



THE OFFICE OF READINGS
AND MORNING PRAYER

GOOD FRIDAY

INTRODUCTION

O Lord, ✕ open our lips.

And we shall praise your name.

INVITATORY PSALM

Ant 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 hand.**

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.

**Ant Christ, the Son of God, redeemed us with his blood.
Come, let us adore him.**

HYMN

Sing, my tongue, the glorious battle,
sing the last, the dread affray;
o'er the cross, the victor's trophy,
sound the high triumphal lay,
how, the pains of death enduring,
earth's Redeemer won the day.

When at length the appointed fullness
of the sacred time was come,
he was sent, the world's Creator,
from the Father's heavenly home,
and was found in human fashion,
offspring of the virgin's womb.

Now the thirty years are ended
which on earth he willed to see,
willingly he meets his passion,
born to set his people free;
on the cross the Lamb is lifted,
there the sacrifice to be.

There the nails and spear He suffers,
vinegar and gall and reed;
from His sacred body piercè
blood and water both proceed:
precious flood, which all creation
from the stain of sin hath freed.

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.



PSALMODY

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

"Why this tumult among nations,
among people 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 you 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.**

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

Ant 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 for help by day and you give no reply;
I call at 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.

**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.

**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.**

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.**

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

Ant 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 me 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 the 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 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.**

Ant Those who sought my life used violence against me.

V False witnesses rise against me,

R And falsehood has deceived itself.

FIRST READING

A reading from the letter to the Hebrews

Heb 9: 11-28

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.

THE SECOND READING

A reading from the instructions of St John Chrysostom to catechumens

RESPONSORY

Your ransom was paid not 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.

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

Have mercy on me Lord in your kindness,
in your compassion blot out my offense,
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.
Oh, 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 and I shall be clean,
O wash me and I shall be whiter than snow.**

Make me hear rejoicing and gladness,
that the bones you 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 offerings 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 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.**

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

Ant 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, Lord, 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 ones 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 a 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.**

**Ant Jesus Christ showed his love for us and freed us from
our sins with his life's blood.**

Ant 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!
Sion, 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 the finest wheat.**

He sends his word to the earth;
and swiftly runs his command.
He showers down snow like wool
and 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.

**Ant We venerate your cross, Lord; we praise and glorify
your holy resurrection: because of the tree joy has
come into the whole world.**

READING *Isaiah 53*

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: ‘Who could believe what we have heard, and to whom has the power of the Lord been revealed?’ Like a sapling he grew up in front of us, like a root in arid ground. Without beauty, without majesty we saw him, no looks to attract our eyes; a thing despised and rejected by men, a man of sorrows and familiar with suffering, a man to make people screen their faces; he was despised and we took no account of him. And yet ours were the sufferings he bore, ours the sorrows he carried. But we, we thought of him as someone punished, struck by God, and brought low. Yet he was

pierced through for our faults, crushed for our sins. On him lies a punishment that brings us peace, and through his wounds we are healed.

RESPONSORY

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

BENEDICTUS

Ant 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.**

**Ant Over his head was placed the charge against him:
'This is Jesus, the Nazarene, the King of the Jews.'**

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.**

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.**

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

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

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

OUR FATHER

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:
he who lives and reigns with you and the Holy Spirit,
God, for ever and ever. **Amen.**

DISMISSAL

May the Lord bless us and keep us from all evil and bring us to
everlasting life.

Amen

Let us bless the Lord.

Thanks be to God.

