

*Saint Joseph's
Roman Catholic Church*



*Morning Prayer
for the
Triduum*

Good Friday

Invitatory

P. O Lord open my lips,
R. and my mouth shall proclaim your praise.
P. O God, come to my assistance.
R. O Lord, make haste to help me.
P. Save your people, O Lord our God.
R. Have mercy on us; Lord, have mercy.

Hymn: Were you There

1. 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?
2. 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

Psalm 51

Antiphon: God did not spare his **own** Son,
but gave him up to suffer **fer** for our sake.

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 of 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

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

Canticle: Habakkuk 3:2-4, 13a, 15-19

Antiphon:
Jesus **Christ** loved us,
and poured out his own blood **to** wash away our sins.

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.

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 vine.

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

Antiphon:

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

Antiphon:

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

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 world 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

Antiphon:

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
Se 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.

The word of the Lord.

The Lamentations of Jeremiah

Response: **Jerusalem, Jerusalem!**
Return to the Lord your God.

Let my eyes stream with tears
Day and night, without rest,
Over the great destruction which overwhelms
The virgin daughter of my people,
Over her incurable wound **(response)**.

If I walk out into the field,
Look! Those slain by the sword;
If I enter the city,
Look! Those consumed by hunger.
Even the prophet and the priest
Forage in a land they know not **(response)**.

Have you cast Judah off completely?
Is Zion loathsome to you?
Why have you struck us a blow
That cannot be healed? **(response)**

We wait for peace to no avail;
For a time of healing, but terror comes instead.
We recognize, O Lord, our wickedness,
The guilt of our fathers;
That we have sinned against you **(response)**.

For your name's sake spurn us not,
Disgrace not the throne of your glory;
Remember your covenant with us,
and break it not (**response**).

Canticle of Zachariah

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

Blessed be the Lord, the God of **Israel**, Who has visited
and wrought red**emption** for God's people.

and has raised up a horn of salvation **for** us,
in the house of **David** God's servant.

As promised through the mouth of God's **holy** ones,
the **prophets** from of old;

Salvation from our **enemies**,
and from the **hands** of all who hate us;

to show mercy to our **forebears**,
and to be mindful of his **holy** covenant;

of the oath that God swore to Abraham our **father**,
that **God** would grant us;

that delivered from the hand of our **enemies**,
we should **serve** God without fear,

in hol**iness** and justice,
before **God** all our days;

and you, child, will be called the prophet of the
Most High,
for you will go before the Lord **to** prepare his way.

To give to God's people knowledge **of** salvation,
through **forgiveness** of their sins;

because of the loving kindness **of** our God,
wherewith the Orient from on **high** has visited us.

To shine on those who sit in darkness and in the
shadow of death,
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

Antiphon: 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
accepting death,

- **teach us to obey the Father's will in all things.**

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.**

Christ our King, you became an outcast among us, a worm and no man,

- **teach us the humility by which you saved the world.**

Christ our salvation, you gave yourself up to death out of love for us,

- **help us to show your love to one another.**

Christ our Savior, on the cross you embraced all time with your outstretched arms,

- **unite God's scattered children in your kingdom of salvation.**

The Christus factus est...

Translation: Christ became obedient for us, even to death, yes even death on a cross. Therefore, God has exalted him and given him a name above all other names.

Our Father...

Prayer:

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.

The Lord be with you.

And also with you.

May almighty God bless you,

the Father, and the Son, + and the Holy Spirit.

Amen.