



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



Our Lady of Lebanon
Co-Cathedral

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

By the power of the cross,
we conquer pain

Day 2

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)

- * Great Is The Lord And Most Worthy Of Praise.
- ** The LORD is my strength and my defense; he has become my salvation.
- * You are my God, and I will praise You; You are my God, and I will exalt You.
- ** Who among the gods is like You, Lord? Who is like You - majestic in holiness, awesome in glory, working wonders?
- * In Your unfailing love You will lead the people You have redeemed. In Your strength You will guide them to Your holy dwelling.
- ** The peoples have heard; they tremble; until Your people pass by, Lord, until the people You bought pass by.
- * You will bring them in and plant them on the mountain of Your inheritance.
- ** The place, Lord, You made for Your dwelling, the sanctuary, Lord, Your hands established. The Lord reigns for ever and ever.
- */** Glory be to the Father, and to the Son, and to the Holy Spirit, now and always and forever and ever.

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 conquer our pain. 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.

Your Cross, O Lord (Toobaik 'eedto)

1. Your Cross, O Lord,

Had been lost but then was found through Saint Helen's love and zeal.

When the cross had been revealed,
all the world was bathed in light and the darkness disappeared.
Now the Church in every place, honours and adores your cross,
for she has been saved from sin to inherit life on high.

2. Your Cross, O Lord,

Is the key to paradise, and unlocks its gates for us,
that were closed by Adam's sin.
It protects us from the fire and the place of punishment
for through it we have been saved, by your Holy Cross O Lord,
may we enter with the Saints into Heaven's lasting joy.



Psalm 90 (two choirs)

- * Lord, you have been our dwelling place in all generations.
- ** Before the mountains were brought forth, or ever you had formed the earth and the world, from everlasting to everlasting you are God.
- * You turn us back to dust, and say, "Turn back, you mortals."
- ** For a thousand years in your sight are like yesterday when it is past, or like a watch in the night.
- * You sweep them away; they are like a dream, like grass that is renewed in the morning;
- ** in the morning it flourishes and is renewed; in the evening it fades and withers.
- * For we are consumed by your anger; by your wrath we are overwhelmed.
- ** You have set our iniquities before you, our secret sins in the light of your countenance.
- * For all our days pass away under your wrath; our years come to an end like a sigh.
- ** The days of our life are seventy years, or perhaps eighty, if we are strong; even then their span is only toil and trouble; they are soon gone, and we fly away.
- * Who considers the power of your anger? Your wrath is as great as the fear that is due you.
- ** So teach us to count our days that we may gain a wise heart.
- * Turn, O LORD! How long? Have compassion on your servants!
- ** Satisfy us in the morning with your steadfast love, so that we may rejoice and be glad all our days.
- * Make us glad as many days as you have afflicted us, and as many years as we have seen evil.
- ** Let your work be manifest to your servants, and your glorious power to their children.
- * Let the favor of the Lord our God be upon us, and prosper for us the work of our hands— O prosper the work of our hands!
- */** 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: For the sake of every person enduring physical pain that weighs heavily on their shoulders, we ask You, O Lord, by the healing power of Your cross, to unite their suffering with Your Passion, as a way to salvation.

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

Reader: For the sake of every person emotionally drained, blinded by the darkness, and unable to see You anywhere, we ask You, O Lord, by the healing power of Your cross, to illuminate their life with the radiance of Your love and to touch their heart with Your gentle tenderness.

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

Reader: For the sake of every person whose mission in life is to alleviate the suffering of others, we ask You, by the healing power of Your cross, to grant them spiritual comfort and the joy of giving so that they may persevere in their endeavors like Simon of Cyrene wherever they go.

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 Second Letter of Saint Paul to the Corinthians,

Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and the God of all consolation, who consoles us in all our affliction, so that we may be able to console those who are in any affliction with the consolation with which we ourselves are consoled by God. For just as the sufferings of Christ are abundant for us, so also our consolation is abundant through Christ. If we are being afflicted, it is for your consolation and salvation; if we are being consoled, it is for your consolation, which you experience when you patiently endure the same sufferings that we are also suffering. Our hope for you is unshaken; for we know that as you share in our sufferings, so also you share in our consolation.

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