

## Prayer Gathering for Holy Week

SIGN OF THE CROSS +

OPENING PRAYER

**Father of Jesus, Father of all,  
your Son came to live among us, and in dying, set us free.  
As he poured himself out in every way to show your love for us,  
may his love now pour out of us and drench this world with your presence.  
We ask this in the power of the Holy Spirit, through Christ, our Lord. AMEN.**

READING

MOMENT FOR SILENCE

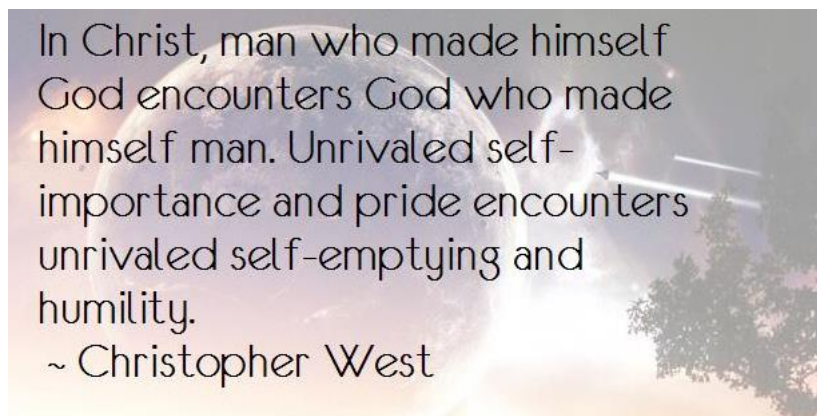
GOSPEL PASSAGE

SHARING QUESTIONS

*“Christ Jesus... did not regard equality with God something to be grasped.  
Rather, he emptied himself, taking the form of a slave...”*  
**As you reflect on all Jesus went through on Holy Thursday and Good Friday,  
what touches you the most? Where in the story do you get a catch in your throat?**

*“He emptied himself...”*  
**When in your life have you emptied yourself or “poured yourself out?”  
How does having had that experience better connect you to the suffering of Christ?**

POSTED RECENTLY



DISCUSSION

*Jesus cried out in a loud voice, “My God, my God, why have you forsaken me?”*  
**Many explain this passage by saying that Jesus said this not because he felt this way, but in order to fulfill the Scriptures (Psalm 22 †).  
Others say that him feeling this feeling was a part of his “emptying himself out” and letting go of everything – even his sense of trusting that God was still in control.**

**How do you feel about this?**

## LITANY

Jesus is condemned to death...	<b>May your death bring us life.</b>
Jesus takes up his Cross...	<b>May we face what we must.</b>
Jesus falls and gets back up...	<b>May we rise after we fall.</b>
Jesus meets his Mother...	<b>May we find support from those we love.</b>
Simon of Cyrene helps Jesus carry the Cross...	<b>May we accept the help we need.</b>
Veronica wipes the face of Jesus...	<b>May we receive the love they show.</b>
Jesus falls another time...	<b>May we rest, then may we rise.</b>
Jesus meets the women of Jerusalem...	<b>May we know we all are one.</b>
Jesus falls yet again...	<b>Knocked to our knees, may we then pray.</b>
Jesus is stripped of his garments...	<b>May we wrap ourselves in Christ.</b>
Jesus is nailed to the Cross...	<b>May we forgive, no matter what.</b>
Jesus dies on the Cross...	<b>May we hold sacred every life.</b>
Jesus is taken down from the Cross...	<b>May Jesus be our precious treasure.</b>
Jesus is laid in the tomb...	<b>May we see hope where others do not.</b>

## OUR FATHER

[OPTIONAL] PRAYER FOR SPIRITUAL COMMUNION (St. Alphonsus Ligouri)

**My Jesus, I believe that you are present in the most Blessed Sacrament.  
I love You above all things and I desire to receive You into my soul.  
Since I cannot now receive You sacramentally, come at least spiritually into my heart.  
I embrace You as if You were already here, and unite myself wholly to You.  
Never permit me to be separated from You. AMEN.**

## CLOSING PRAYER

**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.**

SIGN OF THE CROSS +

## READING 1

A reading from a letter of St. Paul to the Philippians

Christ Jesus, though he was in the form of God,  
did not regard equality with God  
something to be grasped.

Rather, he emptied himself,  
taking the form of a slave,  
coming in human likeness...

he humbled himself,  
becoming obedient to the point of death,  
even death on a cross.

Because of this, God greatly exalted him  
and bestowed on him the name  
which is above every name,

That at the name of Jesus  
every knee should bend,  
of those in heaven and on earth and under the earth,

and every tongue confess that  
Jesus Christ is Lord, to the glory of God the Father.

The Word of the Lord

*Thanks be to God*

## READING 2

A reading from the Holy Gospel according to Mark

At noon darkness came over the whole land  
until three in the afternoon.

And at three o'clock Jesus cried out in a loud voice,  
*"Eloi, Eloi, lema sabachthani?"*  
which is translated,  
*"My God, my God, why have you forsaken me?"*

Some of the bystanders who heard it said,  
*"Look, he is calling Elijah."*

One of them ran, soaked a sponge with wine, put it on a reed  
and gave it to him to drink saying,  
*"Wait, let us see if Elijah comes to take him down."*

Jesus gave a loud cry and breathed his last.

The Gospel of the Lord

*Praise to You, Lord, Jesus Christ*



**My God, my God, why have you abandoned me?**

All who see me scoff at me;  
they mock me with parted lips, they wag their heads:  
“He relied on the LORD; let him deliver him,  
let him rescue him, if he loves him.”

**My God, my God, why have you abandoned me?**

Indeed, many dogs surround me,  
a pack of evildoers closes in upon me;  
They have pierced my hands and my feet;  
I can count all my bones.

**My God, my God, why have you abandoned me?**

They divide my garments among them,  
and for my vesture they cast lots.  
But you, O LORD, be not far from me;  
O my help, hasten to aid me.

**My God, my God, why have you abandoned me?**

I will proclaim your name to my brethren;  
in the midst of the assembly I will praise you:  
“You who fear the LORD, praise him;  
all you descendants of Jacob, give glory to him;  
revere him, all you descendants of Israel!”

**My God, my God, why have you abandoned me?**