

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 power of the cross
we overcome temptation

Day 4

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 overcome temptation. 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 39 (two choirs)

- * I said, "I will guard my ways that I may not sin with my tongue; I will keep a muzzle on my mouth as long as the wicked are in my presence."
- ** I was silent and still; I held my peace to no avail; my distress grew worse,
- * my heart became hot within me. While I mused, the fire burned; then I spoke with my tongue:
- ** "LORD, let me know my end, and what is the measure of my days; let me know how fleeting my life is.
- * You have made my days a few handbreadths, and my lifetime is as nothing in your sight. Surely everyone stands as a mere breath.
- ** Surely everyone goes about like a shadow. Surely for nothing they are in turmoil; they heap up, and do not know who will gather.
- * "And now, O Lord, what do I wait for? My hope is in you.
- ** Deliver me from all my transgressions. Do not make me the scorn of the fool.
- * I am silent; I do not open my mouth, for it is you who have done it.
- ** Remove your stroke from me; I am worn down by the blows of your hand.
- * "You chastise mortals in punishment for sin, consuming like a moth what is dear to them; surely everyone is a mere breath. Selah
- ** "Hear my prayer, O LORD, and give ear to my cry; do not hold your peace at my tears. For I am your passing guest, an alien, like all my forebears.
- ** Turn your gaze away from me, that I may smile again, before I depart and am no more.
- */** 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 those who occupy high positions in society and wandered away from modesty drowning in a sea of pride and arrogance, we ask you by the power of your cross, to deliver them from pride so they could explore the path of truth.

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

Reader: For the sake of decision-makers in the ecclesiastical and international institutions, we ask you by the power of your cross to enlighten them to serve of your people without striving for personal interests and gains.

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

Reader: For the sake of every humble person who is constantly exposed to temptations and is being persuaded of misguiding the way, we ask you by the power of your cross to help him hold on his choices, and to shield him from any evil harm that comes into his life.

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 First Letter of Saint Peter (1 Peter 11-5:1)

Now as an elder myself and a witness of the sufferings of Christ, as well as one who shares in the glory to be revealed, I exhort the elders among you to tend the flock of God that is in your charge, exercising the oversight, not under compulsion but willingly, as God would have you do it—not for sordid gain but eagerly. Do not lord it over those in your charge, but be examples to the flock. And when the chief shepherd appears, you will win the crown of glory that never fades away. In the same way, you who are younger must accept the authority of the elders. And all of you must clothe yourselves with humility in your dealings with one another, for

“God opposes the proud, but gives grace to the humble.”

Humble yourselves therefore under the mighty hand of God, so that he may exalt you in due time. Cast all your anxiety on him, because he cares for you. Discipline yourselves, keep alert. Like a roaring lion your adversary the devil prowls around, looking for someone to devour. Resist him, steadfast in your faith, for you know that your brothers and sisters in all the world are undergoing the same kinds of suffering. And after you have suffered for a little while, the God of all grace, who has called you to his eternal glory in Christ, will himself restore, support, strengthen, and establish you. To him be the power forever and ever. Amen.



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.

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





Our Lady of Lebanon
Co-Cathedral