



The Easter Triduum

Morning Prayer Friday of the Passion of the Lord

Morning and Evening are two “hinges” of the day in the Church’s ritual prayer. Over the days of the Easter Triduum, a household may come together to pray Morning Prayer around breakfast time.

Begin by making the Sign of the Cross

Psalm

Psalm 51

If two or more people are praying together, then the stanzas of the psalm can be recited aloud alternately between two groups

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

Reading

Isaiah 52:13-15

If a group is praying together, then one person should read the reading aloud

See, my servant will prosper, he shall be lifted up, exalted, rise to great heights. As the crowds were appalled on seeing him - so disfigured did he look that he seemed no longer human - so will the crowds be astonished at him and kings stand speechless before him; for they shall see something never told and witness something never heard before.

Pause for silent reflection after the reading

Canticle

Luke 1:68-79

All recite together

Blessed be the Lord, the God of Israel!
He has visited his people and redeemed them.

He has raised up for us a mighty saviour
in the house of David his servant,
as he promised by the lips of holy men,
those who were his prophets from of old.

A saviour who would free us from our foes,
from the hands of all who hate us.
So his love for our fathers is fulfilled
and his holy covenant remembered.

He swore to Abraham our father to grant us,
that free from fear,
and saved from the hands of our foes,
we might serve him in holiness and justices
all the days of our life in his presence.

As for you, little child,
you shall be called a prophet of God,
the Most High.
you shall go ahead of the Lord
to prepare his ways before him,

To make known to his people their salvation
through forgiveness of all their sins,
the loving-kindness of the heart of our God
who visits us like the dawn from on high.

He will give light to those in darkness,
those who dwell in the shadow of death,
and guide us into the way of peace.

Conclude by making the Sign of the Cross

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