

HOLY THURSDAY

O Sacred Banquet, in which Christ becomes our food, the memory of his passion is celebrated, the soul is filled with grace, and the pledge of future glory is given to us.

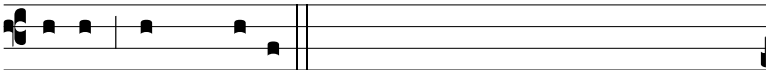
℣. You gave them bread from heaven.

℟. Containing every blessing.

Let us pray.

O God, who in this wonderful sacrament have left us a memorial of your Passion, grant us, we pray, so to revere the sacred mysteries of your Body and Blood that we may always experience in ourselves the fruits of your redemption. Who live and reign forever and ever. ℟. Amen.

OFFICE OF READINGS

O  Lord, open my lips.



℟. And my mouth will proclaim your praise.

INVITATORY PSALM

Ant. Come, let us worship Christ the Lord, who for our sake endured temptation and suffering.

PSALM 95

A CALL TO PRAISE GOD

Encourage each other daily while it is still today (Hebrews 3:13).

Come, let us sing to the Lord
and shout with joy to the Rock who saves us.
Let us approach him with praise and thanksgiving
and sing joyful songs to the Lord.

Ant. Come, let us worship Christ the Lord, who for our sake endured temptation and suffering.

The Lord is God, the mighty God,
the great king over all the gods.
He holds in his hands the depths of the earth
and the highest mountains as well.
He made the sea; it belongs to him,
the dry land, too, for it was formed by his hands.

Ant. Come, let us worship Christ the Lord, who for our sake endured temptation and suffering.

Come, then, let us bow down and worship,
bending the knee before the Lord, our maker.
For he is our God and we are his people,
the flock he shepherds.

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Today, listen to the voice of the Lord:
Do not grow stubborn, as your fathers did in the wilderness,
when at Meriba and Massah they challenged me and provoked me,
Although they had seen all of my works.

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Forty years I endured that generation.
I said, "They are a people whose hearts go astray
and they do not know my ways."
So I swore in my anger,
"They shall not enter into my rest."

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

Ant. Come, let us worship Christ the Lord, who for our sake endured temptation and suffering.

HYMN

Sing my tongue the Sacred Myst'ry,
Of the glorious body made,
Of the precious blood outpouring—
Both the fruit of noble maid—
By the King of all the nations
For the world's redemption paid.

2. Giv'n for us, to us descending,
Born of virgin chaste was he,
And on earth by life and teaching
Spread the truth to make us free;
Then with sacred celebration
Closed his life most wondrously.

3. On the night of that last supper
Seated with his brethren band,
He observed the law most fully
And the feast it did command;
Then, as food to his apostles,
Gives himself with his own hand.

4. Word made Flesh, true bread he changes
By a word, his flesh to be;
Wine to blood of Christ transforming,
Though the eye no change may see;
Faith alone provides assurance,
If the heart sincere should be.

5. Humbly then in veneration
This great Myst'ry we adore:
For the ancient rite surrenders
To the new for evermore:
Faith divine supplies abundance
Where frail senses cannot soar.

6. Honor, praise and exaltation
To the Father and the Son,
Power, too, and joy and blessing
And salvation for all won;
To the One from both proceeding,
Be an equal worship done. Amen.

ANTIPHON 1

I am worn out with crying, with longing for my God.

PSALM 69:2-22, 30-37

I AM CONSUMED WITH ZEAL FOR YOUR HOUSE

They offered him a mixture of wine and gall (Matthew 27:34).

Save me, O God, ★
for the waters have risen to my neck.
I have sunk into the mud of the deep ★
and there is no foothold.
I have entered the waters of the deep ★
and the waves overwhelm me.
I am wearied with all my crying, ★
my throat is parched.
My eyes are wasted away ★
from looking for my God.
More numerous than the hairs on my head ★
are those who hate me without cause.
Those who attack me with lies ★
are too much for my strength.
How can I restore ★
what I have never stolen?
O God, you know my sinful folly; ★
my sins you can see.
Let those who hope in you not be put to shame ★
through me, Lord of hosts:
let not those who seek you be dismayed ★
through me, God of Israel.
It is for you that I suffer taunts, ★
that shame covers my face,
that I have become a stranger to my brothers, ★
an alien to my own mother's sons.
I burn with zeal for your house ★
and taunts against you fall on me.
When I afflict my soul with fasting ★
they make it a taunt against me.
When I put on sackcloth in mourning ★
then they make me a byword,

the gossip of men at the gates, ★
the subject of drunkards' songs.
Glory to the Father, and to the Son, ★
and to the Holy Spirit:
as it was in the beginning, is now, ★
and will be for ever. Amen.

ANTIPHON 2

I needed food and they gave me gall; I was parched with thirst and they gave me vinegar.

II

This is my prayer to you, ★
my prayer for your favor.
In your great love, answer me, O God, ★
with your help that never fails:
rescue me from sinking in the mud; ★
save me from my foes.
Save me from the waters of the deep ★
lest the waves overwhelm me.
Do not let the deep engulf me ★
nor death close its mouth on me.
Lord, answer, for your love is kind; ★
in your compassion, turn towards me.
Do not hide your face from your servant; ★
answer quickly for I am in distress.
Come close to my soul and redeem me; ★
ransom me pressed by my foes.
You know how they taunt and deride me; ★
my oppressors are all before you.
Taunts have broken my heart; ★
I have reached the end of my strength.
I looked in vain for compassion, ★
for consolers; not one could I find.
For food they gave me poison; ★
in my thirst they gave me vinegar to drink.
Glory to the Father, and to the Son, ★
and to the Holy Spirit:
as it was in the beginning, is now, ★
and will be for ever. Amen.

ANTIPHON 3

Seek the Lord and you will live.

III

As for me in my poverty and pain ★
let your help, O God, lift me up.
I will praise God's name with a song; ★
I will glorify him with thanksgiving,
a gift pleasing God more than oxen, ★
more than beasts prepared for sacrifice.
The poor when they see it will be glad ★
and God-seeking hearts will revive;
for the Lord listens to the needy ★
and does not spurn his servants in their chains.
Let the heavens and the earth give him praise, ★
the sea and all its living creatures.
For God will bring help to Zion †
and rebuild the cities of Judah ★
and men shall dwell there in possession.
The sons of his servants shall inherit it; ★
those who love his name shall dwell there.
Glory to the Father, and to the Son, ★
and to the Holy Spirit:
as it was in the beginning, is now, ★
and will be for ever. Amen.

℣. When I am lifted up from the earth.

℟. I will draw all people to myself.

FIRST READING

From the letter to the Hebrews

4:14-5:10

JESUS CHRIST, THE GREAT HIGH PRIEST

Since we have a great high priest who has passed through the heavens, Jesus, the Son of God, let us hold fast to our profession of faith. For we do not have a high priest who is unable to sympathize with our weakness, but one who was tempted in every way that we are, yet never sinned. So let us confidently approach the throne of grace to receive mercy and favor and to find help in time of need.

Every high priest is taken from among men and made their representative before God, to offer gifts and sacrifices for sins. He is able to deal patiently with erring sinners, for he himself is beset by weakness and so must make sin offerings for himself as well as for the people. One does not take this honor on his own initiative, but only when called by God as Aaron was.

Even Christ did not glorify himself with the office of high priest; he received it from the One who said to him,

“You are my Son;
today I have begotten you”;
just as he says in another place,
“You are a priest forever,
according to the order of Melchizedek.”

In the days when he was in the flesh, he offered prayers and supplications with loud cries and tears to God, who was able to save him from death, and he was heard because of his reverence. Son though he was, he learned obedience from what he suffered; and when perfected, he became the source of eternal salvation for all who obey him, designated by God as high priest according to the order of Melchizedek.

RESPONSORY

Hebrews 5:8, 9, 7

Though he was the Son of God,
Christ learned obedience through what he suffered;
– and now, for all who obey him,
he has become the source of eternal life.

In the days of his earthly life he prayed, crying aloud,
and he submitted so humbly that his prayer was heard.

– And now, for all who obey him,
he has become the source of eternal life.

SECOND READING

From an Easter homily by Saint Melito of Sardis, bishop

(Nn. 65071: SC 123, 95-101)

THE LAMB THAT WAS SLAIN HAS DELIVERED US FROM DEATH AND GIVEN
US LIFE

There was much proclaimed by the prophets about the mystery of the Passover: that mystery is Christ, and to him be glory for ever and ever. Amen.

For the sake of suffering humanity he came down from heaven to earth, clothed himself in that humanity in the Virgin's womb, and was born a man. Having then a body capable of suffering, he took the pain of fallen man upon himself; he triumphed over the diseases of soul and body that were its cause, and by his Spirit, which was incapable of dying, he dealt man's destroyer, death, a fatal blow.

He was led forth like a lamb; he was slaughtered like a sheep. He ransomed us from our servitude to the world, as he had ransomed Israel from the land of Egypt; he freed us from our slavery to the devil, as he had freed Israel from the hand of Pharaoh. He sealed our souls with his own Spirit, and the members of our body with his own blood.

He is the One who covered death with shame and cast the devil into mourning, as Moses cast Pharaoh into mourning. He is the One who smote sin and robbed iniquity of offspring. He is the One who brought us out of slavery into freedom, out of darkness into light, out of death into life, out of tyranny into an eternal kingdom; who made us a new priesthood, a people chosen to be his own for ever. He is the Passover that is our salvation.

It is he who endured every kind of suffering in all those who foreshadowed him. In Abel he was slain, in Isaac bound, in Jacob exiled, in Joseph sold, in Moses exposed to die. He was sacrificed in the Passover lamb, persecuted in David, dishonored in the prophets.

It is he who was made man of the Virgin, he who was hung on the tree; it is he who was buried in the earth, raised from the dead, and taken up to the heights of heaven. He is the mute lamb, the slain lamb, the lamb born of Mary, the fair ewe. He was seized from the flock, dragged off to be slaughtered, sacrificed in the evening, and buried at night. On the tree no bone of his was broken; in the earth his body knew no decay. He is the One who rose from the dead, and who raised man from the depths of the tomb.

RESPONSORY

Romans 3:23-24; John 1:29

Everyone has sinned
and is deprived of God's glory.
We are justified through the free gift of his grace
and through the redemption of Christ Jesus.
– God made Christ's sacrificial death
the means of expiating the sins of all believers.

This is the Lamb of God who takes away the sins of the world.
– God made Christ's sacrificial death
the means of expiating the sins of all believers.

MORNING PRAYER

ANTIPHON 1

Look, O Lord, and see my suffering. Come quickly to my aid.

PSALM 80

LORD, COME, TAKE CARE OF YOUR VINEYARD

Come, Lord Jesus (Revelation 22:20).

O shepherd of Israel, hear us, ★
you who lead Joseph's flock,
shine forth from your cherubim throne ★
upon Ephraim, Benjamin, Manasseh.
O Lord, rouse up your might, ★
O 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, ★
an abundance of tears for their drink.
You have made us the taunt of our neighbors, ★
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 to the Father, and to the Son, ★
and to the Holy Spirit:
as it was in the beginning, is now, ★
and will be for ever. Amen.

ANTIPHON 2

God is my savior; I trust in him and shall not fear.

CANTICLE: ISAIAH 12:1-6

JOY OF GOD'S RANSOMED PEOPLE

If anyone thirsts, let him come to me and drink (John 7:37).

I give you thanks, O Lord; †
though you have been angry with me, ★
your anger has abated, and you have consoled me.
God indeed is my savior; ★
I am confident and unafraid.

My strength and my courage is the Lord, ★
and he has been my savior.
With joy you will draw water ★
at the fountain of salvation, and say on that day:
Give thanks to the Lord, acclaim his name; †
among the nations make known his deeds, ★
proclaim how exalted is his name.
Sing praise to the Lord for his glorious achievement; ★
let this be known throughout all the earth.
Shout with exultation, O city of Zion, †
for great in your midst ★
is the Holy One of Israel!
Glory to the Father, and to the Son, ★
and to the Holy Spirit:
as it was in the beginning, is now, ★
and will be for ever. Amen.

ANTIPHON 3

The Lord has fed us with the finest wheat; he has filled us with honey
from the rock.

PSALM 81

SOLEMN RENEWAL OF THE COVENANT

See that no one among you has a faithless heart (Hebrews 3:12).

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 only you 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.
O 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 to the Father, and to the Son, ★
and to the Holy Spirit:
as it was in the beginning, is now, ★
and will be for ever. Amen.

READING

Heb 2:9-10

We see Jesus crowned with glory and honor because he suffered death, that through God's gracious will he might taste death for the sake of all men. Indeed, it was fitting that when bringing many sons to glory God, for whom and through whom all things exist, should make their leader in the work of salvation perfect through suffering.

RESPONSORY

By your own blood, Lord, you brought us back to God.
– By your own blood, Lord, you brought us back to God.
From every tribe, and tongue, and people and nation,
– you brought us back to God.
Glory to the Father, and to the Son, and to the Holy Spirit.
– By your own blood, Lord, you brought us back to God.

GOSPEL CANTICLE

I have longed to eat this meal with you before I suffer.

CANTICLE OF ZECHARIAH (LUKE 1:68-79)

THE MESSIAH AND HIS FORERUNNER

Blessed be the Lord, the God of Israel; ★
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.
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and to the Holy Spirit:
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and will be for ever. Amen.

PRECES

The Father anointed Christ with the Holy Spirit to proclaim forgiveness to those in bondage. Let us humbly call upon the eternal priest: *R.* Lord, have mercy on us.

R. Lord, have mercy on us.

You went up to Jerusalem to suffer and so enter into your glory, – bring your Church to the Passover feast of heaven.

R. Lord, have mercy on us.

You were lifted high on the cross and pierced by the soldier's lance, – heal our wounds.

R. Lord, have mercy on us.

You made the cross the tree of life, – give its fruit to those reborn in baptism.

R. Lord, have mercy on us.

On the cross you forgave the repentant thief, – forgive us our sins.

R. Lord, have mercy on us.

THE LORD'S PRAYER

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

God of infinite compassion, to love you is to be made holy; fill our hearts with your love. By the death of your Son you have given us hope, born of faith; by his rising again fulfill this hope in the perfect love of heaven, where he lives and reigns with you and the Holy Spirit, one God, for ever and ever.

R. Amen.

DISMISSAL

℣. The Lord be with you.

℟. And with your spirit.

℣. May almighty God bless you, the Father, and the Son, and the Holy Spirit.

℟. Amen.

℣. Go in peace.

℟. Thanks be to God.

GOOD FRIDAY

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HYMN

Sing, my tongue, the noble battle
With completed vict'ry rife;
O'er the cross, that Victor's trophy
Tell the triumph of the strife:
How the world's Redeemer conquered
By surrend'ring of his life.

2. God, his Maker, with compassion
When the first-made Adam fell,
When he ate the fruit of sorrow,
Whose reward was death and hell,
Noted then this Wood, the ruin
Of the ancient wood to quell.

3. This, the work of our salvation,
He appointed to atone;
To the traitor's wiles opposing
Art more subtle than his own;
And from there would bring the healing
Where the harm had first been sown.

4. Wherefore, then with sacred fullness
Of the destined time complete,
He was sent, the world's creator

From the Father's heav'nly seat;
And, from Virgin born, proceeded,
God made Man, the foe to meet.

5. There he lies an infant weeping
Where the narrow manger stands;
And his limbs the virgin-mother
Warm enfolds in swaddling bands;
Meetly thus, with garment wrapping,
Binding feet and legs and hands.

6. Praise and honor to the Father;
Praise and honor to the Son,
Praise and honor to the Spirit,
Ever three and ever one;
Consubstantial, coeternal,
While unending ages run. Amen.

ANTIPHON 1

Earthly kings rise up, in revolt; princes conspire together against the
Lord and his Anointed.

PSALM 2

THE MESSIAH, KING AND CONQUEROR

*The rulers of the earth joined forces to overthrow Jesus, your anointed Son
(Acts 4:27).*

Why this tumult among nations, ★
among peoples 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 your homage
lest he be angry and you perish; †
for suddenly his anger will blaze. ★
Blessed are they who put their trust in God.
Glory to the Father, and to the Son, ★
and to the Holy Spirit:
as it was in the beginning, is now, ★
and will be for ever. Amen.

ANTIPHON 2

They divided my garments among them; they cast lots for my clothing.

PSALM 22:2-23

GOD HEARS THE SUFFERING OF HIS HOLY ONE

Jesus cried with a loud voice: My God, my God, why have you forsaken me? (Matthew 27:46).

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 by day and you give no reply; ★
I call by 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.
Many dogs have surrounded me, ★
a band of the wicked beset me.
They tear holes in my hands and my feet ★
and lay me in the dust of death.
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 to the Father, and to the Son, ★
and to the Holy Spirit:
as it was in the beginning, is now, ★
and will be for ever. Amen.

ANTIPHON 3

They sought to take my life by violence.

PSALM 38

A SINNER IN EXTREME DANGER PRAYS EARNESTLY TO GOD

All his friends were standing at a distance (Luke 23:49).

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 my life 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 a man who hears nothing, ★

in whose mouth is no defense.

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 that 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 savior!
Glory to the Father, and to the Son, ★
and to the Holy Spirit:
as it was in the beginning, is now, ★
and will be for ever. Amen.

℣. They brought false evidence against me.

℟. They were breathing out fury.

FIRST READING

From the letter to the Hebrews

9:11-28

BY THE SHEDDING OF HIS OWN BLOOD, CHRIST, THE HIGH PRIEST,
ENTERED THE SANCTUARY ONCE AND FOR ALL

S When Christ came as high priest of the good things which have come to be, he entered once for all into the sanctuary, passing through the greater and more perfect tabernacle not made by hands, that is, not belonging to this creation. He entered, not with the blood of goats and calves, but with his own blood, and achieved eternal redemption.

For if the blood of goats and bulls and the sprinkling of a heifer's ashes can sanctify those who are defiled so that their flesh is cleansed, how much more will the blood of Christ, who through the eternal spirit offered himself up unblemished to God, cleanse our consciences from dead works to worship the living God!

This is why he is mediator of a new covenant: since his death has taken place for deliverance from transgressions committed under the first covenant, those who are called may receive the promised eternal inheritance. Where there is a testament, it is necessary that the death of the testator be confirmed. For a testament comes into force only in the case of death; it has no force while the testator is alive. Hence, not even the first covenant was inaugurated without blood.

When Moses had read all the commandments of the law to the people, he took the blood of goats and calves, together with water and crimson wool and hyssop, and sprinkled the book and all the people, saying, "This is the blood of the covenant which God has enjoined upon you." He also sprinkled the tabernacle and all the vessels of worship with blood. According to the law almost everything is purified by blood, and without the shedding of blood there is no forgiveness.

It was necessary that the copies of the heavenly models be purified in this way, but the heavenly realities themselves called for better sacrifices. For Christ did not enter into a sanctuary made by hands, a mere copy of the true one; he entered heaven itself that he might appear before God now on our behalf. Not that he might offer himself there again and again, as the high priest enters year after year into the sanctuary with blood that is not his own; if that were so, he would have had to suffer death over and over from the creation of the world. But now he has appeared at the end of the ages to take away sins once for all by his sacrifice. Just as it is appointed that men die once, and after death be judged, so Christ was offered up once to

take away the sins of many; he will appear a second time not to take away sin but to bring salvation to those who eagerly await him.

RESPONSORY

See Isaiah 53:7, 12

He was led like a lamb to the slaughter;
no complaint from his lips against the evil done to him.
He was given up to death,
– to give his people life.

He surrendered himself to death
and was counted among the wicked.
– To give his people life.

SECOND READING

From the Catecheses by Saint John Chrysostom, bishop

(Cat. 3, 13-19: SC 50, 174-177)

THE POWER OF CHRIST'S BLOOD

If we wish to understand the power of Christ's blood, we should go back to the ancient account of its prefiguration in Egypt. *Sacrifice a lamb without blemish*, commanded Moses, *and sprinkle its blood on your doors*. If we were to ask him what he meant, and how the blood of an irrational beast could possibly save men endowed with reason, his answer would be that the saving power lies not in the blood itself, but in the fact that it is a sign of the Lord's blood. In those days, when the destroying angel saw the blood on the doors he did not dare to enter, so how much less will the devil approach now when he sees, not that figurative blood on the doors, but the true blood on the lips of believers, the doors of the temple of Christ.

If you desire further proof of the power of this blood, remember where it came from, how it ran down from the cross, flowing from the Master's side. The gospel records that when Christ was dead, but still hung on the cross, a soldier came and pierced his side with a lance and immediately there poured out water and blood. Now the water was a symbol of baptism and the blood, of the holy eucharist. The soldier pierced the Lord's side, he breached the wall of the sacred temple, and I have found the treasure and made it my own. So also with the lamb: the Jews sacrificed the victim and I have been saved by it.

There flowed from his side water and blood. Beloved, do not pass over this mystery without thought; it has yet another hidden meaning, which I

will explain to you. I said that water and blood symbolized baptism and the holy eucharist. From these two sacraments the Church is born: from baptism, *the cleansing water that gives rebirth and renewal through the Holy Spirit*, and from the holy eucharist. Since the symbols of baptism and the eucharist flowed from his side, it was from his side that Christ fashioned the Church, as he had fashioned Eve from the side of Adam. Moses gives a hint of this when he tells the story of the first man and makes him exclaim: *Bone from my bones and flesh from my flesh!* As God then took a rib from Adam's side to fashion a woman, so Christ has given us blood and water from his side to fashion the Church. God took the rib when Adam was in a deep sleep, and in the same way Christ gave us the blood and the water after his own death.

Do you understand, then, how Christ has united his bride to himself and what food he gives us all to eat? By one and the same food we are both brought into being and nourished. As a woman nourishes her child with her own blood and milk, so does Christ unceasingly nourish with his own blood those to whom he himself has given life.

RESPONSORY

1 Peter 1:18-19; Ephesians 2:18; 1 John 1:7

The price of your redemption

was not something of fleeting value like gold or silver,

but the costly shedding of the blood of Christ,

the lamb without blemish.

– Through him, in the one Spirit, we can approach the Father.

The blood of Jesus Christ washes away all our sins.

– Through him, in the one Spirit, we can approach the Father.

MORNING PRAYER

ANTIPHON 1

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

PSALM 51

O GOD, HAVE MERCY ON ME

Your inmost being must be renewed, and you must put on the new man (Ephesians 4:23-24).

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.
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.
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 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 offering 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 to the Father, and to the Son, ★
and to the Holy Spirit:

as it was in the beginning, is now, ★
and will be for ever. Amen.

ANTIPHON 2

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

GOD COMES TO JUDGE

Lift up your heads for your redemption is at hand (Luke 21:28).

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 by day and you give no reply; ★
I call by 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.
Many dogs have surrounded me, ★
a band of the wicked beset me.
They tear holes in my hands and my feet ★
and lay me in the dust of death.
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 to the Father, and to the Son, ★
and to the Holy Spirit:
as it was in the beginning, is now, ★
and will be for ever. Amen.

ANTIPHON 3

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

THE RESTORATION OF JERUSALEM

Come, I will show you the bride of the Lamb (Revelation 21:9).

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 my life 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 a man who hears nothing, ★
in whose mouth is no defense.
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 that 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 savior!

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