



THE OFFICE OF READINGS
AND MORNING PRAYER

HOLY THURSDAY

INTRODUCTION

O Lord, ✠ open our lips.

And we shall praise your name.

INVITATORY PSALM

Ant Christ the Lord was tempted and suffered for us. 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 hands 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 Lord was tempted and suffered for us.
Come, let us adore him.**

HYMN

Man of sorrows, wrapt in grief,
bow your ear to our relief,
you for us the path have trod
of the dreadful wrath of God;
you the cup of fire have drained
till its light alone remained.
Lamb of God, our comfort be:
hear our mournful litany.

By the garden filled with woe,
where to rest you oft would go,
by your agony of prayer
in the desolation there;
by the dire and deep distress
more than human mind can guess,
Lord, our grief in mercy see:
hear our fervent litany.

By that bitter cup of pain,
when your strength began to wane,
by those lips which once did pray
that it might but pass away;
by the heart that drank it dry
lest the human race should die,
in your pity grant our plea,
hear our solemn litany.

Man of sorrows, let your grief
purchase for us our relief,
Lord of mercy, bow your ear
slow to anger, swift to hear:
by the cross's royal road,
lead us to the throne of God,
there to sing triumphantly
Heaven's glorious litany.

PSALMODY

Ant It was you who saved us Lord; we will praise your name
without ceasing.

We heard with our own ears, O God,
our fathers have told us the story
of the things you did in our days,
you yourself, in days long ago.

**To plant them you uprooted the nations;
to let them spread you lay peoples low.
No sword of their own won the land;
no arm of theirs brought them victory.
It was your right hand, your arm
and the light of your face; for you loved them.**

It is you, my king, my God,
who granted victories to Jacob.
Through you we beat our foes;
in your name we trampled our aggressors.
**For it was not in my bow that I trusted
nor yet was I saved by my sword;
it was you who saved us from our foes,
it was you who put our foes to shame.
All day long our boast was in God
and we praised your name without ceasing.**

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 It was you who saved us, Lord; we will praise your
name without ceasing.**

Ant Spare us Lord, do not let your people be put to shame.

Yet now you have rejected us, disgraced us;
you no longer go forth with our armies.
You make us retreat from the foe
and our enemies plunder us at will.

**You make us like sheep for the slaughter
and scatter us among the nations.
You sell your own people for nothing
and make no profit by the sale.**

You make us the taunt of our neighbours,
the laughing stock of all who are near.
Among the nations, you make us a byword,
among the peoples a thing of derision.

**All day long my disgrace is before me;
my face is covered with shame
at the voice of the taunter, the scoffer,
at the sight of the foe and avenger.**

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 Spare us Lord, do not let your people be put to
shame.**

Ant Arise, Lord! Redeem us because of your love.

This befell us though we had not forgotten you;
though we had not been false to your covenant,
though we had not withdrawn our hearts,
though our feet had not strayed from your path.

**Yet you have crushed us in a place of sorrows
and covered us with the shadow of death.
Had we forgotten the name of our God,
or stretched out our hands to another god,
would not God have found this out,
He who knows the secrets of the heart?
It is for you we face death all day long
and are counted as sheep for the slaughter.**

Awake, O Lord, why do you sleep?
Arise, do not reject us for ever!
Why do you hide your face from us
and forget our oppression and misery?
For we are brought down low to the dust;
our body lies prostrate on the earth.
Stand up and come to our help!
Redeem us because of your love.

**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 Arise, Lord! Redeem us because of your love.

V When I am lifted up from the earth.
R I shall draw all things to myself.

FIRST READING

A reading from the letter to the Hebrews.

(Heb 4: 14 – 5: 10)

RESPONSORY

Although he was the Son of God, Christ learnt to obey through suffering, and he became for all who obey him the source of eternal salvation.

During his life on earth, he offered up prayer aloud, and he submitted so humbly that his prayer was heard, and he became for all who obey him the source of eternal salvation.

SECOND READING

A reading from the homily of Melito of Sardis on the Pasch.

RESPONSORY

All men have sinned and are far away from God's saving presence, but by the free gift of God's grace they are all redeemed through Jesus Christ, who sets them free. God offered Him so that by his death he should become the means by which men's sins are forgiven, through their faith in Him.

Look there is the Lamb of God; it is He who takes away the sin of the world. God offered Him so that by His death He should become the means by which men's sins are forgiven, through their faith in Him.



Ant Look, Lord, and answer quickly, for I am in distress.

○ shepherd of Israel, hear us,
you who lead Joseph's flock,
shine forth from your cherubim throne
upon Ephraim, Benjamin, Manasseh.
○ Lord rouse up your might,
○ Lord, come to our help.

**God of hosts, bring us back;
let your face shine on us and we shall be saved.**

Lord God of hosts, how long,
will you frown on your people's plea?
You have fed them with tears for their bread,
and abundance of tears for their drink.
You have made us the taunt of our neighbour,
our enemies laugh, us to scorn.

**God of hosts, bring us back;
let your face shine on us and we shall be saved.**

You brought a vine out of Egypt;
to plant it you drove out the nations.
Before it you cleared the ground;
it took root and spread through the land.

**The mountains were covered with its shadow,
the cedars of God with its boughs.
It stretched out its branches to the sea,
to the Great River it stretched out its shoots.**

Then why have you broken down its walls?
It is plucked by all who pass by.
It is ravaged by the boar of the forest,
devoured by the beasts of the field.

**God of hosts turn again, we implore,
look down from heaven and see.**

**Visit this vine and protect it,
the vine your right hand has planted.
Men have burnt it with fire and destroyed it.
May they perish at the frown of your face.**

May your hand be on the man you have chosen,
the man you have given your strength.
And we shall never forsake you again,
give us life that we may call upon your name.

**God of hosts, bring us back;
let your face shine on us and we shall be saved.**

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 Look, Lord, and answer quickly for I am in distress.

Ant See now that God is my salvation; I have trust and no fear.

I thank you Lord, you were angry with me
but your anger has passed and you give me comfort.

**Truly God is my Salvation,
I trust, I shall not fear.
For the Lord is my strength, my song,
He is my saviour.**

With joy you will draw water
from the wells of salvation.
Give thanks to the Lord, give praise to His name!
Make His mighty deeds known to the peoples.

**Declare the greatness of His name,
sing a psalm to the Lord!**

**For He has done glorious deeds,
make them known to all the earth.**

People of Sion, sing and shout for joy,
for great in your midst is the Holy One of Israel.

**Glorify 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 See now that God is my salvation; I have trust and
no fear.**

Ant The Lord fed us with finest wheat, He filled us with honey
from the rock.

Ring out your joy to God our strength,
shout in triumph to the God of Jacob.

**Raise a song and sound the timbrel,
the sweet sounding harp and the lute,
blow the trumpet at the new moon,
when the moon is full on our feast.**

For this is Israel's law,
a command of the God of Jacob.
He imposed it as a rule on Joseph,
when he went out against the land of Egypt.

**A voice I did not know said to me;
I freed your shoulder from the burden;
your hands were freed from the load.
You called in distress and I saved you.**

I answered, concealed in the storm cloud,
at the waters of Meribah I tested you.
Listen my people to my warning,
O Israel, if you only would heed.

**Let there be no foreign God among you,
no worship of an alien god.
I am the Lord your God
who brought you from the land of Egypt.
Open wide your mouth and I will fill it.**

But my people did not heed my voice
and Israel would not obey,
so I left them in their stubbornness of heart
to follow their own designs.

**Oh that my people would heed me,
that Israel would walk in my ways!
At once I would subdue their foes,
turn my hand against their enemies.**

The Lord's enemies would cringe at their feet
and their subjection would last for ever.
But Israel I would feed with finest wheat
and fill them with honey from the rock.

**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 The Lord fed us with finest wheat, He filled us with
honey from the rock.**

SCRIPTURE READING

Heb. 2: 9b-10

We see in Jesus one who is now crowned with glory and splendour
because He submitted to death; by God's grace He had to
experience death for all mankind. As it was His purpose to bring a

great many of His sons into glory, it was appropriate that God, for whom everything exists, should make perfect through suffering, the leader who would take them to their salvation.

SHORT RESPONSORY

You have redeemed us, Lord, by your blood.

You have redeemed us, Lord, by your blood.

From every tribe and tongue and people and nation.

You have redeemed us, Lord, by your blood.

Glory be to the Father, and to the Son, and to the Holy Spirit.

You have redeemed us, Lord, by your blood.

BENEDICTUS

We stand

Ant I have longed to eat this Passover with you before I suffer.

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 I have longed to eat this Passover with you before I
suffer.**

INTERCESSIONS

Let us humbly pray to Christ, the eternal priest, whom the Father
anointed with the Holy Spirit to proclaim release for captives.

Lord, have mercy on us.

You went up to Jerusalem to endure the passion and enter into
glory; - **lead your Church into the paschal feast of eternal
life.**

Your heart was pierced with a lance; **heal the wounds of our
human weakness.**

You make your cross the tree of life; - **share your victory with
all the baptised.**

You gave salvation to the repentant thief; - **pardon all our sins.**

OUR FATHER

CONCLUDING PRAYER

Love of you with our whole heart, Lord God, is holiness,
increase then your gifts
of divine grace in us, so that,
as in your Son's death
you made us hope for what we believe,
you may likewise, in his resurrection,
make us come to you, our final end.

We make our prayer through our Lord Jesus Christ, your Son,
who lives and reigns with you and the Holy Spirit,
one 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.

