

*Liturgy of the Hours*  
*Morning Prayer for*

*Good Friday*

*St. Michael Parish*  
*Orland Park, Illinois*

**(Please stand.)**

*Leader:* God, come to my assistance.

**(All make the sign of the cross.)**

**All:** Lord, make haste to help me.  
Glory to the Father, and to the Son,  
and to the Holy Spirit:  
as it was in the beginning, is now,  
and will be forever. Amen.

**HYMN**

*We will omit the Hymn*

Take up your cross, the Savior said  
If you would my disciple be;  
Deny yourself, the world forsake,  
And humbly follow after me.

Take up your cross, let not its weight  
Fill your weak spirit with alarm;  
His strength shall bear your spirit up,  
Shall brace your heart and nerve your arm.

Take up your cross then in his strength,  
And ev'ry danger calmly brave,  
To guide you to a better home,  
And vict'ry over death and grave.

Take up your cross and follow Christ,  
Nor think till death to lay it down;  
For only he who bears the cross  
May hope to wear the glorious crown.

To you, great Lord, the One in three,  
All praise for evermore ascend;  
O grant us here below to see  
The heavn'ly life that knows no end.

**(Please be seated.)**

**PSALMODY**

*Antiphon 1*

*Leader:* God did not spare his own Son, but gave him up to suffer for our sake.

## Psalm 51

*Leader:* Have mercy on me, God, in your kindness.  
In your compassion blot out my offense.  
O wash me more and more from my guilt  
and cleanse me from my sin.

**All:** My offenses 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.

*Leader:* 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.

**All:** 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.

*Leader:* 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.

**All:** 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.

*Leader:* 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.

**All:** 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.

*Leader:* 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.

**All:** 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.

*Leader:* Glory to the Father, and to the Son,  
and to the Holy Spirit:

**All:** as it was in the beginning, is now,  
and will be forever. Amen.

*Repeat Antiphon 1*

**All:** God did not spare his own Son, but gave him up to suffer for our sake.

*Antiphon 2*

*Leader:* Jesus Christ loved us, and poured out his own blood for us to wash away our sins.

Canticle – Habakkuk 3:2-4, 13a, 15-19

*Leader:* O Lord, I have heard your renown,  
and feared, O Lord, your work.  
In the course of the years revive it,  
in the course of the years make it known;  
in your wrath remember compassion!

**All:** God comes from Teman,  
the Holy One from Mount Paran.  
Covered are the heavens with his glory,  
and with his praise the earth is filled.

*Leader:* His splendor spreads like the light;  
rays shine forth from beside him,  
where his power is concealed.  
You come forth to save your people,  
to save your anointed one.

**All:** You tread the sea with your steeds  
amid the churning of the deep waters.  
I hear, and my body trembles;  
at the sound, my lips quiver.

*Leader:* Decay invades my bones,  
my legs tremble beneath me.  
I await the day of distress  
that will come upon the people who attack us.

**All:** For though the fig tree blossom not  
nor fruit be on the vines,  
though the yield of the olive fail  
and the terraces produce no nourishment,

*Leader:* Though the flocks disappear from the fold  
and there be no herd in the stalls,  
yet will I rejoice in the Lord  
and exult in my saving God.

**All:** God, my Lord, is my strength;  
he makes my feet swift as those of hinds  
and enables me to go upon the heights.

*Leader:* Glory to the Father, and to the Son,  
and to the Holy Spirit:

**All:** as it was in the beginning, is now,  
and will be forever. Amen.

*Repeat Antiphon 2*

**All:** Jesus Christ loved us, and poured out his own blood for us to wash away our sins.

*Antiphon 3*

*Leader:* We worship your cross, O Lord, and we praise and glorify your holy resurrection, for  
the wood of the cross has brought joy to the world.

**Psalm 147:12-20**

*Leader:* O praise the Lord, Jerusalem!  
Zion, praise your God!

**All:** 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.

*Leader:* 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.

**All:** 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.

*Leader:* 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.

**All:** Glory to the Father, and to the Son,  
and to the Holy Spirit:

*Leader:* as it was in the beginning, is now,  
and will be forever. Amen.

*Repeat Antiphon 3*

**All:** We worship your cross, O Lord, and we praise and glorify your holy resurrection, for the wood of the cross has brought joy to the world.

READING

*Isaiah 52:13-15*

*Reader:* See, my servant shall prosper,  
he shall be raised high and greatly exalted.  
Even as many were amazed at him —  
so marred was his look beyond that of man,  
and his appearance beyond that of mortals—  
So shall he startle many nations,  
because of him kings shall stand speechless;  
For those who have not been told shall see,  
those who have not heard shall ponder it.

*Antiphon*

*Reader:* For our sake Christ was obedient, accepting even death, death on a cross.

**All repeat:** For our sake Christ was obedient, accepting even death, death on a cross.

**(Please stand.)**

## CANTICLE OF ZECHARIAH

*Antiphon*

*Leader:* Over his head they hung their accusation: Jesus of Nazareth, King of the Jews.

Luke 1: 68-79

**(Make the sign of the cross.)**

*Leader:* Blessed be the Lord, the God of Israel;

**All:** he has come to his people and set them free.

He has raised up for us a mighty savior,  
born of the house of his servant David.

Through his holy prophets he promised of old  
that he would save us from our enemies,  
from the hands of all who hate us.

He promised to show mercy to our fathers  
and to remember his holy covenant.

This was the oath he swore to our father Abraham:  
to set us free from the hands of our enemies,  
free to worship him without fear,  
holy and righteous in his sight  
all the days of our life.

You, my child, shall be called the prophet of the Most High;  
for you will go before the Lord to prepare his way,  
to give his people knowledge of salvation  
by the forgiveness of their sins.

In the tender compassion of our God  
the dawn from on high shall break upon us,  
to shine on those who dwell in darkness and the shadow of death,  
and to guide our feet into the way of peace.

Glory to the Father, and to the Son,  
and to the Holy Spirit:  
as it was in the beginning, is now,  
and will be forever. Amen.

*Repeat Antiphon*

**All:** Over his head they hung their accusation: Jesus of Nazareth, King of the Jews.

## INTERCESSIONS

*Leader:* For our sake our Redeemer suffered death and was buried, and rose again. With heartfelt love let us adore him, and pray:

– **All:** Lord, have mercy on us.

*Reader:* Christ our teacher, for our sake you were obedient even to accepting death, teach us to obey the Father's will in all things.

– **All:** Lord, have mercy on us.

*Reader:* Christ our life, by your death on the cross you destroyed the power of evil and death, may we die with you, to rise with you in glory.

– **All:** Lord, have mercy on us.

*Reader:* Christ our King, you became an outcast among us, a worm and no man, teach us the humility by which you saved the world.

– **All:** Lord, have mercy on us.

*Reader:* Christ our salvation, you gave yourself up to death out of love for us, help us to show your love to one another.

– **All:** Lord, have mercy on us.

*Reader:* Christ our Savior, on the cross you embraced all time with your outstretched arms, unite God's scattered children in your kingdom of salvation.

– **All:** Lord, have mercy on us.

### *The Lord's Prayer*

**All:** 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*

*Leader:* Father,  
look with love upon your people,



the love which our Lord Jesus Christ showed us  
when he delivered himself to evil men  
and suffered the agony of the cross,  
for he lives and reigns with you and the Holy Spirit,  
one God, for ever and ever.

– **All:** Amen.

## DISMISSAL

*Leader:* The Lord be with you.

– **All:** And with your spirit.

*Leader:* May almighty God bless you: the Father, and the Son, and the Holy Spirit.

– **All:** Amen.

*Leader:* Go in peace.

– **All:** Thanks be to God.