

# HOLY THURSDAY

## OFFICE OF READINGS AND MORNING PRAYER

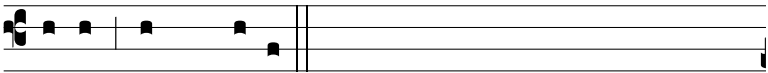
**O** Sacred Banquet, in which Christ becomes our food, the memory of his passion is celebrated, the soul is filled with grace, and the pledge of future glory is given to us.

℣. You gave them bread from heaven.

℟. Containing every blessing.

**L**et 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. Through Christ our Lord. ℟. Amen.

## INTRODUCTION

**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.

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

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.

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

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."

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

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.

## PSALMODY

## 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

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

### 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.

### READINGS

#### 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.