



# AT HOME IN HOLY WEEK RETREAT

## Spending time with the God Who Speaks

### TUESDAY OF HOLY WEEK

FROM MORNING PRAYER – PSALM 42(43)  
“I, the light, have come into the world”(Jn 12: 46).

*Lord, plead my cause; from deceitful and cunning men rescue me.*

Defend me, O God, and plead my cause  
against a godless nation.  
From deceitful and cunning men  
rescue me, O God.

Since you, O God, are my stronghold,  
why have you rejected me?  
Why do I go mourning  
oppressed by the foe?

O send forth your light and your truth;  
let these be my guide.  
Let them bring me to your holy mountain  
to the place where you dwell.

And I will come to the altar of God,  
the God of my joy.  
My redeemer, I will thank you on the harp,  
O God, my God.

Why are you cast down, my soul,  
why groan within me?  
Hope in God; I will praise him still,  
my saviour and my God.

*Lord, plead my cause; from deceitful and cunning men rescue me.*

Intercessions – praying for those in need today.  
Our Father...

FIRST READING OF THE DAY – ISAIAH 49: 1-6

Islands, listen to me,  
pay attention, remotest peoples.  
The Lord called me before I was born,  
from my mother’s womb he pronounced my name.

He made my mouth a sharp sword,  
and hid me in the shadow of his hand.  
He made me into a sharpened arrow,  
and concealed me in his quiver.

He said to me, ‘You are my servant Israel,  
in whom I shall be glorified’;  
while I was thinking, ‘I have toiled in vain,  
I have exhausted myself for nothing’;



and all the while my cause was with the Lord,  
my reward with my God.  
I was honoured in the eyes of the Lord,  
my God was my strength.  
And now the Lord has spoken,  
he who formed me in the womb to be his servant,  
to bring Jacob back to him,  
to gather Israel to him:

'It is not enough for you to be my servant,  
to restore the tribes of Jacob and bring back the survivors of Israel;  
I will make you the light of the nations  
so that my salvation may reach to the ends of the earth.'

This is a Reading from the prophet Isaiah and, perhaps, echoes how many people are feeling at the moment. They have worked hard – they have done their best – but people are still falling ill – and dying – and people are not receiving the deliveries because their staff are falling ill – and they were not balancing working from home with perfect home-schooling – and they are keeping their distances but people are still catching the disease – and they have worked hard all their lives and it has come to this: not being able to see family and friends – and afraid that they will die far from loved one who won't be able to mourn them properly ... Many people feel that they have exhausted their strength – but God assures them that they are honoured and, despite how they feel, each one still has the capacity to be a light – not a spotlight or a floodlight – but one of the billions of small ones whose kindness and prayer are en-lightening the earth: the salvation of God reaching out to those desperately in need of hope through the countless small works of love happening in the world today.

- Read the passage slowly – as if hearing the words spoken through Isaiah being spoken directly to you.
- Which word or phrase seems to resonate most deeply with you – for yourself or someone you know? Jot them down – or repeat them several times to memorise them.
- How can you be someone who encourages those who feel like Isaiah – those who have given everything but feel it has been futile? How can you find hope if you, yourself, feel like this? Who can you turn to for support and encouragement?
- 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 13:21-33. 36-38

While at supper with his disciples, Jesus was troubled in spirit and declared, 'I tell you most solemnly, one of you will betray me.' The disciples looked at one another, wondering which he meant. The disciple Jesus loved was reclining next to Jesus; Simon Peter signed to him and said, 'Ask who it is he means', so leaning back on Jesus' breast he said, 'Who is it, Lord?' 'It is the one' replied Jesus 'to whom I give the piece of bread that I shall dip in the dish.' He dipped the piece of bread and gave it to Judas son of Simon Iscariot. At that instant, after Judas had taken the bread, Satan entered him.

Jesus then said, 'What you are going to do, do quickly.' None of the others at table understood the reason he said this. Since Judas had charge of the common fund, some of them thought Jesus was telling him, 'Buy what we need for the festival', or telling him to give something to the poor. As soon as Judas had taken the piece of bread he went out.

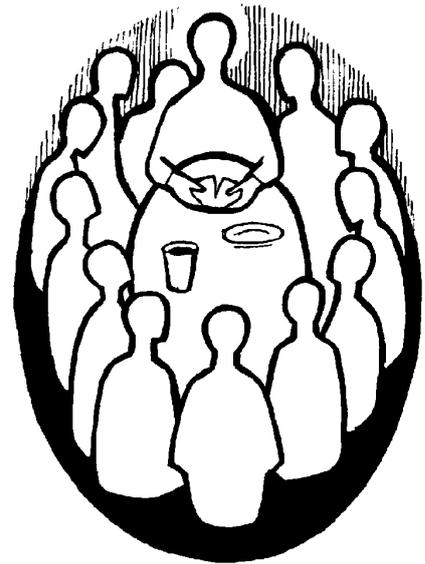
Night had fallen.

When he had gone Jesus said:

'Now has the Son of Man been glorified,  
and in him God has been glorified.  
If God has been glorified in him,  
God will in turn glorify him in himself,  
and will glorify him very soon.  
My little children.  
I shall not be with you much longer.  
You will look for me,  
and, as I told the Jews,  
where I am going,  
you cannot come.'

Simon Peter said, 'Lord, where are you going?' Jesus replied, 'Where I am going you cannot follow me now; you will follow me later.' Peter said to him, 'Why can't I follow you now? I will lay down my life for you.' 'Lay down your life for me?' answered Jesus. 'I tell you most solemnly, before the cock crows you will have disowned me three times.'

- Spend a few minutes playing this Gospel account in your mind and heart – watching and listening as something changes in Judas Iscariot – and Peter's protestations. What would Jesus be looking like as he saw what was happening with friends who had become so close to him?
- How is the confusion of the disciples echoed in the world today – in the strange ways people behave? In finding a selfishness in ourselves that we did not think was there? In putting our own needs and wants before those of other people? In saying we want to do the right thing – but finding that, actually, when it comes to it – we don't?
- What do you think Jesus felt as he looked at Judas – and at Peter? How does he look at you as you face realities about yourself that you wish weren't there? How can he help you to follow him more closely?



## REVIEW OF THE DAY

When have you been aware of God during the day?

Which of God's words have carried you through today? Thank God for them.

When you sensed that your work – your care of others – has felt like serving the Lord?

When have you made selfish choices that have crushed or hurt others? Ask God for forgiveness and ideas on how to put things right.

Join in the prayer that will enfold the world tonight...

## 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 142 (143) A prayer in time of trouble**

"A man is made righteous not by obedience to the Law, but by faith in Jesus Christ." (Gal 2: 16)

*Do not hide your face from me, for in you have I put my trust.*

LORD, listen to my prayer:

turn your ear to my appeal.

You are faithful, you are just; give answer.

Do not call your servant to judgment

for no one is just in your sight.

The enemy pursues my soul;

he has crushed my life to the ground;

he has made me dwell in darkness

like the dead, long forgotten.

Therefore my spirit fails;

my heart is numb within me.

I remember the days that are past:

I ponder all your works.

I muse on what your hand has wrought

and to you I stretch out my hands.

Like a parched land my soul thirsts for you.

Lord, make haste and answer;

for my spirit fails within me.

Do not hide your face

lest I become like those in the grave.

In the morning let me know your love

for I put my trust in you.

Make me know the way I should walk:

to you I lift up my soul.

Rescue me, Lord, from my enemies;  
I have fled to you for refuge.  
Teach me to do your will  
for you, O Lord, are my God.  
Let your good spirit guide me  
in ways that are level and smooth.

For your name's sake, Lord, save my life;  
in your justice save my soul from distress.  
In your love make an end of my foes;  
destroy all those who oppress me  
for I am your servant, O Lord.  
Glory be ...  
*Do not hide your face from me, for in you have I put my trust.*

### **Short Reading – 1 Peter 5: 8-9**

Be calm but vigilant, because your enemy the devil is prowling round like a roaring lion, looking for someone to eat. Stand up to him, strong in faith,

### **Short Responsory**

Into your hands, Lord, I commend my spirit.  
– *Into your hands, Lord, I commend my spirit.*  
You have redeemed us, Lord God of truth.  
– *Into your hands, Lord, I commend my spirit.*  
Glory be to the Father and to the Son and to the Holy Spirit.  
– *Into your hands, Lord, I commend my spirit.*

### **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.**

In your mercy, Lord,  
dispel the darkness of this night.  
Let your household so sleep in peace  
that at the dawn of a new day  
they may, with joy, waken in your name.  
Through Christ our Lord,

**Amen.**

**Marian Anthem**  
**Ave Regina Caelorum**

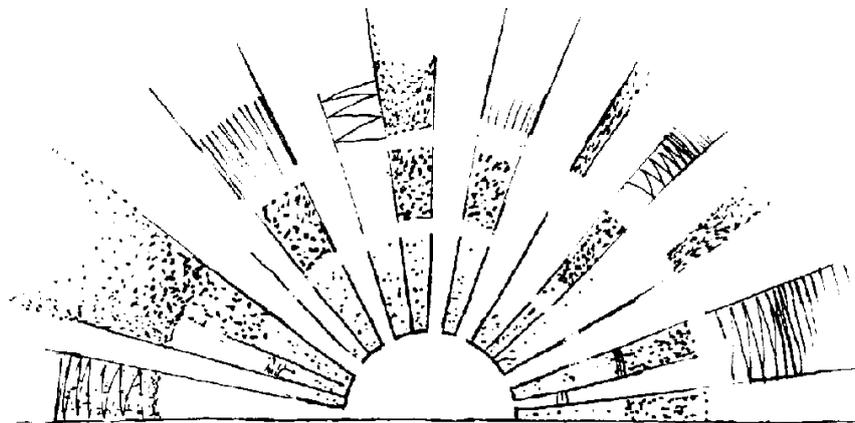
Hail, Queen of the heavens,  
hail, Lady of the angels.  
Root of our salvation  
and our gateway to heaven,  
the light of the world was born to you.  
Be joyful, Virgin of glory,  
most beautiful of all in heaven.  
We greet you now, true beauty –  
pray for us to Christ.

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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