



AT HOME IN HOLY WEEK RETREAT

Spending time with the God Who Speaks

GOOD FRIDAY

If you have a prayer focus, you might like to add simple cross.

FROM MORNING PRAYER – PSALM 50(51)

“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 thrill.
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 Sion:
rebuild the walls of Jerusalem.
Then you will be pleased with lawful sacrifice,
holocausts offered on your altar.

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

Intercessions – praying for those in need today.

Our Father...

SECOND READING OF THE DAY – HEBREWS 4:14-16; 5:7-9

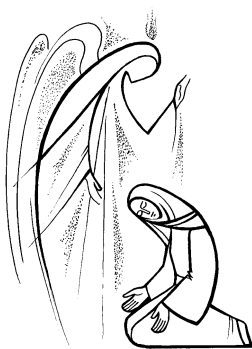
Since in Jesus, the Son of God, we have the supreme high priest who has gone through to the highest heaven, we must never let go of the faith that we have professed. For it is not as if we had a high priest who was incapable of feeling our weaknesses with us; but we have one who has been tempted in every way that we are, though he is without sin. Let us be confident, then, in approaching the throne of grace, that we shall have mercy from him and find grace when we are in need of help.

During his life on earth, he offered up prayer and entreaty, aloud and in silent tears, to the one who had the power to save him out of death, and he submitted so humbly that his prayer was heard. Although he was Son, he learnt to obey through suffering; but having been made perfect, he became for all who obey him the source of eternal salvation.

In the First Reading today (Isaiah 52: 13-53: 12), we hear Isaiah's harrowing prophecy about what the Suffering Servant would endure – but also, how his sufferings would lead to glory. It reminds us that God-made-human did not avoid the harsher realities of human life – pain – suffering and death. In this Second Reading, the writer highlights that again – but with an added detail. They add that Jesus prayed to be saved from this death – aloud and in silent tears. In his humanity, Jesus prayed just as we all do when faced with suffering and death. There are countless prayers bombarding heaven at the moment... as we gaze at a crucifix or ponder the account of the Passion, we remember that Christ is truly in it with us – and is interceding for us as one who truly understands what we and our loved ones are going through.

- Read the passage slowly – and think about what Jesus was enduring that first Good Friday morning. The betrayal – the torture – the accusations – the fear...
- Which word or phrase seems to speak to you most deeply today – for yourself or someone you know? Jot them down – or repeat them several times to memorise them.
- How does Jesus' example of overcoming fear and trust help us in the face of the things that are facing us and others around the world at this time in world history?
- Use your word or phrase as a mantra as you go through the morning.

NOON – THE ANGELUS



The angel of the Lord declared unto Mary,
and she conceived by the Holy Spirit.

Hail Mary...

Behold the handmaid of the Lord,
Be it done unto me according to your word.

Hail Mary...

And the Word was made flesh,
and dwelt amongst us.

Hail Mary...

Pour forth, we beseech you, O Lord, your grace into our hearts, that we, to whom the Incarnation of Christ your Son was made known by the message of an angel, may, by his Passion and Cross, be brought to the glory of his Resurrection.

Through the same Christ our Lord, Amen

Intercessions – praying for those in need today.

Our Father

THE GOSPEL OF THE DAY – JOHN 18: 1 - 19:42

The Gospel is the account of the Passion of the Lord – which you can find in a Missal or Bible. Rather than include the whole passage here, the focus is on the words Jesus spoke from the Cross. This could be the moment to take your cross and hold it as you read and pray ...

Father forgive them; they do not know what they are doing. (Luke 23: 34)

I am thirsty. (John 19:28)

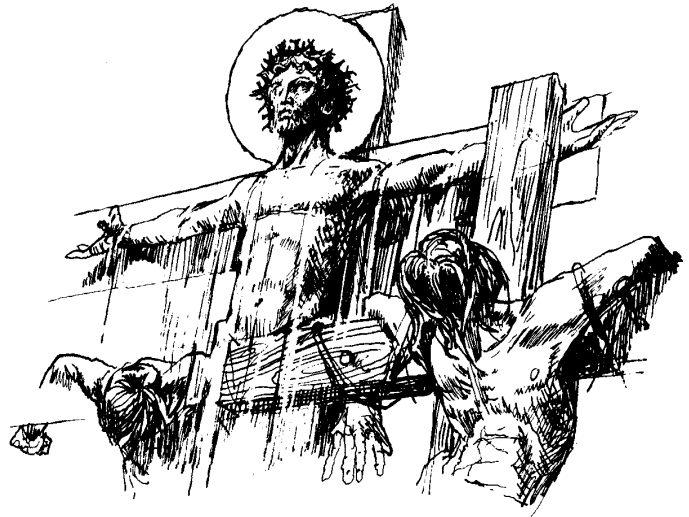
Woman, this is your son. This is your mother. (John 19: 26-27)

My God, my God, why have you deserted me. (Mark 15: 34)

It is accomplished; (John 19: 30)

Father, into your hands I commit my spirit. (Luke 23: 56)

Indeed, I promise you today you will be with me in paradise. (Luke 23: 42)



Simply take each phrase and pray with it – slowly and deeply. Allow the words of the Word made Flesh make their home in you.

Then, holding the cross, use them with intercessions for people affected by the Covid-19 pandemic using the words suggested or your own.

Father forgive them; they do not know what they are doing.

Father – Forgive those who put self-interest before the needs of their brothers and sisters. Forgive those who ignore the plight of people who are poor – refugees – homeless – lost...

I am thirsty.

Lord – be living water for those who thirst today – those who lack clean water to drink and to wash in; those who thirst for human companionship.

Woman, this is your son. This is your mother.

Mary, Mother of Sorrows, pray for those who are sick – and those who care for them.

My God, my God, why have you deserted me?

God – assure those who feel abandoned and isolated that you will never forsake them; be with those working behind the scenes, whose work is essential but who feel unvalued.

It is accomplished.

Be with those who question what their life has accomplished – who fear that they have not done or been all they could have been and face death with unfulfilled hopes and dreams.

Father, into your hands I commit my spirit.

Father – be with those who are dying and fearful of what comes next. May they find trust that they will find their eternal rest in you.

Indeed, I promise you today you will be with me in paradise.

Lord Jesus, may the promise you made to the repentant thief be a promise to all who have died – and will die... not just from Covid-19 – but all the ills that beset the world. You were in it with us in your earthly life. May we all be with you in paradise.

REVIEW OF THE DAY

Where have you felt the presence of God today?
Which words from the God Who Speaks have spoken to you?

At the end of this Good Friday – imagine being with Mary and the disciples at the end of theirs. Simply be present – being still in the “Love unknown” – the love to the loveless shown that they might lovely be...

NIGHT PRAYER OF THE CHURCH - COMPLINE

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.

Psalm 90 (91) The protection of the Most High

“Behold, I have given you power to tread under foot both serpents and scorpions.” (Lk 10: 19)

He will conceal you with his wings; you will not fear the terror of the night.

He who dwells in the shelter of the Most High
and abides in the shade of the Almighty
says to the Lord: "My refuge,
my stronghold, my God in whom I trust!"

It is he who will free you from the snare
of the fowler who seeks to destroy you;
he will conceal you with his pinions
and under his wings you will find refuge.

You will not fear the terror of the night
nor the arrow that flies by day,
nor the plague that prowls in the darkness
nor the scourge that lays waste at noon.

A thousand may fall at your side,
ten thousand fall at your right,
you, it will never approach;
his faithfulness is buckler and shield.

Your eyes have only to look
to see how the wicked are repaid,
you who have said: "Lord, my refuge!"
and have made the Most High your dwelling.

Upon you no evil shall fall,
no plague approach where you dwell.
For you has he commanded his angels,
to keep you in all your ways.

They shall bear you upon their hands
lest you strike your foot against a stone.
On the lion and the viper you will tread
and trample the young lion and the dragon.

Since he clings to me in love, I will free him;
protect him for he knows my name.
When he calls I shall answer: "I am with you."
I will save him in distress and give him glory.

With length of life I will content him;
I shall let him see my saving power.
He will conceal you with his wings; you will not fear the terror of the night.

Short Reading – Apocalypse 22: 4-5

They will see the Lord face to face, and his name will be written on their foreheads. It will never be night again and they will not need lamplight or sunlight, because the Lord God will be shining on them. They will reign for ever and ever.

Short Responsory

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

Canticle - Nunc Dimittis

Save us, Lord, while we are awake; protect us while we sleep; that we may keep watch with Christ and rest with him in peace.

At last, all-powerful Master,
you give leave to your servant go in peace.
according to your promise.

For my eyes have seen your salvation,
which you have prepared in the sight of all nations,
the light to enlighten the Gentiles
and give glory to Israel, your people.
Glory be ...

Save us, Lord, while we are awake; protect us while we sleep; that we may keep watch with Christ and rest with him in peace.

Let us pray.

Visit his house, we pray you, Lord:
drive far away from it all the snares of the enemy.
May your holy angels stay here and guard us in peace.
and let your blessing be always upon us.
Through Christ our Lord.

Amen.

Marian Anthem
Ave Regina Caelorum

Hail, Queen of the heavens,
hail, Lady of the angels.
Root of our salvation
and our gateway to heaven,
the light of the world was born to you.
Be joyful, Virgin of glory,
most beautiful of all in heaven.
We greet you now, true beauty –
pray for us to Christ.

Ave, Regína cælórum,
ave, Dómina angelórum,
salve, radix, salve, porta,
ex qua mundo lux est orta.
Gaude, Virgo gloriósa,
super omnes speciósa;
vale, o valde decóra,
et pro nobis Christum exóra.

Intercessions – placing those for whom you wish to pray into the hands and heart of God.

Prayer of St Augustine

Watch, O Lord, with those who wake,
or watch, or weep tonight,
and give your angels and saints
charge over those who sleep.
Tend your sick ones, O Lord Christ.
Rest your weary ones.
Bless your dying ones.
Soothe your suffering ones.
Pity your afflicted ones.
Shield your joyous ones,
and all for your love's sake. Amen.

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