

MORNING PRAYER

GOOD FRIDAY

- P. God, come to my assistance.
- C. Lord, make haste to help me.

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

ANTIPHON 1

- P. God did not spare His own Son, but gave Him up to suffer for our sake.

PSALM 51

- R. 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.

- L. 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.

- R. 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.

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

- R. 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.

- L. 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.

R. 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.

L. 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.

R. 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.

L. 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.

P. Glory to the Father, and to the Son, and to the Holy Spirit:

C. as it was in the beginning, is now, and will be forever. Amen.

C. God did not spare His own Son, but gave Him up to suffer for our sake.

ANTIPHON 2

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

CANTICLE HABAKKUK 3:2-4, 13, 15-19

R. 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!

L. 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.

R. 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.

L. 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.

R. Decay invades my bones,
my legs tremble beneath me.
I await the day of distress
that will come upon the people who attack us.

L. 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,

R. 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.

L. God, my Lord, is my strength;
He makes my feet swift as those of hinds
and enables me to go upon the heights.

P. Glory to the Father, and to the Son, and to the Holy Spirit:

C. as it was in the beginning, is now, and will be forever. Amen.

C. Jesus Christ love us, and poured out His own blood for us to wash away our sins.

ANTIPHON 3

P. We worship You 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

R. O praise the Lord, Jerusalem!
Zion, praise your God!

L. 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.

R. 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.

L. 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.

R. 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.

P. Glory to the Father, and to the Son, and to the Holy Spirit:

C. as it was in the beginning, is now, and will be forever. Amen.

C. 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.

CANTICLE OF ZACHARIAH

ANTIPHON

P. Over His head they hung their accusation: Jesus of Nazareth, King of the Jews.

GOSPEL CANTICLE LUKE 1:68-79

C. 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.

P: Glory to the Father, and to the Son, and to the Holy Spirit:

C: as it was in the beginning, is now, and will be forever. Amen.

C: Over His head they hung their accusation: Jesus of Nazareth, King of the Jews.

INTERCESSIONS

Response: Lord, have mercy on us.

CLOSING PRAYER