

**Holy Triduum
Morning Prayer**

Holy Saturday

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)

Saturday Morning Prayer

ENTRANCE IN SILENCE

INVITATORY

Priest: Lord, + open my lips
All: And my mouth will proclaim your praise.

HYMN

Let All Mortal Flesh Keep Silence

Words: from Liturgy of St. James, 4th Century. Translated by Gerard Moultrie, 1864.
Music: 'Picardy' traditional French. Setting: "The English Hymnal", 1906, alt.
copyright: public domain. This score is a part of the Open Hymnal Project, 2008 Revision.

$\text{♩} = 120$

The musical score is written for voice and piano. It consists of three systems of music. Each system has a vocal line on a treble clef staff and a piano accompaniment on a bass clef staff. The key signature has one sharp (F#) and the time signature is 4/4. The tempo is marked as quarter note = 120. The lyrics are printed below the vocal line.

1. Let all mor - tal flesh keep si - lence. And with fear and trem - bling stand;
2. King of kings, yet born of Ma - ry, As of old on earth He stood,
3. Rank on rank the host of hea - ven Spreads its van-guard on the way,
4. At His feet the six winged ser - aph, Che - ru - bim with sleep - less eye,

Pon - der no - thing earth - ly mind - ed, For with bles - sing in His hand,
Lord of lords, in hu - man ves - ture, In the bo - dy and the blood;
As the Light of light de - - scend - eth From the realms of end - less day,
Veil their fa - ces to the pre - sence, As with cease - less voice they cry:

Christ our God to earth de - scend - - eth, Our full hom - age to de - mand.
He will give to all the fai - - thful His own self for heav'n - ly food,
That the pow'rs of hell may va - - nish As the dark-ness clears a - - way,
Al - le - lu - - ia, Al - le - lu - - ia Al - le - lu - ia, Lord Most High!

PSALMODY

Antiphon 1:

Deacon: 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 (St Augustine).

Deacon: 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.

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

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

**All: 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.**

Deacon: 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.

**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: 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.

Antiphon 1

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

Antiphon 2

Deacon: 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).

Deacon: 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.”

**All: 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.”**

Deacon: 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.

**All: 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.**

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

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

Deacon: 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.

**All: The living, the living give you thanks,
as I do today.
Fathers declare to their sons,
O God, your faithfulness.**

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

**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.

Antiphon 2

All: From the jaws of hell, Lord, rescue my soul.

Antiphon 3

Deacon: 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).*

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

**All: 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.**

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

**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 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.

Antiphon 3

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

READING

Hebrews 4:1-13 (taken from the Office of Readings)

Let us strive to enter the Lord's rest

Lector: While the promise of entrance into his rest still holds, we
ought to be fearful of disobeying lest any one of you be
judged to have lost his chance of entering. We have indeed
heard the good news, as they did. But the word which they
heard did not profit them, for they did not receive it in faith.

It is we who have believed who enter into that rest, just as God said:

*“Then I swore in my anger,
“They shall never enter into my rest.”*

Yet God’s work was finished when he created the world, for in reference to the seventh day Scripture somewhere says, “And God rested from all his work on the seventh day”; and again, in the place we have referred to, God says, “They shall never enter into my rest.”

Therefore, since it remains for some to enter, and those to whom it was first announced did not enter because of unbelief, God once more set a day, “today,” when long afterward he spoke through David the words we have quoted:

*“Today if you should hear his voice,
harden not your hearts.”*

Now if Joshua had led them into the place of rest, God would not have spoken afterward of another day. Therefore, a sabbath rest still remains for the people of God. And he who enters into God’s rest, rests from his own work as God did from his. Let us strive to enter into that rest, so that no one may fall, in imitation of the example of Israel’s unbelief.

Indeed, God’s word is living and effective, sharper than any two-edged sword. It penetrates and divides soul and spirit, joints and marrow; it judges the reflections and thoughts of the heart. Nothing is concealed from him; all lies bare and exposed to the eyes of him to whom we must render an account.

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: 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

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:

**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

Priest: 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:

Deacon: Christ our Savior, your sorrowing Mother stood by you at your death and burial,

All: in our sorrows may we share your suffering.

Deacon: Christ our Lord, like the seed buried in the ground, you brought forth for us the harvest of grace,

All: may we die to sin and live for God

Deacon: Christ the Good Shepherd, in death you lay hidden from the world,

All: teach us to love a life hidden with you in the Father.

Deacon: Christ, the new Adam, you entered the kingdom of death to release all the just since the beginning of the world,

All: may all who lie dead in sin hear your voice and rise to life.

Deacon: Christ Son of the living God, through baptism we were buried with you,

All: risen also in baptism, may we walk in newness of life.

THE LORD'S PRAYER

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

**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: 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.**

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.