

The Great Canon of Saint Andrew of Crete

This introduction is sung each day:

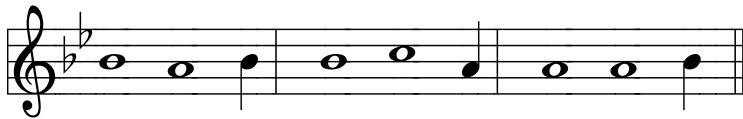


Glory to you, O Christ, who shows us the light.



Glo- ry to God in the high-est hea-ven.

Tone of each stanza:



After each stanza is sung:



Glo- ry to you, O Christ, our sal- va- tion and our hope, glo- ry to you!

Ash Wednesday

The Lord is my strength, the Lord who saves me—
this is the God I praise,
the God of my ancestor, great and triumphant.

[Ex 15:2, ICEL]

Glory to you, O Christ, our salvation and our hope, glory to you!

Where shall I begin to lament the distress of my life?
What shall I offer first, O Christ, in my lamentation?
In your mercy release me from my sins.

I followed the first Adam on the road of transgression,
I found myself robbed of God,
stripped of the eternal kingdom, denuded of joy.

[Gen 3:7-11]

Unhappy me! Who wants to be like our mother Eve?
Why did I touch the tree of death?
Why greedily eat the cursed fruit?

[Gen 3:6]

Holy Mary, bearer of God, we greet you as the new Eve,
blessed door of heaven, who opened Paradise for us.
Bear us in peace into the light of the kingdom.

Blessed and eternal Trinity, Father, Son, and Holy Spirit,
adored in the mystery of unifying love,
God of mercy, give us tears and joy on our journey home.

Thursday after Ash Wednesday

In these days of repentance, I come to you my creator.
Discharge me from the heavy burden of my sins.
Merciful God, give me tears of repentance.

Glory to you, O Christ, our salvation and our hope, glory to you!

I have sinned, O Christ, but you are the lover of human beings.
You strike mildly and pity fervently,
you see me in tears and run to me, as the father welcomes the prodigal son.

From my youth, O Savior, I disobeyed your commands
and wasted my life in carefree pursuits.
I cry to you: O my Savior, save me before the end of my life.

After squandering my property in dissolute living,
I find myself in need, and dying of hunger I cry:
Father of mercies, come to me and have compassion on me.

Holy Mary Magdalene, intercede for us.
May your Savior give me grace to shun the shadows of sin
and to sing the wonders God accomplished in you.

Blessed and eternal Trinity, Father, Son, and Holy Spirit,
adored in the mystery of unifying love,
God of mercy, give us tears and joy on our journey home.

Friday after Ash Wednesday

To you, my Savior, I confess the sin of my heart.
Cast me not away far from your face.
Heal the wounds of my body and soul.

Glory to you, O Christ, our salvation and our hope, glory to you!

Like a potter molding clay, you gave me flesh and bones,
you stirred my being with a breath of life.
Now, my redeemer and judge, do not reject my repentance.

I fell into the hands of robbers who beat me,
and now I am wounded and covered with sores.
Stand by me, Christ my Savior, and heal me.

[Luke 10:28-37]

The priest saw me first and passed by on the other side,
and the levite saw me suffering and naked and turned away.
But you, Jesus born of Mary, stop and have mercy on me.

Holy Magdalene, you abandoned the desires of this world,
and you approached Christ,
guided by the ardent desire of your love.

Blessed and eternal Trinity, Father, Son, and Holy Spirit,
adored in the mystery of unifying love,
God of mercy, give us tears and joy on our journey home.

Saturday after Ash Wednesday

Jesus, I throw myself at your feet, for I have sinned against you.
Do not reject me in the decline of my days,
like a sterile being, in the chasm of hell.

Glory to you, O Christ, our salvation and our hope, glory to you!

Here I am, Savior, lying on the threshold of your dwelling.
But in your mercy, O Lover of human beings,
before the end grant me remission of my sins.

Lamb of God, who takes away the sin of the world,
lift from my shoulders the weight of my faults,
have pity on my misery, and in your mercy forgive me.

Enter not into judgment with me.
Do not demand an account of my deeds.
Look upon my fragility and save me, Almighty One.

Holy mother of God, hope of all who praise you,
by your prayer deliver me from evil and sin,
receive your penitent child into your arms.

Blessed and eternal Trinity, Father, Son, and Holy Spirit,
adored in the mystery of unifying love,
God of mercy, give us tears and joy on our journey home.

First Sunday in Lent

Like Adam our father, I turned from your living word, O Christ,
and did not keep the commandment of your love,
and so I was driven from the garden of Paradise.

Glory to you, O Christ, our salvation and our hope, glory to you!

I come to you, O Christ, who fought for us in the wilderness.
Led by the Spirit, you conquered the Prince of this world,
As the new Adam, you made the desert a flowering Paradise.

Like Cain, I became the murderer of my soul,
for I soiled my heart and my flesh
and violated my life with works of sin.

But you, Jesus, presented a pure offering to the Father,
and your blood, like Abel's, cried for my justice
when you were sacrificed on the cross.

Holy Virgin Mary, we call to you with confidence,
who welcomed with love Jesus your son, the new law.
For him you won victory over sin and crushed the head of the serpent.

Blessed and eternal Trinity, Father, Son, and Holy Spirit,
adored in the mystery of unifying love,
God of mercy, give us tears and joy on our journey home.

Monday after Lent 1

Heaven, lend an ear, and I will sing the mercy of Christ,
who took flesh from the most pure and holy Virgin Mary.
Listen, earth, to a voice repenting and singing the glory of God.

Glory to you, O Christ, our salvation and our hope, glory to you!

Stoop to me, Father of mercies,
sharp of eye and full of goodness,
for I knew your wonders and I sinned against you.

Lord, I did not follow the way of the righteous ones,
I was not raised with Enoch into the light,
I did not climb with Noah the rainbow of salvation.

It was Lamech the killer and Cain who murdered his brother
whom I followed and copied with hardness of heart.
I neither listened nor saw what pleased the Lord.

Mary Magdalene, plunged into the waters of this world,
you raised your hands toward tender God,
and, as with Peter, God held out to you a helping hand.

Unbegotten Trinity, indivisible unity of Father, Son, and Holy Spirit,
save this sinner in whom dwells the first beauty of your work.
Turn me not away, Creator, but in your mercy deliver me from the fire of hell.

Tuesday after Lent 1

Your face turns toward Jerusalem, Son of Man,
where you will be delivered into the hands of sinners.
I looked behind and did not want to follow you on the road to the kingdom.

Glory to you, O Christ, our salvation and our hope, glory to you!

I tarnished the beauty of my soul, Creator.
Darkness invaded my heart, my desire clutched the earth.
I tore to shreds the crude clothing I had woven.

I looked at the beauty of the tree, and my spirit was seduced.
Then I found myself naked, and I hid.
I did not answer, Lord, when you called my name.

Sin stitched for me clothing of skins,
after stripping from me the robe woven by God.
I soiled the tunic of my flesh, created in your image.

Virgin without stain, mother of the Creator,
praised above all other creatures,
beg the God of goodness to save his children.

Unbegotten Trinity, indivisible unity of Father, Son, and Holy Spirit,
save this sinner in whom dwells the first beauty of your work.
Turn me not away, Creator, but in your mercy deliver me from the fire of hell.

Wednesday after Lent 1

Out of the belly of hell, like Jonah, I cry in distress.
You cast me into the heart of the seas, and the flood surrounded me.
Throw me not away, O Lord, bring me up from the watery depths.

Glory to you, O Christ, our salvation and our hope, glory to you!

A deluge of sin flooded mortals with waves.
As you did for Noah, stretch out your hand,
as you did for Peter, on the unruly sea.

If I do not break the yoke of oppression in my house,
if I do not denounce wicked words, do not give bread to the hungry,
drown me as in the time of Noah, in the flood of your just anger.

My Redeemer and Judge, lift the punishment that weighs on me.
Like those in Nineveh, I have put on sackcloth and ashes of repentance.
May I turn, O Christ, from all violence and injustice.

I am totally submerged by innumerable waves of sin,
and I pray to you, Mary Magdalene:
Lead me to the harbor of divine repentance.

Unbegotten Trinity, indivisible unity of Father, Son, and Holy Spirit,
save this sinner in whom dwells the first beauty of your work.
Turn me not away, Creator, but in your mercy deliver me from the fire of hell.

Thursday after Lent 1

Take note, my soul, meditate on all you have done.
Let the tears flow on your weaknesses and hidden crimes.
Confess your faithlessness to Christ, and you will be justified.

Glory to you, O Christ, our salvation and our hope, glory to you!

Lord, I did not break the chains of injustice.
I did not welcome the homeless in my home.
Lord of mercy, I shut my heart to the coming of your kingdom.

Despite your carefree spirit, my soul, the end of your days draws near.
Rise, for time passes and the Judge is at the threshold.
Like a dream, like the flower of the field, our life vanishes.

Lord, you want all persons to be saved.
Close not your door to me.
Open, and welcome your repentant child.

Mary, mother of God, without sin,
we hurry to you, harbor of those in the storm.
Pray for me to your Son and the Father of mercies.

Unbegotten Trinity, indivisible unity of Father, Son, and Holy Spirit,
save this sinner in whom dwells the first beauty of your work.
Turn me not away, Creator, but in your mercy deliver me from the fire of hell.

Friday after Lent 1

Lover of all, who peers into human hearts and knows secret thoughts,
Lord, tear up the veil of lies that covers me.
With the fire of truth, consume the sin that grasps me.

Glory to you, O Christ, our salvation and our hope, glory to you!

I have sinned, and like the sinning woman I call on you.
Accept my tears like the perfumed myrrh she spread on you.
By my weeping soften my heart and purify me, Savior.

You forgave her many sins, for she loved well.
Savior, embrace the sincerity of my heart,
have pity on what your hands created, God of endless mercy.

I lost the beauty of the first day, the imprint of your glory.
I disfigured and shrouded the work of your hands.
Search and find me, like the lost coin.

Turning far from crowds on the road,
Mary Magdalene, you hastened toward Christ
and found him in the desert of solitude and peace.

Unbegotten Trinity, indivisible unity of Father, Son, and Holy Spirit,
save this sinner in whom dwells the first beauty of your work.
Turn me not away, Creator, but in your mercy deliver me from the fire of hell.

Saturday after Lent 1

Strengthen us, O Christ, have mercy on us.
Strengthen your church on the steadfast rock of your word and your cross.
Strengthen my heart on the rock of your commandments, for you alone are holy and Lord.

Glory to you, O Christ, our salvation and our hope, glory to you!

I built a tower like Babel.
I fortified it with the rampart of my passions.
O my Creator, come and undermine the foundations of my pride.

In you, conqueror of death, I possess a spring of life.
To you I cry from the depths of my heart before the end of my days:
I have sinned, but you, Jesus the creator, will recreate me.

I cry to you, Lord, have mercy on me.
When you return, escorted by angels, to give all what they deserve,
Lover of human beings, do not reject the prayers of those who love you.

Rejoice, Mary, for you carried in your womb the God of heaven.
Rejoice, throne of the Lord of glory.
Rejoice, mother of our life.

We bless you, holy God, unbegotten Father, eternal Son, River of life.
We celebrate your power and glory.
We worship you and beg you: Save us, God our Savior.

Second Sunday in Lent

Leave, my soul, the country of the Chaldeans, the land of sin.
Leave with Abraham the land of your ancestors.
Take the road of exile and receive the desert as inheritance.

Glory to you, O Christ, our salvation and our hope, glory to you!

Like Abraham, you will receive an inheritance,
the promised land where milk and honey flow,
where gushes the river of incorruptible life.

At the oaks of Mamre the patriarch welcomed three angels.
He received them with love and bowed before the One,
and from them he received a son of the promise.

Melchizedek, king of Salem, came to meet Abraham.
He received from Abraham a tenth of his goods.
He offered bread and wine as a sign of Jesus Christ.

Blessed are you, Mary, mother of God.

At the chosen time you brought into the world the Son begotten before time,
and you remained a virgin, suckling the fruit of your womb.

We bless you, holy God, unbegotten Father, eternal Son, River of life.
We celebrate your power and glory.
We worship you and beg you: Save us, God our Savior.

Monday after Lent 2

I made an idol of myself, I soiled and hardened my heart.
I did not listen to your voice, I disobeyed your word.
Jesus, Son of David, have mercy on me a sinner.

Glory to you, O Christ, our salvation and our hope, glory to you!

Lot fled from the fire consuming Sodom.
I seek refuge on the holy mountain of repentance.
Let me escape into the flames of your righteous anger.

Lord, do not condemn me like the Pharisee,
although my blinded heart shows stiffness and pride.
Give me the humility of the tax collector and in your kindness justify me.

[Luke 18:9-14]

Like David, I have sinned and my fault is ceaseless.
Against you, against you alone, I have sinned.
With the tax collector I cry: Be merciful to me, a sinner.

Magdalene, send my supplication to the Virgin.
Scatter your intercession at the feet of Lord Jesus.
May eternal doors open for me.

We bless you, holy God, unbegotten Father, eternal Son, River of life.
We celebrate your power and glory.
We worship you and beg you: Save us, God our Savior.

Tuesday after Lent 2

Contemplate, my soul, Isaac offered as sacrifice.
Contemplate the new Isaac, bound on the wood of the cross,
the new victim offered as a mystery for the sin of the world.

Glory to you, O Christ, our salvation and our hope, glory to you!

Lord, you did not ignore the sacrifice of Isaac.
Welcome my spirit broken in sacrifice,
for a broken and crushed heart you did not despise.

You imitated the longing of Esau, my soul.
You sold the birthright of your first beauty.
You lost the grace of your father's blessing.

Contemplate, my soul, Jacob's ladder reaching to heaven:
Christ come into the world, the true ladder,
the only priest and mediator, our king and our God.

Fruitful mother of the Redeemer, who opens for us the door to heaven,
come to the aid of this people who fall and want to rise.
To the amazement of the universe, you gave birth to your creator.

We bless you, holy God, unbegotten Father, eternal Son, River of life.
We celebrate your power and glory.
We worship you and beg you: Save us, God our Savior.

Wednesday after Lent 2

Warned of your coming, Lord, the prophet was scared.
He cried out: I heard the noise of your footstep and was seized with fright.
Glory to your power, Lord, glory to your salvation.

Glory to you, O Christ, our salvation and our hope, glory to you!

Arise, my soul, contemplate the mystical ladder
which the patriarch Jacob saw in his dream at night,
by which you will reach knowledge of God and be renewed.

Watch, my soul, struggle like Jacob until daybreak.
In combat you will obtain knowledge, and God will bless you.
You will be called Israel, for you will see the Lord.

Like our father Jacob who saw God face to face,
my heart will cross over the darkness of night
and discover the true treasure.

Aroused by the fervor of your love, Mary Magdalene,
from whom Christ drove seven demons,
you lived the life of angels, for the Lord filled you with his grace.

I confess and adore you, indivisible Father, Son, and Holy Spirit.
I raise celestial acclamations, resounding for ever:
Holy, holy, holy Lord in the highest heaven.

Thursday after Lent 2

Lying in torment, Job remained beyond reproach,
but I did not copy his courage and firmness under trial.
Thus Satan was able to accuse me before God.

Glory to you, O Christ, our salvation and our hope, glory to you!

Despoiled of wealth, deprived of friends, gnawed by suffering,
in his misery Job did not sin and kept his eyes on a blameless road.
He confessed that his flesh would see you, Lord, his redeemer.

At the door of death he blessed you, God who gives and who takes.
In the heart of the storm you told him your plans.
Your wisdom revived him, and his flesh was renewed.

Behold me, covered with sores, my heart fevered with sin.
Physician, the one who loves you is sick.
Lord, if you wish you can heal me.

Virgin, intercede for me repenting of pride.
You gave your child Jesus your humility,
ransomed and exalted to the right hand of God.

I confess and adore you, indivisible Father, Son, and Holy Spirit.
I raise celestial acclamations, resounding for ever:
Holy, holy, holy Lord in the highest heaven.

Friday after Lent 2

The Lord God planted a vine,
dug a wine press, built a tower.
I did not tend my vine, and it gave no fruit.

Glory to you, O Christ, our salvation and our hope, glory to you!

Evil wine growers stoned the prophets.
Seeing the son, they cried out like Joseph's brothers:
Come, let us kill him and throw him out of the vineyard.

You carried out salvation in the midst of the earth.
You were nailed for us, O Christ, on the tree of pain.
You are the vine of the Father, and we are the branches.

Eden though closed you opened for us.
Heaven and earth worship you.
All creation sings to you, all the people you ransomed.

Magdalene, Christ delivered you from seven demons.
Sin did not hold you captive.
When you repented, heaven flowed over and angels rejoiced.

I confess and adore you, indivisible Father, Son, and Holy Spirit.
I raise celestial acclamations, resounding for ever:
Holy, holy, holy Lord in the highest heaven.

Saturday after Lent 2

Like the prodigal son, I wasted your gifts.
My spirit, far from you, was obscured by lies.
But I rose from the shadow of death and turned to you.

Glory to you, O Christ, our salvation and our hope, glory to you!

My time is short, full of sadness and evil,
but welcome me in my repentance, open my eyes to see your light,
and in your infinite mercy I will not fall prey to the enemy.

For your repentant son you prepared a feast,
and you, our Father, full of gentleness and pardon,
clothed him with the robe of immortality.

Divine Host, you welcome all to the banquet of the kingdom.
I close neither home nor heart to the stranger and the poor,
for in them Abraham welcomed angels.

The Word of the Father was made living flesh.
A virgin conceived him in her spotless womb.
In you, Mary, a new Adam came from heaven, a new race was born.

I confess and adore you, indivisible Father, Son, and Holy Spirit.
I raise celestial acclamations, resounding for ever:
Holy, holy, holy Lord in the highest heaven.

Third Sunday in Lent

Listen and see that I am God.
I led my people into the desert by the might of my arms.
I made manna rain down and water gush from the rock.

Glory to you, O Christ, our salvation and our hope, glory to you!

The well you made us drink, O Lord, is deeper than Jacob's.
From your breast you poured living water.
I will thirst no more, for you streamed torrents of life.

Let blood and water flow from your side.
Be the pool of my baptism, the drink of my deliverance.
Cleanse me with your living word, quench my thirst.

The church holds a cup to your pierced side.
There gush knowledge and forgiveness,
water and blood of the covenant, your witness in the Spirit.

Rejoice, throne of fire, ark of life!
Rejoice, candle of radiant light!
Mary, repose of the blessed, rejoice!

I confess and adore you, indivisible Father, Son, and Holy Spirit.
I raise celestial acclamations, resounding for ever:
Holy, holy, holy Lord in the highest heaven.

Monday after Lent 3

I have sinned against you and I confess, my Savior.
In your mercy grant me grace and pardon.
Good Shepherd, find the lost sheep and do not abandon me.

Glory to you, O Christ, our salvation and our hope, glory to you!

Lord and Judge, who ravaged by fire Sodom and Gomorrah,
may the dark and devouring fire of lust and passion
not devastate my body and heart.

My soul, be not like the wife of Lot,
turned into a pillar of salt for looking behind.
Look ahead on the road that leads to our Lord.

Like Naaman the Syrian, Lord, I did not believe your word.
I did not plunge into the river of your grace.
I was not purified of the leprosy of sin.

The one born of you, Mary, is the shepherd of our souls.
He left the bosom of the Father to seek the lost sheep.
He lifted it on his shoulders and carried it to Paradise.

I confess and adore you, indivisible Father, Son, and Holy Spirit.
I raise celestial acclamations, resounding for ever:
Holy, holy, holy Lord in the highest heaven.

Tuesday after Lent 3

Lord, I am shut out, banned from the wedding feast of the Lamb.
My lamp went out, and while I slept the doors of the wedding hall were locked.
The meal was eaten, and bound hand and foot I was thrown out.

Glory to you, O Christ, our salvation and our hope, glory to you!

On the cross, Word of God, you offered your body and blood for us all,
your body to renew me, your blood to wash me.
You sent your Spirit to bring me back to the Father.

The blessed apostles, illuminated by Christ,
like a twelve-stringed harp stirred by the breath of the Spirit,
sang the glory of the Father and broke the spell of death.

They made us the vineyard of the beloved.
They spread the vine of the Spirit and intoxicated the world.
They taught us new praise of the Creator.

Mary Magdalene, in the garden you met your beloved Jesus.
You announced to the apostles the good news of his resurrection.
Apostle of apostles, lead us to the joy of your paschal feast.

I confess and adore you, indivisible Father, Son, and Holy Spirit.
I raise celestial acclamations, resounding for ever:
Holy, holy, holy Lord in the highest heaven.

Wednesday after Lent 3

I watch in the depth of night; in the morning, Lord, enlighten me.
Guide me on the path of your commandments.
Teach me, my Savior, to do your will.

Glory to you, O Christ, our salvation and our hope, glory to you!

By sin, night invaded my soul.
My life wandered in darkness without end.
You alone, my God, can make me a child of light.

You came to seek and save those who were lost.
Like Zacchaeus the tax collector, I run to you,
for you came to call not the righteous but sinners to repent.

Listen, my soul, to the voice of the Lord who calls you.
It is God who seeks those who turn to him:
Come, Zacchaeus, hasten! Today I want to dwell in your house.

Full of grace, you were chosen as a pure vessel,
ever precious to receive your God.
Blessed among women, you bore in your womb the good news of the kingdom.

One God, we bow before your mystery thrice holy:
holy the unbegotten Father, holy the beloved Son,
holy the Spirit of love who unites all three.

Thursday after Lent 3

You did not hold, O Christ, rank equal to God.
You burdened yourself with the yoke of our flesh,
to heal sickness and dress our wounds of misery.

Glory to you, O Christ, our salvation and our hope, glory to you!

I confess to you, Christ my king,
for I sinned like Joseph's brothers long ago.
I sold you, Lamb without stain, Wisdom of God.

Joseph was thrown into the well, sovereign Lord,
as a sign of your tomb and resurrection.
Hide me in the pit of repentance and raise me on the morning of your Passover.

Joseph, chosen child of God, was delivered by his neighbors.
In the image of the Lord, the peaceful and just man was sold as a slave.
But you, my soul, are the slave of sin in the prison of pride.

Blessed Magdalene, impelled by the ardor of your love,
you bowed low before the cross, the Lord of life.
May I also be filled with the glory of heaven.

One God, we bow before your mystery thrice holy:
holy the unbegotten Father, holy the beloved Son,
holy the Spirit of love who unites all three.

Friday after Lent 3

Do not reject the work of your hands, Lord of the universe.
I sinned against you, but I am only mortal.
You alone, Lover of human beings, have the power of pardon.

Glory to you, O Christ, our salvation and our hope, glory to you!

You saved Moses at birth from the waters.
You made the just one, borne away on river waves, escape death.
Remember the death and resurrection in which you plunged.

Lord, lead me into the wilderness with Moses.
Give me his courage and the love of his people.
With him may I contemplate the burning bush and reveal your name.

Moses divided the sea with his staff and made dry ground.
Lord, in my heart you fashioned the image of your holy cross,
the staff that sustains me, by which I will do marvelous things.

Holy Mary Magdalene, spreading tears on the feet of Jesus,
your body wounded by sin was renewed by his resurrection.
Hence he chose you to proclaim to the world the triumph of his mercy.

One God, we bow before your mystery thrice holy:
holy the unbegotten Father, holy the beloved Son,
holy the Spirit of love who unites all three.

Saturday after Lent 3

Moses extended arms against Amalek as a sign of your cross, O Jesus.
With Moses I entreat your mercy and appease your anger.
I raise up prayer to you for the salvation of your people.

Glory to you, O Christ, our salvation and our hope, glory to you!

Like Moses I implore: Let me see your face!
Bring me on your holy mountain and hide me in the hollow rock.
You are a God of mercy, slow to anger and rich in faithfulness.

Moses in the desert raised the bronze serpent,
and all who saw it were healed of burning sin.
Raised from earth, good Jesus, you drew all to yourself.

The children of Israel ate the Passover lamb.
They marked their doors with its blood in a sign of the cross.
True Lamb, save us sinners.

In you, Mary, the Creator of the world renewed our nature.
From your womb you gave birth without tasting man,
Virgin and bearer of God, light of double splendor.

One God, we bow before your mystery thrice holy:
holy the unbegotten Father, holy the beloved Son,
holy the Spirit of love who unites all three.

Fourth Sunday in Lent

I offer you, Lord, the tears of my eyes,
the cries of my groaning heart.
My soul has made itself a stranger to my God.

Glory to you, O Christ, our salvation and our hope, glory to you!

May my tears be for me the pool of Siloam,
where I can wash the blind eye of my soul.
Then I will contemplate you, Lord, O Light before time.

You came, O Lord, that the blind may see.
Lord, I believe, I bow low and worship you.
You are the Light of the world.

Moses with his staff struck the rock,
and this rock was Christ, whose pierced side
is the well of life where we draw water with joy.

Rejoice, Mary, you received God within you.
Rejoice, you gave birth to God in the form of a slave.
Rejoice, the Lord received you into light eternal.

Divine Trinity, who holds all creation in your power,
unbegotten Father, Light born of Light, Spirit of life who proceeds from the Father,
guard your flock in peace, O Shepherd of our souls.

Monday after Lent 4

On the cross the thief cried: Remember me, Jesus!
I too cry to you from the depths of my misery:
Let me enter with you into Paradise!

Glory to you, O Christ, our salvation and our hope, glory to you!

My soul, be not like the people of Israel
who lost patience and murmured against God in the desert,
missing the pleasures and foods of Egypt.

May I hear your voice today in the desert, not closing my heart.
With Moses may I strike the spiritual rock
and drink from the living springs of God's wisdom and skill.

Lord Christ, I am the lost coin.
To search for me you lit a lamp, John the Forerunner.
Likeness of the Father, restore in me your image.

Bend an ear, Mary, and listen to my song.
The Lord of the universe had pleasure in your beauty.
Every age will recall your name.

[Psalm 45:12,18]

Divine Trinity, who holds all creation in your power,
unbegotten Father, Light born of Light, Spirit of life who proceeds from the Father,
guard your flock in peace, O Shepherd of our souls.

Tuesday after Lent 4

With a loud voice I cry to the God of mercy,
who replies from the depths of the abyss,
who draws up my life from the power of death.

Glory to you, O Christ, our salvation and our hope, glory to you!

May the waves of death stop and draw back!
Christ, save me like Peter from the tempest of passions.
Stretch forth your hand, pull me from the depth of sin. [Matt 14:25-31]

You are the harbor of peace, you are the Promised Land.
You are the Ark of God, my Savior.
You broke the heads of the dragon in the waters. [Josh 3:17, Deut 1:8]

May the earth not open to devour me like Dathan and Abiram.
May the waves of my sin, like those of the Red Sea,
not turn back to engulf me, like Pharaoh and his army. [Ex 14:7-31]

Rejoice, holy mountain announced by the prophets!
From you was carved, without hand, Christ the cornerstone,
who put to death the powers of death.

Divine Trinity, who holds all creation in your power,
unbegotten Father, Light born of Light, Spirit of life who proceeds from the Father,
guard your flock in peace, O Shepherd of our souls.

Wednesday after Lent 4

Rise with Joshua, my soul, and cross the Jordan!
Cross the river of water flowing away
and enter the Promised Land. [Josh 3]

Glory to you, O Christ, our salvation and our hope, glory to you!

Give me the strength of Deborah and Jael.
Let me pierce the enemy with the cross of Christ
and with Manoah see the angel of God rise in a flame. [Judg 4,5,13]

Let me not imitate, Lord, the weakness of Samson,
let seductions of flesh not blind me to your glory,
delivering me into the hands of strangers who plot lies. [Judg 16]

Like Gideon I will spread fleece to receive dew from heaven.
I will lower my head and drink from the river of your word.
Have mercy on me, for you heard the murmur of barren Hannah. [1 Kg 2]

You stood weeping outside the tomb, Mary Magdalene,
and Jesus came to you, he called you by name:
Mary, do not hold on to me, for I am going to my Father. [Jn 20:11-17]

Divine Trinity, who holds all creation in your power,
unbegotten Father, Light born of Light, Spirit of life who proceeds from the Father,
guard your flock in peace, O Shepherd of our souls.

Thursday after Lent 4

We have sinned, Lord, and every mercy comes from you.
You taught us to heal with fasting, prayer, and charity.
Hear the confession of our weakness, and in your patience release us with love.

Glory to you, O Christ, our salvation and our hope, glory to you!

To your people, God our Savior, you gave manna,
the bread of heaven, sign of the flesh of your Son,
the living bread come down from heaven for the life of the world.

I darkened your image, my lamp went out.
In my heart your brilliance was tarnished.
In your mercy give me the joy of your salvation.

Convert me, O Lord, and I will be changed.
You who know the secrets of hearts, reveal what is hidden in me.
You tested me, Lord, and in heaven you know my desire.

At your feet, O Lord, I fall like the sinner woman.
I offer my words mixed with tears.
Raise me up, O Christ, and restore my life.

Praise to the unbegotten Father and the only begotten Son.
Praise to the Spirit of light who proceeds from the Father.
Glory and worship for ever and ever.

Friday after Lent 4

I confess to you the secrets of my heart.
See my misery, see my distress.
My Judge so mild, bend down to save me.

Glory to you, O Christ, our salvation and our hope, glory to you!

King David, ancestor of God according to the flesh,
sinned against me, adding murder to adultery.
At the prophet's call, he made double penance for double sin. [2 Sam 11:2-17, 12:13]

I am that man, who did what displeased the Lord.
Like David I will confess my misery, crying:
Have mercy, tender God. [Ps 51:3]

To you alone, Lord, before your very eyes I sinned.
Wash me with fresh water, wash me bright as snow.
Creator, reshape my heart, that I may sing your mercy. [Ps 51:6,9,12]

We sing to you, Mary, we proclaim your praises.
You placed in the world the Son of God, of the undivided Trinity,
and you opened heaven for us who walk on earth.

Praise to the unbegotten Father and the only begotten Son.
Praise to the Spirit of light who proceeds from the Father.
Glory and worship for ever and ever.

Saturday after Lent 4

Solomon, full of wisdom and the grace of God,
turned away from the Lord, attracted by pleasure and pride.
Do not imitate his passions, or you will become a stranger to your God. [1 Kg 11:1-10]

Glory to you, O Christ, our salvation and our hope, glory to you!

Like Ahab, you spread the blood of the poor.
Like Manasseh, you bowed before pagan idols.
You deserved exile far from the Lord's glory. [1 Kg 16, 2 Kg 21]

Be strong like Elijah against kings and false prophets.
He closed the doors of rain and made fire fall from the sky
and by the power of God raised the dead. [2 Kg 1, 1 Kg 17-18]

Like Elijah go to the desert to flee the enemies of God.
You will receive bread and water to walk to God's mountain.
God will come to you in a breath of wind.

The one you loved without measure, Mary Magdalene,
the one your heart desired, whose steps you followed,
the merciful God looked at your repentance and was born in your heart.

Praise to the unbegotten Father and the only begotten Son.
Praise to the Spirit of light who proceeds from the Father.
Glory and worship for ever and ever.

Fifth Sunday in Lent

My days have vanished like a dream at waking. [Ps 73:20]
Like Hezekiah I beg you to add years to my life. [2 Kg 20:1-6]
For me on earth you alone, God of my heart, my portion for ever!

Glory to you, O Christ, our salvation and our hope, glory to you!

Like Martha and Mary over their brother Lazarus,
I cry, O Lord, over your image shrouded by my sin.
Like Mary I spread the perfume of my tears as a sign of your Passover.

Christ Jesus, you cried over your friend Lazarus.
You affirmed the faith of Martha and Mary,
and you raised their brother, dead for four days.

In calling Lazarus out of the tomb, you announced your Passover.
You broke the doors of death and the power of hell
by the force of your arms, for you are holy God, holy Mighty, holy Immortal.

Mother of light who knows no sleep,
mother of light who dispels the shadows of sin and enlightens the world,
who received the grace of the Holy Spirit, pray for us sinners who seek the light.

Praise to the unbegotten Father and the only begotten Son.
Praise to the Spirit of light who proceeds from the Father.
Glory and worship for ever and ever.

Monday after Lent 5

King of endless glory, before whom all powers of heaven tremble,
whom angels, priests, and people bless,
purify my soiled lips with a hot burning coal.

Glory to you, O Christ, our salvation and our hope, glory to you!

Like the publican bowed to earth I beat my breast.
Like Peter I cry bitterly, for I renounced you.
Like the adulterous woman, Lord, do not condemn me.

Like the Canaanite woman I pursue you with cries:
Have mercy on me, for I am like a dog under its master's table!
Son of David, share with me the scraps of your grace!

Like the hemorrhaging woman I approach you, Jesus.
Let me touch the fringe of your cloak,
that I may hear those divine words: Your faith has saved you.

Blessed is she who heard the word and received it in her heart.
Blessed is she who carried in her womb the word of life.
All ages will call her blessed, for the Almighty did wonders for her. [Lk 1:46-48]

Creator of all things, Father, Son, and Holy Spirit,
I praise you for the glory and beauty of your reign,
sun of triple splendor, single light.

Tuesday after Lent 5

Angels aflame in heaven sing to you.
Cherubim and seraphim praise, bless, acclaim you.
Have mercy, Lord, awaken the soul of one who sinned.

Glory to you, O Christ, our salvation and our hope, glory to you!

The prophet Elijah, carried in a chariot of fire, [2 Kg 2:11]
was raised to heaven.

Arise, my soul, over the temptations of earth.

Elijah threw his cloak over Elisha plowing his field.
Seeing him climb to heaven, Elisha received a double part of his spirit. [2 Kg 2:9,13]
Lord, let me gaze on your mystery and receive the gift of your Holy Spirit.

With Elijah's cloak Elisha struck the waters of the Jordan, [2 Kg 2:14]
and the waters stood still as in the days of Joshua.
May your grace clothe me, Lord, may the waters of death draw back.

Mary Magdalene, announcer of the resurrection,
you saw with your own eyes Christ risen among the dead,
you proclaimed to the whole world that Jesus is alive.

Creator of all things, Father, Son, and Holy Spirit,
I praise you for the glory and beauty of your reign,
sun of triple splendor, single light.

Wednesday after Lent 5

Let me sing the song of your glory, let the trumpets shout.
Let the walls of the enemy come tumbling down.
Let our hands be strengthened, armed with the knowledge of God.

Glory to you, O Christ, our salvation and our hope, glory to you!

Like Jonah I fled far from you to distant islands.
I did not want to know your mercy.
But from the belly of Sheol I cried to you. [Jonah 1:3, 2:2]

I heard the remorse of the Ninevites.
They put on sackcloth and sat in ashes.
They cried to you to turn from your fierce anger. [Jonah 3:5-9]

You purified Naaman in the waters of the Jordan. [2 Kg 5:14]
You baptized your people in cloud and sea. [Ex 14:19-22]
You gave sinners new birth in water and Spirit. [Jn 3:5]

Mary, you held in your womb the one the world could not hold.
You carried within you the one who carried all things.
You suckled Christ who nourished all creation.

Creator of all things, Father, Son, and Holy Spirit,
I praise you for the glory and beauty of your reign,
sun of triple splendor, single light.

Thursday after Lent 5

I heard the cries of Jeremiah in the cistern,
his lamentation for devastated Zion.
Like him I beg: Save me from the depths of sin. [Jer 38:6, 9:1]

Glory to you, O Christ, our salvation and our hope, glory to you!

I heard Daniel in the den of lions.
I heard the three young men in the furnace blessing the Lord.
Deliver me, O Christ, from the roaring lion and the flame of hell. [Dan 6:16-22, 3:23-25]

Good Shepherd, who knows the sheep by name,
who gives your life for your church,
save me from the lion's jaw, bring me back to your sheepfold.

Good Samaritan, you bowed over me,
you cared for me with the oil of your mercy, the wine of your love.
Lover of humankind, take me on your shoulders like the lost sheep. [Lk 10:34]

To put out the flame of sin, Mary Magdalene,
Christ made your eyes run with tears of remorse.
Like a river they refreshed the fever of your soul.

Creator of all things, Father, Son, and Holy Spirit,
I praise you for the glory and beauty of your reign,
sun of triple splendor, single light.

Friday after Lent 5

The high priest prophesied on you, saying:
It is better that a single man die for all the people.
Lord, gather in the shadow of your cross the scattered children of God.

Glory to you, O Christ, our salvation and our hope, glory to you!

Like the thief on the cross I cry to you, my Savior:
Remember me when you come into your kingdom.
In spite of all my sins, take me with you in Paradise. [Lk 23:42-43]

O Christ, by the prayer of your apostles,
may the devouring fire of your love enlighten my heart,
may it consume in me every trace of sin.

Your church, O Christ, built by the Spirit,
proclaims from the mouth of the apostles faith in your mystery.
Save those who join voices with them to confess your glory.

Like a crimson robe he clothed our flesh in your womb, Mary,
Emmanuel, eternal splendor of the Father.
In you the redemption of the world was done.

Creator of all things, Father, Son, and Holy Spirit,
I praise you for the glory and beauty of your reign,
sun of triple splendor, single light.

Saturday after Lent 5

You were born, O Christ, of the flesh of the Virgin Mary,
by the power of the Spirit without the seed of man,
renewing creation by your new birth.

Glory to you, O Christ, our salvation and our hope, glory to you!

John, herald of your grace, preached repentance,
like the dove flying away, the voice crying in the desert,
the lamp rekindled and shining in the dark. [Ps 55:7; Jn 5:35]

He denounced Herod's crime at the price of his blood,
and the children of Israel hurried to him,
confessing their sins and plunging into the purifying water.

You came into the midst of sinners to fulfill all justice.
The Lamb who takes away the sin of the world,
you entered the waters of the Jordan, and the Spirit came upon you. [Jn 1:29-32]

Mary, sister of Lazarus, you sat at the feet of Christ,
fear not, for you have chosen the better part. [Lk 10:39-42]
After a little you will see him, and your heart will rejoice.

We glorify you, Trinity in one being,
Light who gives light, Life who gives life,
kingdom without end, Father, Son, and Holy Spirit.

Palm Sunday

Christ, you were made human, conversing with me in the flesh,
being like me in all but sin,
calling sinners to conversion. [Heb 4:15]

Glory to you, O Christ, our salvation and our hope, glory to you!

You fasted forty days in the desert and suffered hunger. [Matt 4:2]
You were tempted by the devil, the prince of this world.
You conquered the enemy and all the glorious realms on earth.

Joyful children, palms in hand, proclaimed you the Son of David.
Crowds laid their garments in the way of the king, soft and humble of heart.
Jerusalem, Christ weeps for you, for you did not recognize his visit.

The door of the kingdom is already open.
Tax collectors and prostitutes go before just ones into Paradise.
You came to seek and save those who were lost.

Mary, you accompanied your son to the doors of death.
By you we were ransomed from the curse,
for you gave birth to our joy, Christ our Savior.

We glorify you, Trinity in one being,
Light who gives light, Life who gives life,
kingdom without end, Father, Son, and Holy Spirit.

Holy Monday

You came, O Christ, you illumined the magi and gave joy to the shepherds.
You made innocent children the first witnesses of the faith,
and old Simeon received you in his arms, blessing God.

Glory to you, O Christ, our salvation and our hope, glory to you!

Clothed in flesh, you ate with human beings.
At the wedding in Cana you changed water into wine.
You gave joy, but the hour of your cross is coming.

Good Jesus, you lifted the paralyzed man from his pallet.
You raised the widow's son and healed the centurion's servant.
You announced to the Samaritan woman worship in spirit and in truth.

You healed the man born blind, raised Lazarus.
Mary anointed you in preparation for your burial.
The grain fallen to earth died and gave much fruit.

A sword of sadness pierced your soul, Mary.
Standing at the cross of your son, waiting for the kingdom,
you became our mother, for you gave us birth by the cross.

We glorify you, Trinity in one being,
Light who gives light, Life who gives life,
kingdom without end, Father, Son, and Holy Spirit.

Holy Tuesday

Word of God, O Christ, you gave good news to the poor.
You ate with tax collectors and lived at the home of Zacchaeus.
You were friendly with sinners and close to little ones.

Glory to you, O Christ, our salvation and our hope, glory to you!

You purified lepers, gave light to the blind.
You made the deaf hear and the lame dance.
You straightened the woman bent with age to announce your resurrection.

You promised living water to those who thirst.
You proclaimed blessings on those who weep and those who make peace.
You played the flute and no one danced.

The Pharisee returned home without being justified.
Cities that did not hear your word were cursed.
My soul, do not imitate their pride but recognize your misery.

Mary our mother, mediator behind heaven and earth,
all generations will call you blessed.
In your flesh was born the fullness of divinity.

We glorify you, Trinity in one being,
Light who gives light, Life who gives life,
kingdom without end, Father, Son, and Holy Spirit.

Holy Wednesday

All creation, O Christ, was seized with amazement
at the sight of your cross, before your pierced body.
The earth trembled with fright before your face.

Glory to you, O Christ, our salvation and our hope, glory to you!

Mountains and rocks broke in pieces,
and the light of the sun was darkened at noon,
gazing at the nails driven into your blessed flesh.

I beg you, do not exact from me the worthy fruits of repentance,
for my strength, O Lord, is worn out and exhausted.
Give me a changed heart and poverty of spirit.

You are my Judge, full of mercy and kindness.
You come with the angels to judge the universe.
Have pity on me, Jesus, for I have sinned but you forgive.

Mother of the Savior, you cried under the tree of the cross,
when the death of your son pierced your heart like a sword of sadness.
Pray for us poor sinners at the hour of our death.

We glorify you, Trinity in one being,
Light who gives light, Life who gives life,
kingdom without end, Father, Son, and Holy Spirit.