

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



6

Friday 10 April | Day 6

“Father, into your hands I commend my spirit”

Prayer Stations

- ◀ In the name of the Father, and of the Son and of the Holy Spirit; Amen.
- ◀ One decade of the rosary: **“The Crucifixion and Death of Jesus”**
- ◀ A hymn.
- ◀ The day’s intention: **Our Faithful departed**
- ◀ The Word of God: Psalm 31 | Luke 23: 44 - 49
- ◀ Silent reflection.
- ◀ Closing Prayer

One decade of the Rosary

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

“The Crucifixion and Death of Jesus”

Spiritual Fruit: Pardoning of Injuries

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**

يا سيّدي كم كان قاسيًا: Hymn

يا سيّدي كم كان قاسيًا.. موت الصليب العار

وقبل أن يحملك.. حملته يا بار

سألت ماءً ذقت خلًا.. ذقت كلّ مرار

سألت دِمَاك من حشاك.. لتفتدي الأشرار

فوق الصليب يا حبيبي.. كم لقيت آلام

ممن تمادوا في إيذائك وقد غفرت آثام

هل كلّ هذا يا إلهي.. كي تعيدني

إلى حماك.. أحيا معك.. وتعزّيني

يا ليت قلبي.. يدنو منك.. فأفوز بك

أحيا لأجلك.. أمينًا.. خاضعًا لك

Today's Intention

Heavenly Father,

We raise our prayers to you on this evening for our departed who have left us and gone to you. Open for them, O Father, your spacious paradise, and make them sit at the banquet of the wedding of the Lamb, with the righteous and just. Amen.

► Psalm 31

In you, Lord, I have taken refuge; let me never be put to shame; deliver me in your righteousness.

Turn your ear to me, come quickly to my rescue; be my rock of refuge, a strong fortress to save me.

Since you are my rock and my fortress, for the sake of your name lead and guide me. Into your hands I commit my spirit; deliver me, Lord, my faithful God. I am the utter contempt of my neighbors, and an object of dread to my closest friends those who see me on the street flee from me.

I am forgotten as though I were dead; I have become like broken pottery. But I trust in you, Lord; I say, "You are my God."

My times are in your hands; deliver me from the hands of my enemies, from those who pursue me.

Let your face shine on your servant; save me in your unfailing love.



▶ Luke 23: 44 - 49

It was now about noon, and darkness came over the whole land until three in the afternoon, for the sun stopped shining. And the curtain of the temple was torn in two. Jesus called out with a loud voice, “Father, into your hands I commit my spirit.” When he had said this, he breathed his last. The centurion, seeing what had happened, praised God and said, “Surely this was a righteous man.” When all the people who had gathered to witness this sight saw what took place, they beat their breasts and went away. But all those who knew him, including the women who had followed him from Galilee, stood at a distance, watching these things.

The Word of God

Praise be to God



Today's meditation

Father, into your hands I commend my spirit! How beautiful death is in the arms of the Father! How beautiful death is with Christ! Our journey in this world is nothing but a journey towards the true life, towards the eternal life, towards the eternal union. Help us Lord to live in a way that pleases you, so we die in your contentment and dwell in our house which you have prepared for us. 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