

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 are victorious over the evil**

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**Day 9**

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 concert evil. 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 30 (two choirs)

- \* I will extol you, O LORD, for you have drawn me up, and did not let my foes rejoice over me.
- \*\* O LORD my God, I cried to you for help, and you have healed me.
- \* O LORD, you brought up my soul from Sheol, restored me to life from among those gone down to the Pit.
- \*\* Sing praises to the LORD, O you his faithful ones, and give thanks to his holy name.
- \* For his anger is but for a moment; his favor is for a lifetime. Weeping may linger for the night, but joy comes with the morning.
- \*\* As for me, I said in my prosperity, "I shall never be moved."
- \* By your favor, O LORD, you had established me as a strong mountain; you hid your face; I was dismayed.
- \*\* To you, O LORD, I cried, and to the LORD I made supplication:
- \* "What profit is there in my death, if I go down to the Pit? Will the dust praise you? Will it tell of your faithfulness?"
- \*\* Hear, O LORD, and be gracious to me! O LORD, be my helper!"
- \* You have turned my mourning into dancing; you have taken off my sackcloth and clothed me with joy,
- \*\* so that my soul[b] may praise you and not be silent. O LORD my God, I will give thanks to you forever.
- \*/\*\* 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 think that knowledge brings meaning to their life and consider faith as a weakness and illusion, we ask you by the power of your mighty cross, to show them that faith is the only way to live life to the fullness.

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

Reader: For the sake of the youth who are searching in celebrities and heroes for role models, we ask you, by the power of your mighty cross, to reveal to them that you are the only, eternal, immortal idol and our source of joy and life.

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

Reader: For the sake of those who consider that their life is empty after losing people or things, we ask you by the power of your mighty cross to transform their emptiness into a source full of radiance and help them start over 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.

## A Reading from the First Letter of Saint Paul to the Corinthians

For the message about the cross is foolishness to those who are perishing, but to us who are being saved it is the power of God. For it is written,

**“I will destroy the wisdom of the wise,  
and the discernment of the discerning I will thwart.”**

Where is the one who is wise? Where is the scribe? Where is the debater of this age? Has not God made foolish the wisdom of the world? For since, in the wisdom of God, the world did not know God through wisdom, God decided, through the foolishness of our proclamation, to save those who believe. For Jews demand signs and Greeks desire wisdom, but we proclaim Christ crucified, a stumbling block to Jews and foolishness to Gentiles, but to those who are the called, both Jews and Greeks, Christ the power of God and the wisdom of God. For God’s foolishness is wiser than human wisdom, and God’s weakness is stronger than human strength.

## 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