

# 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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Thursday 9 April | Day 5

*“Why have You Forsaken me, Lord?”*

## Prayer Stations

- ◀ In the name of the Father, and of the Son and of the Holy Spirit; Amen.
- ◀ One decade of the rosary: **“The Agony in the Garden”**
- ◀ A hymn.
- ◀ The day’s intention: **those who are suffering form the weight of isolation.**
- ◀ The Word of God: Psalm 22 | Matthew 27: 45 - 50
- ◀ Silent reflection.
- ◀ Closing Prayer

## *One decade of the Rosary*

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

**“The Agony in the Garden”**

Spiritual Fruit: God’s Will Be Done

**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**

# إلهي إلهي لماذا تركتني: Hymn

إلهي إلهي، لماذا تركتني؟ بعدت عن خلاصي كلمات صراخي!

إلهي، في النهارِ أَدْعُو فلا تُسْجِبِ وفي اللَّيْلِ لفا روح لي.

وَأَنْتَ فَإِنَّكَ قُدُّوسَ الْجَالِسِ مَدْحَةً لَشَعْبِكَ.

عَلَيْكَ تَوَكَّلَ آبَاؤُنَا تَوَكَّلُوا فَنَجَّيْتَهُمْ.

لَا تَتَّبَاعِدْ عَنِّي فَقَدْ أَقْتَرَبَ الضُّيْقُ وَلَا مُعِين.

صَارَ قَلْبِي مِثْلَ الشَّمْعِ وَذَابَ فِي وَسْطِ أَحْشَائِي.

يَبَسَ كَالخَرْفِ رِيقِي وَإِلَى تُرَابِ المَوْتِ تَحْدَرْنِي.

ثَقَبُوا يَدَيَّ وَرِجْلَيَّ. إِنِّي أَعْدُّ عِظَامِي كُلَّهَا وَهَمٌّ يَنْظُرُونَ.

يَقْتَسِمُونَ ثِيَابِي بَيْنَهُمْ وَعَلَى لِبَاسِي يَقْتَرِعُونَ

وَأَنْتَ يَا رَبُّ، لَا تَتَّبَاعِدْ يَا قُوَّتِي، أَسْرِعْ إِلَى نُصْرَتِي.

سَأُبَشِّرُ بِاسْمِكَ إِخْوَتِي بِاسْمِكَ وَفِي وَسْطِ الجَمَاعَةِ أُسَبِّحُكَ.

## Today's Intention

Heavenly Father,

We raise our prayers to you on this evening for those who are suffering from the weight of isolation, especially in these difficult days. Send them the angels of heaven, O Father, to comfort and console them. Amen.

### ▶ Psalm 22

My God, my God, why have you forsaken me?

Why are you so far from saving me, so far from my cries of anguish?

My God, I cry out by day, but you do not answer, by night, but I find no rest. Yet you are enthroned as the Holy One; you are the one Israel praises. In you our ancestors put their trust; they trusted and you delivered them.

Do not be far from me, for trouble is near and there is no one to help. My heart has turned to wax; it has melted within me.

My mouth is dried up like a potsherd, and my tongue sticks to the roof of my mouth; you lay me in the dust of death.

All my bones are on display; people stare and gloat over me.

They divide my clothes among them and cast lots for my garment.

But you, Lord, do not be far from me. You are my strength; come quickly to help me.

## ▶ Matthew 27: 45 - 50

From noon until three in the afternoon darkness came over all the land. About three in the afternoon Jesus cried out in a loud voice, “Eli, Eli, lemasabachthani?” (which means “My God, my God, why have you forsaken me?”). When some of those standing there heard this, they said, “He’s calling Elijah.” Immediately one of them ran and got a sponge. He filled it with wine vinegar, put it on a staff, and offered it to Jesus to drink. The rest said, “Now leave him alone. Let’s see if Elijah comes to save him.” And when Jesus had cried out again in a loud voice, he gave up his spirit.

## The Word of God

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### Praise be to God

## Today’s meditation

Why have you forsaken me, Lord? A scream we echo before every ordeal! At the time of tribulation, life becomes so suffocating for us, and we hold you responsible for everything. We forget that you are “Emmanuel”, meaning “God is with us”! God who never forsakes us, even in distress and sorrow. Rather, you carry with us our own suffering, you live them with us, you feel them with us, and you suffer for our suffering. Lord God, keep us attached to your compassionate and merciful heart. 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