



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 are strong and encouraged

Day 7

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 be strong and brave. 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.

Constantine Beheld the Cross (Msheeho natareh l'eedokh)

1. Constantine beheld the cross, shining brightly in the sky.

Like a banner held on high, it was seen throughout the land.

In awe he professed his faith in Jesus Christ and his saving cross.

Glory to the son of God, who laid down his life for us. He died on the cross and redeemed us by his blood. All the peoples that were saved by his great love sing their thanks and praise to God.

2. With the cross of Christ our Lord, we are raised to heaven's heights from this world of sin and death to the joys of paradise.

The cross is the path and bridge that Martyrs take on their way to life.

Now the faithful Church is signed with the saving cross of Christ and sings hymns of praise as she glorifies the Lord, who was hung upon the cross and conquered death, granting life to all the world.



Psalm 26 (two choirs)

- * Vindicate me, O LORD, for I have walked in my integrity, and I have trusted in the LORD without wavering.
- ** Prove me, O LORD, and try me; test my heart and mind.
- * For your steadfast love is before my eyes, and I walk in faithfulness to you.
- ** I do not sit with the worthless, nor do I consort with hypocrites;
- * I hate the company of evildoers, and will not sit with the wicked.
- ** I wash my hands in innocence, and go around your altar, O LORD,
- * singing aloud a song of thanksgiving, and telling all your wondrous deeds.
- ** O LORD, I love the house in which you dwell, and the place where your glory abides.
- * Do not sweep me away with sinners, nor my life with the bloodthirsty,
- ** those in whose hands are evil devices, and whose right hands are full of bribes.
- * But as for me, I walk in my integrity; redeem me, and be gracious to me.
- ** My foot stands on level ground; in the great congregation I will bless the LORD.
- */** 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 are shackled by fear, and live in anxiety due to the harsh conditions of their lives, we ask you, by the power of your encouraging cross, to grant them freedom of the heart and complete confidence in your plans in their lives for even though you are absent in body, nevertheless you are with them in spirit.

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

Reader: For the sake of those who heard your voice calling them to follow you and devote their life to you while they are lost and confused, we ask you by the power of your encouraging cross, to help them discern your call and follow you bravely.

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

Reader: For the sake of those who, wounded by others, lack self-confidence, we ask you by the power of your encouraging cross to shower them with your love, so they discover the beauty of their image in your eyes and restore their self-confidence to seize new initiatives again.

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.

Gospel According to Matthew

Immediately he made the disciples get into the boat and go on ahead to the other side, while he dismissed the crowds. And after he had dismissed the crowds, he went up the mountain by himself to pray. When evening came, he was there alone, but by this time the boat, battered by the waves, was far from the land,[a] for the wind was against them. And early in the morning he came walking toward them on the sea. But when the disciples saw him walking on the sea, they were terrified, saying, "It is a ghost!" And they cried out in fear. But immediately Jesus spoke to them and said, "Take heart, it is I; do not be afraid."

Peter answered him, "Lord, if it is you, command me to come to you on the water." He said, "Come." So Peter got out of the boat, started walking on the water, and came toward Jesus. But when he noticed the strong wind,[b] he became frightened, and beginning to sink, he cried out, "Lord, save me!" Jesus immediately reached out his hand and caught him, saying to him, "You of little faith, why did you doubt?" When they got into the boat, the wind ceased. And those in the boat worshiped him, saying, "Truly you are the Son of God."

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





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