

Blessed
are You, Holy Cross,
wood of life, destroyer
of delusion and giver of
salvation to the
world.



Prayer in Preparation for
the Feast of the Exaltation of the Holy Cross

By the strength of the cross
we stand firm in faith

Day 1

Priest: Glory to the Father, and to the Son, and to the Holy Spirit, now and forever.

Cong: Amen.

Priest: Make us worthy, O Lord Jesus Christ, to always make the sign of Your cross with the utmost faith and reverence, for it is the sign of Your life-giving passion, and of Your victory over pain and death. Make Your Spirit breathe upon us, and always grant us security in this world of danger, so that we may reach Your holy dwellings; and there we shall praise You forever, and render glory to You, to Your father and to Your Holy Spirit now and forever.

Cong: (two choirs)

- * Glory to God in the highest, and on earth peace, and goodwill toward humankind.
- ** Glory to the Father, and to the Son, and to the Holy Spirit, from everlasting to everlasting.
- * O Lord, open my lips and my mouth shall declare Your glory.
- ** O Lord, open my lips and my mouth shall declare Your praise.
- * Set a guard over my mouth, O Lord; keep watch over the door of my lips. Do not let my heart be drawn to what is evil and take part in wicked deeds.
- ** Remember, O LORD, Your compassion and unfailing love, for they are from everlasting. Remember not the sins of my youth, nor my rebellious acts; but remember me according to the abundance of Your mercy.
- * Lord, I love the house where You live, the place where Your glory dwells.
- ** Holiness adorns Your house for endless days.
- * Great is his love toward us, and the faithfulness of the Lord endures forever. Praise the Lord. Psalm 117:2
- */** Glory to God in the highest, And on earth peace, and goodwill toward humankind

Reader: O Christ, Redeemer of mankind, Creator of our earth, You who have been lifted up on the Cross between earth and heaven, and that Cross witnessed that You rose from the dead and overcame evil. Be for us, O Lord, a Savior every day, every hour, and help us to stand firm in our faith in You. May Your cross be our constant companion in every minute of our life so that we avoid being led astray from our faith in You, and that we may always rely upon You and love You. We praise You with the entire creation, and give glory to You and to your blessed Father and your living Holy Spirit now and forever.

Lord Your Cross was taken from the Tree (Fsheeto)

1. Alleluia!

Lord, your cross was taken from the tree in Eden,
And your death upon the cross has granted new life to all the world.
In its shadow refuge can be found, for the rich and poor.
All the prophets and the martyrs sang its praises.
On this day we join with them in giving glory.
Alleluia! The cross is our light.

2. Alleluia!

With the cross we bless ourselves for Christ's protection. When the tempter comes to us with his deception and sees the cross; far from it he flees and hides himself in the darkest depths, for the holy cross is mighty and defends us. On this day we raise it up in exaltation.
Alleluia! The cross is our light.

Psalm 42 (two choirs)

- * As a deer longs for flowing streams, so my soul longs for you, O God.
- ** My soul thirsts for God, for the living God. When shall I come and behold the face of God?
- * My tears have been my food day and night, while people say to me continually, "Where is your God?"
- ** These things I remember, as I pour out my soul: how I went with the throng, and led them in procession to the house of God, with glad shouts and songs of thanksgiving, a multitude keeping festival.
- * Why are you cast down, O my soul, and why are you disquieted within me? Hope in God; for I shall again praise him, my help and my God. My soul is cast down within me; therefore I remember you from the land of Jordan and of Hermon, from Mount Mizar.
- ** Deep calls to deep at the thunder of your cataracts; all your waves and your billows have gone over me.
- * By day the LORD commands his steadfast love, and at night his song is with me, a prayer to the God of my life.
- ** I say to God, my rock, "Why have you forgotten me? Why must I walk about mournfully because the enemy oppresses me?"
- * As with a deadly wound in my body, my adversaries taunt me, while they say to me continually, "Where is your God?"
- ** Why are you cast down, O my soul, and why are you disquieted within me? Hope in God; for I shall again praise him, my help and my God.
- */** Glory to God in the highest, And on earth peace, and goodwill toward humankind

Psalms 141

Cantor: Let my prayer, O Lord God, rise like incense before you. And the raising of my hands, as an evening sacrifice.

Cong: Let my prayer, O Lord God, rise like incense before you. And the raising of my hands, as an evening sacrifice.

(Repeated after each paragraph)

Cantor: 1. I call upon you, O Lord, make haste to help me!

Turn your ear to my appeal and hear my voice.

2. To you, O Lord God, to you my eyes are turned.

My refuge lies in you alone; Spare my soul.

3. O Lord. The righteous shall gather around me,

for you have shown your faithful love and goodness.

Litanies

Reader: We offer You this prayer O Lord for the sake of every person who feels.

By the life-giving power of Your Cross, lift the burden of grief from their hearts and cause them to feel the joy of Your love.

Cong: Lord have mercy, Lord have mercy, Lord have mercy

Reader: We offer You this prayer O Lord for every person who causes grief to others. the life-giving power of Your Cross, grant them true repentance.

Cong: Lord have mercy, Lord have mercy, Lord have mercy

Reader: For every person who pursue false joys and the passing pleasures of this world. the life-giving power of Your Cross, lead them along the road of truth.

Cong: Lord have mercy, Lord have mercy, Lord have mercy

Readings

People: Holy and immortal Lord, sanctify our minds and purify our consciences, that we may praise You with purity, and listen to Your Holy Scriptures. To You be glory, forever. Amen

Psalm of the Readings

Cong: Guard the Church and her children
With your cross of light and life
By your cross, O Redeemer,
Prophecies have been fulfilled

Cel: with the sign of your cross, Lord,
You ordain your holy priests,
And they give us the Mysteries
Through the power of your cross

Cong: Lord, your cross is a ladder
Leading us to heaven's heights.
May your church and her children
Join the angel hosts on high.

A Reading from the letter of St Paul to the Philippians

Rejoice in the Lord always; again I will say, Rejoice. Let your gentleness be known to everyone. The Lord is near. Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

Finally, beloved, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence and if there is anything worthy of praise, think about[d] these things. Keep on doing the things that you have learned and received and heard and seen in me, and the God of peace will be with you.

Jesus Christ, Lord of all the World

(Ehnono noohro shareero)

1. Jesus Christ, Lord of all the world, great and mighty is your cross.

You defeated the evil one and have conquered sin and death.

We exalt your living cross, raised on high triumphantly.

Nations of the earth cry out: "holy, holy, holy Lord!

By your cross we have been saved."

2. As a wall keeps a city safe, so the cross protects the Church.

As a king governs in his land, Christ the king rules all the world.

Lord do not forsake your church, for you shed your blood for her.

Hear her children who proclaim: "we profess our faith in you;

guard us with your holy cross."

Priest: Blessed are You, Holy Cross, wood of life, destroyer of delusion and giver of salvation to the world. You are the banner of victory in battle. Through You miraculous signs were given. You have repealed the ancient sacrifices and fulfilled the new mysteries. Through You, peace has been given and joy has come dwell among us. Through You the church has been edified and her children protected. Through You our bodies and souls are sanctified and purified. Through You, our debts are erased and our righteousness is increased. Through You, the faithful will obtain perfection. Through You faithful are armed. Through You, the faithful departed find rest. Through You we shelter in the day of judgment. With You we walk to the dwelling of eternal life and we render glory to Christ, the word who was crucified on You, and to his father and to the Holy living Spirit now and forever.

Cong: Amen

Priest: Holy Are You, O God

Cong: You who appeared among us to bring us back to the Father.

Priest: Holy Are You Lord God Almighty

Cong: You who by Your strength have triumphed and saved us.

Priest: Holy Are You O God, You will never die

Cong: You who died, then rose, and left us Your cross as a witness.

Priest: O Lord, You were crucified for the sake of Your people, and You shone upon them with the Cross of light. So, today, they honour Your cross and adore it. Have mercy on them, and make them worthy to call upon Your blessed father and saying:

Cong: Our Father who art in heaven (...).

Priest: Eternal Father, accept our prayers and bless us for we have come to celebrate the Exaltation of Your Son's holy Cross. Strengthen us so that we may wait for his second coming standing firm, and remain faithful to the duties entrusted to us, like the wise and faithful servant. Make us worthy to remain children of light, full of faith and love and hope, waiting for the joy of our eternal meeting. We raise glory to You and Your only Son, our Lord Jesus Christ, and to Your Holy Spirit, now and forever.

Cong: Amen