

For Meditation. Preparation.

O Lord, Jesus Christ, on the first Holy Thursday, at the last supper, Thou didst institute the holy Sacrifice of the Mass as a perpetual and unbloody memorial of Thy bloody Sacrifice on the cross. Give us the grace to attend, with true devotion, the holy Sacrifice of adoration, thanksgiving, petition and propitiation; and grant that, by devout meditation on Thy bitter passion and death, we may partake of its fruits, for time and eternity. Amen.

1.

The priest goes to the altar; Jesus approaches Mount Olivet to expiate our sins.

2.

The priest begins to pray at the foot of the altar;
Jesus sweating blood prays three times on Mount Olivet.

3-

The priest goes up to the altar and kisses it;
Jesus receives the kiss of betrayal from the unfaithful Judas.

4-

At the epistle side of the altar, the priest says the Introit or entrance;
Jesus is seized, bound and dragged to Jerusalem,
and He receives a blow in presence of Annas.

5-

The priest goes to the middle of the altar and recites the Kyrie and Gloria:
Jesus is led before Caiphas and is denied by Peter.

6.

The priest, turning to the people, says: "Dominus vobiscum" "The Lord be with you"
Jesus looks with love and sorrow at Peter and converts him.

7-

The priest returns to the epistle corner of the altar to read the
prayers of the Church (or collects) and the epistle;
Jesus is brought to Pilate, and He must listen to the false accusations
made against Him.

8.

After returning to the middle of the altar, the priest goes to the gospel side;
Jesus is led before Herod and scoffed at.

9-

The priest goes from the gospel side to the middle of the altar and says the
"Credo" and "Dominus Vobiscum"
Jesus is brought back to Pilate and the murderer, Barabbas, is preferred to Him.

10.

The chalice is uncovered; Jesus is stripped of His garments.

11.

The offertory of holy Mass.
The priest offers up the bread and wine;
Jesus offers Himself to His heavenly Father during His painful scourging.
Pray in union with all the faithful:

O heavenly Father, look with complacency upon the gifts which the priest offers in the name of Jesus and at His command; which we too offer in union with the priest to honor Thee as our Creator and supreme Master and to thank Thee with filial reverence. We offer Thee at the same time our body and our soul and all that we have. O most patient and afflicted Jesus, take our heart, unite it with Thy Sacred Heart and present it to Thy heavenly Father for us as an offering in honor of Thy painful scourging. Amen.

12.

The priest covers the chalice:
Jesus is crowned with thorns.

At the "Lavabo" the priest washes his hands;
reflect on the cowardly Pilate washing his hands.

14-

At the middle of the altar, the priest turning to the people, says:

"Orate Frates"; Pilate shows Jesus to the people and says:

"Ecce Homo." But they exclaim: "Away with Him! Crucify Him!"

The priest recites the Preface;

Pilate pronounces the death-sentence upon Jesus.

16.

The priest says the Sanctus, the "thrice holy," and he makes the sign of the cross;

Jesus takes the heavy cross upon His shoulders.

17.

The priest begins the Canon;

Jesus staggers towards Calvary under the weight of the cross.

18.

The priest folds his hands at the Memento of the Living;

Jesus consoles the daughters of Jerusalem and

Simon of Cyrene helps Him to carry the cross.

19.

The priest holds his hands over the chalice:

the Saviour is laid on the cross.

20.

The priest makes the sign of the cross five times over the chalice and the host;

the Saviour is nailed, hands and feet, to the cross.

21.

The consecration.

The priest changes the bread and wine into the Body and Blood of Jesus Christ;

Jesus dies on the cross and offers His death as a bloody sacrifice,

Adore Him and say:

O Jesus, for Thee I live; O Jesus, for Thee I die;

O Jesus, Thine I am in life and death. Amen.

Spare me, O Jesus; have mercy on me, O Jesus;

O Jesus, pardon all my sins. Amen.

Contemplate the three hours suffering of Jesus, the pains of His body, the torments of His soul, His mockery, His dereliction. Listen to His seven holy words, kiss His five holy wounds, present to Him all your petitions and those of the holy Church, make an act of contrition, with a firm purpose of amendment.

22.

At the "Nobis quoque peccatoribus,"
think of the pardon granted to the thief on the right,
and at the "Pater Noster" recite devoutly the Our Father.

23-

The priest breaks the sacred host and drops a particle into the chalice;
the soul of Jesus descends into limbo (hell).

24.

At the "Agnus Dei" the priest strikes his breast three times;
at the death of Jesus the centurion confesses the divinity of Jesus,
and he, with many of the bystanders strikes his breast.

25-

The third principal part of holy Mass.
The priest consumes in holy communion,
the Body and Blood of Jesus Christ;
His sacred body is laid in the grave.

If you do not actually communicate, make an act of Spiritual Communion, saying:
"O Lord, I am not worthy that Thou shouldst enter under my roof, but say only the word
and my soul shall be healed." (3 times.)

O divine Saviour, do not disdain to look down upon us unworthy creatures with a glance of Thy divine goodness. Through Thy infinite mercy prepare our hearts to receive Thee at least in a spiritual manner. Graciously accept our desire, and grant that we may soon be worthy to receive Thee in reality. Increase our faith, strengthen our hope, inflame our love, fill our hearts with Thy grace, and help us to persevere unto the end.

Soul of Christ, sanctify me! Body of Christ, save me !
Blood of Christ, refresh me ! Water flowing from the side of Christ, purify me!
Passion of Christ, strengthen me!
O good Jesus, hear me ! In Thy holy wounds, conceal me!
Suffer me not to leave Thee ! From the evil one, defend me!
In my last hour, call me ! And bid me, Lord, to come to Thee !
With Saints and Angels may I praise Thee,
Through endless ages of eternity. Amen.

26.

At the last "Dominus Vobiscum," reflect on the glorious resurrection of Jesus.

27.

At the "Ite Messa est," reflect on the glorious ascension of Jesus.

At the last Blessing and the last Gospel, call to mind the sending of the Holy Ghost. Ask Him for His blessing and graces for yourself and upon those that are near and dear to you. Conclude your meditation on the passion and sacrificial death of your Saviour with this prayer of the Church:

O God, we beseech Thee, look graciously down upon this Thy congregation for whom our Lord Jesus Christ was willing to surrender Himself into the hands of sinners, and to suffer the torments of the cross; He Who in union with Thee and the Holy Ghost liveth and reigneth world without end. Amen.

Almighty and Eternal God, look down upon us with an eye of pity, and behold our misery, our distress and our woe. Have mercy on all Thy people, for whom Thine only Begotten Son, our Lord Jesus Christ, freely delivered Himself into the hands of sinners, that He might shed His most Precious Blood on the tree of the Holy Cross for us. O most merciful Father, through the same our Lord Jesus Christ, remove from us all the evils, which we have so richly deserved, present and future dangers, pernicious insurrections, famines, plagues, wars, and Thy many other judgments.

Grant us, God of peace, true union in the faith, without dissension or schism. Direct our hearts to true penance and amendment. Enkindle in us the fire of divine love, and fill us with an ardent desire and zeal for justice, that as obedient children we may please Thee in life and in death. We also pray, as Thou, O God, wishest us to pray, for our friends and enemies, for those in health and for the sick, for all afflicted and distressed Christians, for the living and for the dead.

Now and forever we recommend to Thee, O Lord, all our actions and omissions, our whole conversation, our life, and our death. Let us, O God, receive Thy grace here below, and enjoy it hereafter, that in union with the elect, we may praise, honor and glorify Thee in eternal bliss. Grant this, O heavenly Father through Jesus Christ Thy Son, Who, with Thee and the Holy Ghost liveth and reigneth, one God, world without end. Amen.

I, a poor sinner, renounce Satan with all his works and all his pomps. I believe in God the Father, in God the Son and in God the Holy Ghost. I believe, without reserve, all that Holy Church proposes for my belief. With this holy and Catholic faith, I confess to Almighty God, to Blessed Mary ever Virgin and to all the Saints that, from the day of my childhood unto the present hour, I have sinned much and often in thought, word and deed and by the omission of good works; and I accuse myself concerning whatever way I have sinned, whether secretly or openly, knowingly or unknowingly, against the ten commandments in regard to the seven capital sins, by the five senses of my body, against God, against my neighbor and against the salvation of my poor soul. For these and all my sins I am heartily sorry. Therefore I humbly beg of Thee, almighty and eternal God, to grant me Thy divine grace, and to spare my life so that I may confess my sins and do penance for them, and thus merit Thy heavenly favor and, after this wretched life, obtain the everlasting joy of heaven. Wherefore I strike my sinful breast and say with the public sinner: O Lord, God! have mercy on me a poor sinner! Amen.

LITANY OF THE PASSION

Lord, have mercy.

Lord, have mercy.

Christ, have mercy.

Christ, have mercy.

Lord, have mercy.

Lord, have mercy.

Christ, hear us.

Christ, graciously hear us.

God the Father of Heaven,

God the Son, Redeemer of the world,

God the Holy Ghost,

Holy Trinity, one God,

Jesus, the Eternal Wisdom,

Jesus, conversing with men,

Jesus, hated by the world,

Jesus, sold for thirty pieces of silver,

Jesus, prostrate on the ground in prayer,

Jesus, strengthened by an angel,

Jesus, in Thine agony bathed in a bloody sweat,

Jesus, betrayed by Judas with a kiss,

Jesus, bound by the soldiers,

Jesus, forsaken by Thy disciples,

Jesus, brought before Annas and Caiphas,

Jesus, struck by a servant in the face,

Jesus, accused by false witnesses,

Jesus, declared worthy of death,

Jesus, spit upon in the face,

Jesus, blindfolded,

Jesus, smitten on the cheek,

Jesus, thrice denied by Peter,

Jesus, delivered up to Pilate,



Have mercy on us.

Jesus, despised and mocked by Herod,
Jesus, clothed in a white garment,
Jesus, rejected for Barabbas,
Jesus, torn with scourges,
Jesus, bruised for our sins,
Jesus, esteemed as a leper,
Jesus, covered with a purple robe,
Jesus, crowned with thorns,
Jesus, struck with a reed upon the head,
Jesus, demanded for the crucifixion by the Jews,
Jesus, condemned to an ignominious death,
Jesus, given up to the will of Thine enemies,
Jesus, burdened with the heavy weight of the Cross,
Jesus, led like a sheep to slaughter,
Jesus, stripped of Thy garments,
Jesus, fastened with nails to the Cross,
Jesus, wounded for our iniquities,
Jesus, praying to Thy Father for Thy murderers,
Jesus, reputed with the wicked,
Jesus, blasphemed and scoffed at on the cross,
Jesus, reviled by the malefactor,
Jesus, promising paradise to the penitent thief,
Jesus, commending St. John to Thy Mother as her Son,
Jesus, declaring Thyself forsaken by Thy Father,
Jesus, in Thy thirst, given gall and vinegar to drink,
Jesus, testifying that all things written concerning Thee were accomplished,
Jesus, commending Thy spirit into the hands of Thy Father,
Jesus, obedient even to the death of the Cross,
Jesus, pierced with a lance,
Jesus, made a propitiation for us,
Jesus, taken down from the Cross,
Jesus, laid in the Sepulchre,
Jesus, rising gloriously from the dead,
Jesus, ascending into heaven,
Jesus, our advocate with the Father,
Jesus, sending down on Thy disciples, the Holy Ghost, the Paraclete,

Have mercy on us.

Jesus, exalting Thy Mother above the choirs of Angels,
Jesus, who shall come to judge the living and the dead,
Be merciful, Spare us, O Lord,
Be merciful, Graciously hear us, O Lord.
From all evil,
From all sin,
From anger, hatred, and all ill-will,
From war, famine, and pestilence,
From all dangers of mind and body,
From everlasting death,
By Thy most pure conception,
By Thy miraculous nativity,
By Thy humble circumcision,
By Thy baptism and holy fasting,
By Thy labors and watchings,
By Thy cruel scourging and crowning,
By Thy thirst, tears and nakedness,
By Thy precious death and Cross,
By Thy glorious resurrection and ascension,
By Thy sending forth the Holy Ghost, the Paraclete,

Have mercy on us.

In the day of Judgment,
That Thou wouldst spare us,
That Thou wouldst pardon us,
That Thou wouldst vouchsafe to bring us to true penance,
That Thou wouldst vouchsafe mercifully to pour into our hearts the grace of
the Holy Ghost,
That Thou wouldst vouchsafe to defend and propagate Thy holy Church,
That Thou wouldst vouchsafe to preserve and increase all societies assembled
in Thy Holy Name,
That Thou wouldst vouchsafe to bestow upon us true peace, humility and charity,
That Thou wouldst vouchsafe to give us perseverance in grace and in Thy holy
service,
That Thou wouldst vouchsafe to deliver us from unclean thoughts, the temptations
of the devil and everlasting damnation,
That Thou wouldst vouchsafe to unite us to the company of Thy saints,
That Thou wouldst vouchsafe graciously to hear us.

we beseech Thee, hear us.

Lamb of God, who takest away the sins of the world, Spare us, O Lord.

Lamb of God, who takest away the sins of the world, Graciously hear us, O Lord.

Lamb of God, who takest away the sins of the world, Have mercy on us.

Christ, hear us.

Christ, graciously hear us.

Lord, have mercy.

Christ, have mercy.

Lord, have mercy.

V. We adore Thee, O Christ, and we bless Thee.

R. Because through Thy holy Cross, Thou hast redeemed the world.

LET US PRAY.

O God, who for the redemption of the world didst vouchsafe to be born, circumcised, rejected by the Jews; betrayed by the traitor Judas with a kiss; bound in fetters; led like an innocent lamb to slaughter, and ignominiously exposed to the sight of Annas, Caiphas, Pilate and Herod; accused by false witnesses, buffeted, spit upon, scourged with stripes; crowned with thorns; struck with a reed, blindfolded, harassed with insults, stripped of Thy garments, nailed to the Cross, raised upon the Cross, counted among robbers, given vinegar and gall to drink, and wounded with a lance: Do Thou, O Lord, by these most holy pains of Thine, which I, unworthy, recall, and by Thy holy Cross and Death, free me from the pains of hell, and deign to lead me whither Thou didst lead the thief crucified with Thee, who, with the Father and Holy Ghost, livest and reignest God forever and ever. Amen.