.

Psalm Prayer

(L) 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.

(All) **Ant.** God did not spare his own Son but gave him up to suffer for our sake.

(L) **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

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 forever. Amen.

(All) **Ant.** Jesus Christ loved us and poured out his own blood
for us to wash away our sins.

(L) **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

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 forever. Amen.

Psalm Prayer

(L) 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.

(All) **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

(L) 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:

(All) **Ant.** For our sake Christ was obedient, accepting even death, death on a cross.

GOSPEL CANTICLE

*Directions: **Stand.** The leader offers the antiphon. The canticle is then prayed in unison by all. The sign of the cross is made at the beginning.*

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

Canticle of Zechariah

Luke 1:68-79

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 forever. Amen.

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

INTERCESSIONS

(L) For our sake our Redeemer suffered death and was buried, and rose again. With heartfelt love let us adore him, and pray:
(All) *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

(All) Our Father, who art in heaven,
hallowed be thy name;
thy kingdom come;
thy will be done
on earth as it is in heavenn.
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

(L) 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 with you and the Holy Spirit,
one God, for ever and ever.

(All) Amen.

DISMISSAL

The Lord be with you.
– And with your spirit.

May almighty God bless you,
the Father, and the Son, and the Holy Spirit.
– Amen.

Go in peace.
– Thanks be to God.

The Liturgy of the Hours, an explanation

(from USCCB.org)

The Liturgy of the Hours, also known as the Divine Office or the Work of God (*Opus Dei*), is the daily prayer of the Church, marking the hours of each day and sanctifying the day with prayer. The Hours are a meditative dialogue on the mystery of Christ, using scripture and prayer. At times the dialogue is between the Church or individual soul and God; at times it is a dialogue among the members of the Church; and at times it is even between the Church and the world. The Divine Office "is truly the voice of the Bride herself addressed to her Bridegroom. It is the very prayer which Christ himself together with his Body addresses to the Father." (SC 84) The dialogue is always held, however, in the presence of God and using the words and wisdom of God. Each of the five canonical Hours includes selections from the Psalms that culminate in a scriptural proclamation. The two most important or hinge Hours are Morning and Evening Prayer. These each include a Gospel canticle: the Canticle of Zechariah from Luke 1:68-79 for Morning Prayer (known as the *Benedictus*), and the Canticle of Mary from Luke 1:46-55 for Evening Prayer (known as the *Magnificat*). The Gospel canticle acts as a kind of meditative extension of the scriptural proclamation in light of the Christ event. Morning and Evening Prayer also include intercessions that flow from the scriptural proclamation just as the Psalms prepare for it.

In the Hours, the royal priesthood of the baptized is exercised, and this sacrifice of praise is thus connected to the sacrifice of the Eucharist, both preparing for and flowing from the Mass.

"The hymns and litanies of the Liturgy of the Hours integrate the prayer of the psalms into the age of the Church, expressing the symbolism of the time of day, the liturgical season, or the feast being celebrated. Moreover, the reading from the Word of God at each Hour (with the subsequent responses or *troparia*)

and readings from the Fathers and spiritual masters at certain Hours, reveal more deeply the meaning of the mystery being celebrated, assist in understanding the psalms, and prepare for silent prayer." (CCC 1177)

Morning Prayer

"As is clear from many of the elements that make it up, morning prayer is intended and arranged to sanctify the morning. St. Basil the Great gives an excellent description of this character in these words: "It is said in the morning in order that the first stirrings of our mind and will may be consecrated to God and that we may take nothing in hand until we have been gladdened by the thought of God, as it is written: 'I was mindful of God and was glad' (Ps 77:4 [Jerome's translation from Hebrew]), or set our bodies to any task before we do what has been said: 'I will pray to you, Lord, you will hear my voice in the morning; I will stand before you in the morning and gaze on you' (Ps 5:4-5)."

"Celebrated as it is as the light of a new day is dawning, this hour also recalls the resurrection of the Lord Jesus, the true light enlightening all people (see Jn 1:9) and "the sun of justice" (Mal 4:2), "rising from on high" (Lk 1:78). Hence, we can well understand the advice of St. Cyprian: "There should be prayer in the morning so that the resurrection of the Lord may thus be celebrated" (GILH, no. 38).