

# Good Friday

## Morning Prayer (Lauds)

### Introduction (with Invitatory)

Lord, open our lips.

*And we shall praise your name.*

## Invitatory Psalm

### Psalm 94 (95)

“Every day, as long as this ‘today’ lasts, keep encouraging one another” (Heb 3:13).

**Antiphon 1 (Leader):** *Christ, the Son of God, redeemed us with his blood. Come, let us adore him.*

Come, ring out our joy to the Lord;  
hail the God who saves us.  
Let us come before him, giving thanks,  
with songs let us hail the Lord.

A mighty God is the Lord,  
a great king above all gods.  
In his hand are the depths of the earth;  
the heights of the mountains are his.  
To him belongs the sea, for he made it  
and the dry land shaped by his hands.

Come in; let us bow and bend low;  
let us kneel before the God who made us:  
for he is our God and we  
the people who belong to his pasture,  
the flock that is led by his hand.

O that today you would listen to his voice!  
‘Harden not your hearts as at Meribah,  
as on that day at Massah in the desert  
when your fathers put me to the test;  
when they tried me, though they saw my work.

For forty years I was wearied of these people  
and I said: “Their hearts are astray,  
these people do not know my ways.”  
Then I took an oath in my anger:  
“Never shall they enter my rest.”

Glory be to the Father and to the Son and to the Holy Spirit,  
as it was in the beginning, is now, and ever shall be,  
world without end.

Amen.

**Antiphon 1(All):** *Christ, the Son of God, redeemed us with his blood. Come, let us adore him.*

## **Hymn**

Will you give me your life forever?  
Will you carry my cross every day?  
Will you walk in the light of my presence?  
Will you follow the truth of my ways?

Will you love me as I have loved you?  
Will you live with me the darkness as I die?  
For the moon and the stars will be gone like the night, and the sun will be shining on you.

Like the purest of gold in the furnace,  
Is your love strong enough to endure?  
Does your faith carry on through the shadows?  
Does it shine in the night for the world?

Will you love me as I have loved you?  
Will you live with me the darkness as I die?  
For the moon and the stars will be gone like the night, and the sun will be shining on you.

Can you walk in the footprints of silence,  
through the wilderness sands in the sun,  
from the desert of doubt and temptation,  
to the glorious mountain of fire?

Will you love me as I have loved you?  
Will you live with me the darkness as I die?  
For the moon and the stars will be gone like the night, and the sun will be shining on you.

## **Psalm 50 (51)**

### **God, have mercy on me**

“You must be made new in mind and spirit, and put on the new nature of God’s creating” (Eph 4:23,24).

**Antiphon 2 (Leader):** *God did not spare his own Son but gave him up for us all.*

Have mercy on me, God, in your kindness.  
In your compassion blot out my offence.  
O wash me more and more from my guilt  
and cleanse me from my sin.

My offences 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 fervour 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 favour to Zion:  
rebuild the walls of Jerusalem.  
Then you will be pleased with lawful sacrifice,  
holocausts offered on your altar.

Glory be to the Father and to the Son and to the Holy Spirit,  
as it was in the beginning, is now, and ever shall be,  
world without end.

Amen.

*Antiphon 2 (All): God did not spare his own Son, but gave him up for us all.*

## **Canticle**

### **Habakkuk 3**

#### **The Lord will appear in judgement**

“Lift up your heads, for your redemption is near at hand” (Lk 21:28).

*Antiphon 3 (Leader): Jesus Christ showed his love for us and freed us from our sins with his life's blood.*

Lord, I have heard of your fame,  
I stand in awe at your deeds.

Do them again in our days,  
in our days make them known!  
In spite of your anger, have compassion.

God comes forth from Teman,  
the Holy One comes from Mount Paran.

His splendour covers the sky  
and his glory fills the earth.

His brilliance is like the light,  
rays flash from his hands;  
there his power is hidden.

You march out to save your people,  
to save the one you have anointed.

You made a path for your horses in the sea,  
in the raging of the mighty waters.

This I heard and I tremble with terror,  
my lips quiver at the sound.

Weakness invades my bones,  
my steps fail beneath me

yet I calmly wait for the doom  
that will fall upon the people who assail us.

For even though the fig does not blossom,  
nor fruit grow on the vine,

even though the olive crop fail,  
and fields produce no harvest,

even though flocks vanish from the folds  
and stalls stand empty of cattle,

Yet I will rejoice in the Lord  
and exult in God my saviour.

The Lord my God is my strength.  
He makes me leap like the deer,  
he guides me to the high places.

Glory be to the Father and to the Son and to the Holy Spirit,  
as it was in the beginning, is now, and ever shall be,  
world without end.

Amen.

*Antiphon 3(All): Jesus Christ showed his love for us and freed us from our sins with his life's blood.*

## **Psalm 147 (147B)**

### **God, the foundation of Jerusalem**

“Come, and I will show you the bride that the Lamb has chosen” (Rev 21:9).

*Antiphon 4 (Leader): We venerate your Cross, Lord; we praise and glorify your holy resurrection.  
Because of the tree joy has come into the whole world.*

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 be to the Father and to the Son and to the Holy Spirit,  
as it was in the beginning, is now, and ever shall be,  
world without end.

Amen.

*Antiphon 4 (All): We venerate your Cross, Lord; we praise and glorify your holy resurrection.  
Because of the tree joy has come into the whole world.*

## Scripture Reading (Reader)

Isaiah 52:13-15

See, my servant will prosper, he shall be lifted up, exalted, rise to great heights. As the crowds were appalled on seeing him – so disfigured did he look that he seemed no longer human – so will the crowds be astonished at him, and kings stand speechless before him; for they shall see something never told and witness something never heard before.

## Short Responsory (Reader)

Christ humbled himself for us and, in obedience, accepted death, even death on a cross.

## Canticle Benedictus

The Messiah and the one who was sent before him

*Antiphon 5 (Leader): Over his head was placed the charge against him: 'This is Jesus, the Nazarene, the King of the Jews.'*

Blessed be the Lord, the God of Israel!  
He has visited his people and redeemed them.

He has raised up for us a mighty saviour  
in the house of David his servant,  
as he promised by the lips of holy men,  
those who were his prophets from of old.

A saviour who would free us from our foes,  
from the hands of all who hate us.

So his love for our fathers is fulfilled  
and his holy covenant remembered.

He swore to Abraham our father to grant us,  
that free from fear, and saved from the hands of our foes,  
we might serve him in holiness and justice  
all the days of our life in his presence.

As for you, little child,  
you shall be called a prophet of God, the Most High.  
You shall go ahead of the Lord  
to prepare his ways before him,

To make known to his people their salvation  
through forgiveness of all their sins,  
the loving-kindness of the heart of our God  
who visits us like the dawn from on high.

He will give light to those in darkness,  
those who dwell in the shadow of death,  
and guide us into the way of peace.

Glory be to the Father and to the Son and to the Holy Spirit,  
as it was in the beginning, is now, and ever shall be,  
world without end. Amen

*Antiphon 5 (All): Over his head was placed the charge against him: 'This is Jesus, the Nazarene, the King of the Jews.'*

## Prayers and intercessions

**Reader:** Let us pray to our Redeemer, who suffered for us, was buried, and rose from the dead.

**All:** *Lord, have mercy on us.*

**Reader:** Lord and master, for us you became obedient even to death;  
keep us faithful to God's will in the darkness of our lives.

**All:** *Lord, have mercy on us.*

**Reader:** Jesus, our life, by dying on the cross you destroyed hell and death; grant that we may die with  
you and rise with you in glory.

**All:** *Lord, have mercy on us.*

**Reader:** Christ, our king, you were the scorn of the people, a worm not a man; teach us to tread your  
path of humility.

**All:** *Lord, have mercy on us.*

**Reader:** Jesus, our Saviour, you laid down your life for your friends;  
let us love one another as you have loved us.

**All:** *Lord, have mercy on us.*

**Reader:** Jesus, our hope, you stretched out your hands on the cross to embrace all ages of men; gather  
all God's scattered children into the kingdom of salvation.

**All:** *Lord, have mercy on 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.

**Leader:**

Be mindful, Lord, of this your family,  
for whose sake our Lord Jesus Christ, when betrayed,  
did not hesitate to yield himself into his enemies' hands  
and undergo the agony of the cross.  
Who lives and reigns with you in the unity of the Holy Spirit,  
God for ever and ever.

**Amen.**

**Leader:** The Lord bless us, and keep us from all evil, and bring us to everlasting life.

**All: AMEN**

**(please return prayer sheet before leaving)**