

**Holy Triduum  
Morning Prayer**

**Good Friday**

# Introduction

Public and common prayer by the people of God is rightly considered to be among the primary duties of the Church. From the very beginning, those who were baptized "devoted themselves to the teaching of the apostles and to the community, to the breaking of the bread, and to prayer" (Acts 2:42). The Acts of the Apostles give frequent testimony to the fact that the Christian community prayed with one accord.

The witness of the early Church teaches us that individual Christians devoted themselves to prayer at fixed times... Such prayer in common gradually took the form of a set cycle of hours. This liturgy of the hours or divine office, enriched by readings, is principally a prayer of praise and petition. Indeed, it is the prayer of the Church with Christ and to Christ.

Christ taught us: "You must pray at all times and not lose heart" (Lk 18:1). The Church has been faithful in obeying this instruction; it never ceases to offer prayer and makes this exhortation its own: "Through him (Jesus) let us offer to God an unceasing sacrifice of praise" (Heb 15:15). The Church fulfills this precept not only by celebrating the Eucharist but in other ways also, especially through the liturgy of the hours. By ancient Christian tradition what distinguishes the liturgy of the hours from other liturgical services is that it consecrates to God the whole cycle of the day and the night.

*(General Instruction of the Liturgy of the Hours)*

# Friday Morning Prayer

## ENTRANCE IN SILENCE

## INVITATORY

Priest: Lord, + open my lips

All: **And my mouth will proclaim your praise.**

## HYMN



1 O sa - cred head, now wound - ed, with grief and shame weighed down,  
2 How pale thou art with an - guish, with sore a - buse and scorn;  
3 What lan - guage shall I bor - row to thank thee, dear - est friend,  
4 Lord, be my con - so - la - tion; shield me when I must die;



now scorn - ful - ly sur - round - ed with thorns, thine on - ly crown;  
how does thy face now lan - guish, which once was bright as morn!  
for this thy dy - ing sor - row, thy pit - y with - out end?  
re - mind me of thy pas - sion when my last hour draws nigh.



O sa - cred head, what glo - ry, what bliss till now was thine!  
Thy grief and bit - ter pas - sion were all for sin - ners' gain;  
Oh, make me thine for - ev - er, and should I faint - ing be,  
These eyes, new faith re - ceiv - ing, from thee shall nev - er move;



Yet, though de - spised and gor - y, I joy to call thee mine.  
mine, mine was the trans - gres - sion, but thine the dead - ly pain.  
Lord, let me nev - er, nev - er out - live my love to thee.  
for all who die be - liev - ing die safe - ly in thy love.

## PSALMODY

Antiphon 1:

Deacon: 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).

Deacon: 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.

**All: 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.**

Deacon: 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.

**All: 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.**

Deacon: 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.

**All: 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.**

Deacon: 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.

**All: 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.**

Deacon: 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.

**All: 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.**

Deacon: 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.**

### Psalm Prayer

Priest: 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.

### Antiphon 1

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

### Antiphon 2

Deacon: 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).*

Deacon: 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!

**All: 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.**

Deacon: 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.

**All: 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.**

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

**All: 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,**

Deacon: 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.

**All: God, my Lord, is my strength;  
he makes my feet swift as those of hinds  
and enables me to go upon the heights.**

Deacon: 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.**

Antiphon 2

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

Antiphon 3

Deacon: 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).

Deacon: O praise the Lord, Jerusalem!  
Zion, praise your God!

**All: 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.**



Deacon: 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.

**All: 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.**

Deacon: 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.

**All: Glory to the Father, and to the Son,  
and to the Holy Spirit:**

Deacon: As it was in the beginning, is now,  
and will be for ever. Amen.

### Psalm Prayer

Priest: 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.

### Antiphon 3

**All: 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

Hebrews 9:11-28 (taken from the Office of Readings)

*By the shedding of his own blood, Christ, the high priest, entered the sanctuary once and for all*

Lector: When Christ came as high priest of the good things which have come to be, he entered once for all into the sanctuary, passing through the greater and more perfect tabernacle not made by hands, that is, not belonging to this creation. He entered, not with the blood of goats and calves, but with his own blood, and achieved eternal redemption.

For if the blood of goats and bulls and the sprinkling of a heifer's ashes can sanctify those who are defiled so that their flesh is cleansed, how much more will the blood of Christ, who through the eternal spirit offered himself up unblemished to God, cleanse our consciences from dead works to worship the living God!

This is why he is mediator of a new covenant: since his death has taken place for deliverance from transgressions committed under the first covenant, those who are called may receive the promised eternal inheritance. Where there is a testament, it is necessary that the death of the testator be confirmed. For a testament comes into force only in the case of death; it has no force while the testator is alive. Hence, not even the first covenant was inaugurated without blood.

When Moses had read all the commandments of the law to the people, he took the blood of goats and calves, together with water and crimson wool and hyssop, and sprinkled the book and all the people, saying, "This is the blood of the

covenant which God has enjoined upon you.” He also sprinkled the tabernacle and all the vessels of worship with blood. According to the law almost everything is purified by blood, and without the shedding of blood there is no forgiveness.

It was necessary that the copies of the heavenly models be purified in this way, but the heavenly realities themselves called for better sacrifices. For Christ did not enter into a sanctuary made by hands, a mere copy of the true one; he entered heaven itself that he might appear before God now on our behalf. Not that he might offer himself there again and again, as the high priest enters year after year into the sanctuary with blood that is not his own; if that were so, he would have had to suffer death over and over from the creation of the world. But now he has appeared at the end of the ages to take away sins once for all by his sacrifice. Just as it is appointed that men die once, and after death be judged, so Christ was offered up once to take away the sins of many; he will appear a second time not to take away sin but to bring salvation to those who eagerly await him.

## **SILENT REFLECTION**

**In place of the responsory the following is said:**

Antiphon

**All**

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

## GOSPEL CANTICLE

Antiphon.

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

Luke 1:68-79

The Messiah and his forerunner

Deacon: Blessed + be the Lord, the God of Israel;

**All: 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.**

Antiphon.

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

## **INTERCESSIONS**

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

Lector: Christ our teacher, for our sake you were obedient even to accepting death,

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

Lector: Christ our life, by your death on the cross you destroyed the power of evil and death,

**All: may we die with you, to rise with you in glory.**

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

**All: teach us the humility by which you saved the world.**

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

**All: help us to show your love to one another.**

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

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

## **THE LORD'S PRAYER**

Priest: Remember us, Lord, when you come to your kingdom and teach us how to pray:

**All: 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

Priest: Let us pray.

Priest: 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.

**All: Amen.**

## (ANNOUNCEMENTS)

## DISMISSAL

Priest: The Lord be with you.

**All: And with your spirit.**

Priest: May almighty God bless you,  
the Father, and the Son, + and the Holy Spirit.

**All: Amen.**

Deacon: Go in peace.

**All: Thanks be to God.**