



GOOD FRIDAY

OFFICE OF READINGS & MORNING PRAYER

OFFICE OF READINGS

INTRODUCTION

O God, come to our aid.
O Lord, make haste to help us.
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.

HYMN

Faithful Cross, above all other,
one and only noble Tree.
none in foliage, none in blossom,
none in fruit thy peer may be.
Sweet the wood and sweet the iron,
and thy load, most sweet is he.

Bend, O lofty Tree, thy branches,
thy too rigid sinews bend;
and awhile the stubborn harshness,
which thy birth bestowed, suspend;
and the limbs of heaven’s high Monarch
gently on thine arms extend.

Thou alone wast counted worthy
this world’s ransom to sustain,
that a shipwrecked race for ever
might a port of refuge gain,
with the sacred Blood anointed
of the Lamb for sinners slain.

Praise and honour to the Father,
praise and honour to the Son,
praise and honour to the Spirit,
ever Three and ever One:
One in might and One in glory,
while eternal ages run.

Psalm 2
The Messiah, king and victor
“They rose up together against your servant Jesus,
whom you had anointed” (Acts 4:27).

They arise, the kings of the earth; princes plot against the Lord and his anointed.

Why this tumult among nations,
among peoples this useless murmuring?
They arise, the kings of the earth,
princes plot against the Lord and his Anointed.
‘Come, let us break their fetters,
come, let us cast off their yoke.’

He who sits in the heavens laughs;
the Lord is laughing them to scorn.
Then he will speak in his anger,
his rage will strike them with terror.
‘It is I who have set up my king
on Zion, my holy mountain.’

I will announce the decree of the Lord:
The Lord said to me: ‘You are my Son.
It is I who have begotten you this day.
Ask and I shall bequeath you the nations,
put the ends of the earth in your possession.
With a rod of iron you will break them,
shatter them like a potter’s jar.’

Now, O kings, understand,
take warning, rulers of the earth;
serve the Lord with awe
and trembling, pay him your homage
lest he be angry and you perish;
for suddenly his anger will blaze.

Blessed are they who put their trust in God.

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.

They arise, the kings of the earth; princes plot against the Lord and his anointed.

Psalm 21 (22)
The just man suffers; the Lord hears him

They divided my clothing among them. They cast lots for my robe.

My God, my God, why have you forsaken me?
You are far from my plea and the cry of my distress.
O my God, I call by day and you give no reply;
I call by night and I find no peace.

Yet you, O God, are holy,
enthroned on the praises of Israel.
In you our fathers put their trust;
they trusted and you set them free.
When they cried to you, they escaped.
In you they trusted and never in vain.

But I am a worm and no man,
scorned by men, despised by the people.
All who see me deride me.
They curl their lips, they toss their heads.
‘He trusted in the Lord, let him save him;
let him release him if this is his friend.’

Yes, it was you who took me from the womb,
entrusted me to my mother’s breast.
To you I was committed from my birth,
from my mother’s womb you have been my God.
Do not leave me alone in my distress;
come close, there is none else to help.

Many bulls have surrounded me,
fierce bulls of Bashan close me in.
Against me they open wide their jaws,
like lions, rending and roaring.

CANTICLE
Benedictus
The Messiah and the one who was sent before him

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.

Over his head was placed the charge against him: ‘This is Jesus, the Nazarene, the King of the Jews.’

PRAYERS AND INTERCESSIONS

Let us pray to our Redeemer, who suffered for us,
was buried, and rose from the dead.
– Lord, have mercy on us.

Lord and master, for us you became obedient even to death;
keep us faithful to God’s will in the darkness of our lives.
– Lord, have mercy on us.

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.
– Lord, have mercy on us.

Christ, our king, you were the scorn of the people, a worm not a man;
teach us to tread your path of humility.
– Lord, have mercy on us.

Jesus, our Saviour, you laid down your life for your friends;
let us love one another as you have loved us.
– Lord, have mercy on us.

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.
– Lord, have mercy on us.

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

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.

Canticle
Habakkuk 3
The Lord will appear in judgement
“Lift up your heads, for your redemption is near at hand” (Lk 21:28).

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.

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).

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.

We venerate your Cross, Lord; we praise and glorify your holy resurrection. Because of the tree joy has come into the whole world.

SHORT READING
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

I call to the Lord, the Most High, for he has been my help.
– I call to the Lord, the Most High, for he has been my help.
May he send from heaven and save me.
– I call to the Lord, the Most High, for he has been my help.
Glory be to the Father and to the Son and to the Holy Spirit.
– I call to the Lord, the Most High, for he has been my help.

Like water I am poured out,
disjointed are all my bones.
My heart has become like wax,
it is melted within my breast.

Parched as burnt clay is my throat,
my tongue cleaves to my jaws.

Many dogs have surrounded me,
a band of the wicked beset me.
They tear holes in my hands and my feet
and lay me in the dust of death.

I can count every one of my bones.
These people stare at me and gloat;
they divide my clothing among them.
They cast lots for my robe.

O Lord, do not leave me alone,
my strength, make haste to help me!
Rescue my soul from the sword,
my life from the grip of these dogs.
Save my life from the jaws of these lions,
my poor soul from the horns of these oxen.

I will tell of your name to my brethren
and praise you where they are assembled.
‘You who fear the Lord give him praise;
all sons of Jacob, give him glory.
Revere him, Israel’s sons.

‘For he has never despised
nor scorned the poverty of the poor.
From him he has not hidden his face,
but he heard the poor man when he cried.’

You are my praise in the great assembly.
My vows I will pay before those who fear him.
The poor shall eat and shall have their fill.
They shall praise the Lord, those who seek him.
May their hearts live for ever and ever!

All the earth shall remember and return to the Lord,
all families of the nations worship before him;
for the kingdom is the Lord’s, he is ruler of the nations.
They shall worship him, all the mighty of the earth;
before him shall bow all who go down to the dust.

And my soul shall live for him, my children serve him.
They shall tell of the Lord to generations yet to come,
declare his faithfulness to peoples yet unborn:
‘These things the Lord has done.’

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.

They divided my clothing among them. They cast lots for my robe.

Psalm 37 (38)
The plea of a sinner in great peril

Those who sought my life used violence against me.

O Lord, do not rebuke me in your anger;
do not punish me, Lord, in your rage.
Your arrows have sunk deep in me;
your hand has come down upon me.
Through your anger all my body is sick:
through my sin, there is no health in my limbs.

My guilt towers higher than my head;
it is a weight too heavy to bear.
My wounds are foul and festering,
the result of my own folly.
I am bowed and brought to my knees.
I go mourning all the day long.

All my frame burns with fever;
all my body is sick.
Spent and utterly crushed,
I cry aloud in anguish of heart.

O Lord, you know all my longing:
my groans are not hidden from you.
My heart throbs, my strength is spent;
the very light has gone from my eyes.

My friends avoid me like a leper;
those closest to me stand afar off.
Those who plot against my life lay snares;
those who seek my ruin speak of harm,
planning treachery all the day long.

But I am like the deaf who cannot hear,
like the dumb unable to speak.
I am like a man who hears nothing
in whose mouth is no defence.

I count on you, O Lord:
it is you, Lord God, who will answer.
I pray: ‘Do not let them mock me,
those who triumph if my foot should slip.’

For I am on the point of falling
and my pain is always before me.
I confess that I am guilty
and my sin fills me with dismay.

My wanton enemies are numberless
and my lying foes are many.
They repay me evil for good
and attack me for seeking what is right.

O Lord, do not forsake me!
My God, do not stay afar off!
Make haste and come to my help,
O Lord, my God, my saviour!

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.

Those who sought my life used violence against me.

False witnesses have risen up against me.
– *Falsehood has lied to itself.*

First Reading
Hebrews 9:11-28

Now Christ has come, as the high priest of all the blessings which were to come. He has passed through the greater, the more perfect tent, which is better than the one made by men’s hands because it is not of this created order; and he has entered the sanctuary once and for all, taking with him not the blood of goats and bull calves, but his own blood, having won an eternal redemption for us. The blood of goats and bulls and the ashes of a heifer are sprinkled on those who have incurred defilement and they restore the holiness of their outward lives; how much more effectively the blood of Christ, who offered himself as the perfect sacrifice to God through the eternal Spirit, can purify our inner self from dead actions so that we do our service to the living God.

He brings a new covenant, as the mediator, only so that the people who were called to an eternal inheritance may actually receive what was promised: his death took place to cancel the sins that infringed the earlier covenant. Now wherever a will is in question, the death of the testator must be established; indeed, it only becomes valid with that death, since it is not meant to have any effect while the testator is still alive. That explains why even the earlier covenant needed something to be killed in order to take effect, and why, after Moses had announced all the commandments of the Law to the people, he took the calves’ blood, the goats’ blood and some water, and with these he sprinkled the book itself and all the people, using scarlet wool and hyssop; saying as he did so: This is the blood of the covenant that God has laid down for you. After that, he sprinkled the tent and all the liturgical vessels with blood in the same way. In fact, according to the Law almost everything has to be purified with blood; and if there is no shedding of blood, there is no remission. Obviously, only the copies of heavenly things can be purified in this way, and the heavenly things themselves have to be purified by a higher sort of sacrifice than this. It is not as though Christ had entered a man-made sanctuary which was only modelled

on the real one; but it was heaven itself, so that he could appear in the actual presence of God on our behalf. And he does not have to offer himself again and again, like the high priest going into the sanctuary year after year with the blood that is not his own, or else he would have had to suffer over and over again since the world began. Instead of that, he has made his appearance once and for all, now at the end of the last age, to do away with sin by sacrificing himself. Since men only die once, and after that comes judgement, so Christ, too, offers himself only once to take the faults of many on himself, and when he appears a second time, it will not be to deal with sin but to reward with salvation those who are waiting for him.

RESPONSORY

He was led out as a lamb that is led to the slaughterhouse; harshly dealt with, he never opened his mouth; he was given over to death, so as to give life to his people.

He surrendered himself to death and was ranked with sinners, so as to give life to his people.

SECOND READING
From the Catecheses by Saint John Chrysostom, bishop

The power of Christ's blood

If we wish to understand the power of Christ’s blood, we should go back to the ancient account of its prefiguration in Egypt. “Sacrifice a lamb without blemish,” commanded Moses, “and sprinkle its blood on your doors.” If we were to ask him what he meant, and how the blood of an irrational beast could possibly save men endowed with reason, his answer would be that the saving power lies not in the blood itself, but in the fact that it is a sign of the Lord’s blood. In those days, when the destroying angel saw the blood on the doors he did not dare to enter, so how much less will the devil approach now when he sees, not that figurative blood on the doors, but the true blood on the lips of believers, the doors of the temple of Christ.

If you desire further proof of the power of this blood, remember where it came from, how it ran down from the cross, flowing from the Master’s side. The gospel records that when Christ was dead, but still hung on the cross, a soldier came and pierced his side with a lance and immediately there poured out water and blood. Now the water was a symbol of baptism and the blood, of the holy Eucharist. The

soldier pierced the Lord’s side, he breached the wall of the sacred temple, and I have found the treasure and made it my own. So also with the lamb: the Jews sacrificed the victim and I have been saved by it.

“There flowed from his side water and blood.” Beloved, do not pass over this mystery without thought; it has yet another hidden meaning, which I will explain to you. I said that water and blood symbolised baptism and the holy Eucharist. From these two sacraments the Church is born: from baptism, “the cleansing water that gives rebirth and renewal through the Holy Spirit,” and from the holy Eucharist. Since the symbols of baptism and the Eucharist flowed from his side, it was from his side that Christ fashioned the Church, as he had fashioned Eve from the side of Adam. Moses gives a hint of this when he tells the story of the first man and makes him exclaim: “Bone from my bones and flesh from my flesh!” As God then took a rib from Adam’s side to fashion a woman, so Christ has given us blood and water from his side to fashion the Church. God took the rib when Adam was in a deep sleep, and in the same way Christ gave us the blood and the water after his own death.

Do you understand, then, how Christ has united his bride to himself and what food he gives us all to eat? By one and the same food we are both brought into being and nourished. As a woman nourishes her child with her own blood and milk, so does Christ unceasingly nourish with his own blood those to whom he himself has given life.

RESPONSORY

Your ransom was not paid in anything corruptible, neither in silver nor gold, but in the precious blood of Christ, a lamb without blemish. Through him we all have access to the Father in the one Spirit.

The blood of Jesus Christ, the Son of God, purifies us from all sin. Through him we all have access to the Father in the one Spirit.

MORNING PRAYER

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).

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.

God did not spare his own Son, but gave him up for us all.