

# Save Your People

*“You chose death upon the cross,  
then in glory You arose”*

Spiritual home retreat, during the Passion Week,  
including Saturday of the light  
Our Lady of Lebanon Co-Cathedral, Sydney



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Wednesday 8 April | Day 4

*“I am Thirst.”*

## Prayer Stations

- ◀ In the name of the Father, and of the Son and of the Holy Spirit; Amen.
- ◀ One decade of the rosary: **“The Scourging at the Pillar”**
- ◀ A hymn.
- ◀ The day’s intention: **The healing of all the sick.**
- ◀ The Word of God: Psalm 42 | John 4: 5 - 10
- ◀ Silent reflection.
- ◀ Closing Prayer

## *One decade of the Rosary*

In the name of the Father, the Son and the Holy Spirit; Amen

**“The Scourging at the Pillar”**

**Spiritual Fruit: Purity**

**One Our Father**

**10 Hail Mary**

**Glory be to the Father, and to the Son, and to the Holy Spirit.**

**As it was in the beginning, is now, and ever shall be, world**

**without end. Amen**

**O my Jesus, forgive us of our sins. Save us from the fires of  
hell. Lead all souls into heaven, especially those in most need  
of thy mercy. Amen**

# المسيح يحيا في Hymn:

وقفتُ هناك أمام الصليب، بحزنٍ أبكي لحال الحبيب

وأسمَعُ صوتهُ ينادي "أنا عطشان"

بقربه تبكي مريم، بقلبيها طعن الخنجر،

تنادي للجموع "إبني عطشان"

عطشانٌ لحبِّكم، عطشانٌ لصلاتيكم، عطشانٌ لنفوسكم، عطشان

هلمّوا بتوبتكم، وجدّدوا رحمتكم، عطشانٌ إبني لكم عطشان

حبيبي بحبك، اغمرني بحنانك، كي أحبّ وأداوي طعنة جنبك

نورني بنورك، طهرني بدمك، بحق جرح كتفك أصرخ (٢)

يا يسوع إني لك، سئل قلبي هو حبك، قدّسني الآن بكثرة رحمتك

على الصليب رأيتُ حبك، تدعوني بصوت سلامك، أن أحمل صليبي مثلك

كلّي لك

## Today's Intention

Heavenly Father, we raise our prayers to you on this evening for the healing of all the sick, especially those who are infected with the Coronavirus. You are the only true physician. Send them your comfort and healing from your highest heavens. Amen.

### ▶ Psalm 42

As the deer pants for streams of water, so my soul pants for you, my God. My soul thirsts for God, for the living God. When can I go and meet with God?

My tears have been my food day and night, while people say to me all day long, "Where is your God?"

My soul is downcast within me; therefore I will remember you from the land of the Jordan, the heights of Hermon from Mount Mizar. Deep calls to deep in the roar of your waterfalls;

All your waves and breakers have swept over me.

By day the Lord directs his love, at night his song is with me, a prayer to the God of my life.

Why, my soul, are you downcast? Why so disturbed within me?

Put your hope in God, for I will yet praise him, my Savior and my God

## ▶ John 4: 5 - 10

So he came to a town in Samaria called Sychar, near the plot of ground Jacob had given to his son Joseph. Jacob's well was there, and Jesus, tired as he was from the journey, sat down by the well. It was about noon.

When a Samaritan woman came to draw water, Jesus said to her, "Will you give me a drink?" (His disciples had gone into the town to buy food.) The Samaritan woman said to him, "You are a Jew and I am a Samaritan woman. How can you ask me for a drink?" (For Jews do not associate with Samaritans.) Jesus answered her, "If you knew the gift of God and who it is that asks you for a drink, you would have asked him and he would have given you living water."

## The Word of God

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### Praise be to God

### Today's meditation

Lord, the first time you asked for a drink was from the Samaritan woman. The second time, while on your cross. You are the fountain of the living water! You are the fountain of all graces! Are you asking me to give you to drink? Your thirst O Lord is not for water! Your thirst O Lord is for my love, for my inner self, for my heart, for my soul! Your thirst is for my whole being. Here I am, O Lord, I am for you, for ever! Amen.

# Time for silence and prayer





# *Closing Prayer*

*Let us thank, adore, praise and glorify the  
most Holy Trinity: The Father, the Son and he  
Holy Spirit. Amen*

*Kyrie Eleison | Kyrie Eleison | Kyrie Eleison*

*Qadeeshat Aloho*

*Qadeeshat Hayeltono*

*Qadeeshat lomoyooto*

*MchiHo Destlebt Ehlofain, ItraHam 'Alain*

*Our Father...*



# Prayer of Pope Francis

## to the Virgin Mary



*O Mary, you shine continuously on our journey as a sign of salvation and hope. We entrust ourselves to you, Health of the Sick. At the foot of the Cross you participated in Jesus' pain, with steadfast faith. You, Salvation of all your People, know what we need. We are certain that you will provide, so that, as you did at Cana of Galilee, joy and feasting might return after this moment of trial. Help us, Mother of Divine Love, to conform ourselves to the Father's will and to do what Jesus tells us: He who took our sufferings upon Himself, and bore our sorrows to bring us, through the Cross, to the joy of the Resurrection. Amen.*

We fly to your patronage, O Holy Mother of God. Despise not our prayers in our necessities, but deliver us from all danger, O Glorious and ever-blessed Virgin.

Amen