



We Watch and Pray - Celebrating the Triduum at Home

Holy Thursday Evening during the Paschal Triduum

through Easter Sunday Evening

The Three Days of the Death, Burial, and Resurrection of the Lord

This prayer can be used at home. Before prayer begins, choose a leader and a reader.

Use this prayer resource as follows:

Beginning

*Begin on this **first page**.*

Psalm

*From sunset on Holy Thursday to sunset on Good Friday, pray the psalm on **page 2**.*

*From sunset on Good Friday to the Vigil on Saturday night, pray the psalm on **page 3**.*

*From after the Vigil to sunset on Easter Sunday, pray the psalm on **page 4**.*

Reading

Before prayer begins, select a Bible reading with the help of the chart on Mark the passage in the Bible. The reader can practice beforehand.

Ending

End with the litany and the Lord's Prayer.

Beginning

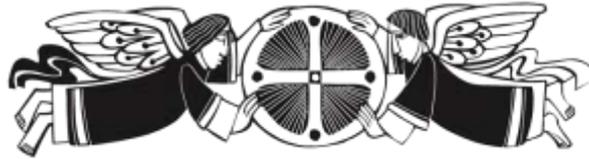
Recite following from (Philippians 2:6–11 and Colossians 1:26–27).

**Three holy days enfold us now
In washing feet and breaking bread,
In cross and font and life renewed:
In Christ, God's firstborn from the dead.**

**The myst'ry hid from ages past
Is here revealed in word and sign,
For Jesus' story is our own:
New life through death is God's design.**

**Christ lifted high upon the tree, before you every knee shall bend and every tongue in praise proclaim:
"You are the Lord of all. Amen."**

Turn to the psalm for the day.



We make the sign of the cross:

**In the name of the Father, and of the Son,
and of the Holy Spirit. Amen.**

Then we say:

**Save us, Saviour of the world, for by your Cross
and Resurrection
you have set us free.**

First Day of the Triduum

Psalm 22

Holy Thursday sunset To Good Friday sunset

After praying the Beginning, the leader says the words in plain type, and everyone joins in saying the words in bold type:



We say together:

My God, my God, why have you forsaken me? Why are you so far from helping me, from the

**words of my groaning?
O my God, I cry by day, but you do not answer;**

and by night, but find no rest.

**Yet you are holy,
enthroned on the praises of Israel,**

**In you our ancestors trusted;
they trusted, and you delivered them.**

**To you they cried, and were saved;
in you they trusted, and were not put to shame.**

**But I am a worm, and not human;
scorned by others, and despised by the people.**

**All who see me mock at me;
they make mouths at me, they shake their heads;**

“Commit your cause to the Lord; let him deliver him— let him rescue the one in whom he delights!”

Come, let us worship Christ, the Son of God:

Who redeemed us with his blood.

Far be it from us to glory:

**Except in the cross of our Lord
Jesus Christ.**

We adore you, O Christ, and we bless you:

Because by your holy cross you have redeemed the world.

Yet it was you who took me from the womb; you kept me safe on my mother's breast.

On you I was cast from my birth, and since my mother bore me

you have been my God. Do not be far from me,

**for trouble is near
and there is no one to help.**

**Many bulls encircle me,
strong bulls of Bā'shan surround me;**

they open wide their mouths at me, like a ravening and roaring lion.

**I am poured out like water,
and all my bones are out of joint;**

**my heart is like wax;
it is melted within my breast;**

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

After the psalm we keep watch for a few moments in silent prayer. Then we scroll down to the suggested Scripture reading, (on the second last page of the prayer).

Psalm 22:1–15

Second Day of the Triduum

Psalm 88

Good Friday sunset To the Vigil on Saturday night.

*After praying the Beginning on page 1, the leader says the words in plain type, and everyone joins in saying the words in **bold type**:*



We say together:

**O Lord, God of my salvation,
when, at night, I cry out in your presence, let my prayer come before you;
incline your ear to my cry.**

**For my soul is full of troubles,
and my life draws near to Shē'ōl.
I am counted among those who go down to the Pit; I am like those who have no help,**

You have put me in the depths of the Pit, in the regions dark and deep.

**Your wrath lies heavy upon me,
and you overwhelm me with all your waves.**

**You have caused my companions to shun me; you have made me a thing of horror to them. I am shut in
so that I cannot escape;
my eye grows dim through sorrow.**

Come, let us worship Christ:

Who for our sake suffered death and was buried.

Christ slept a life-giving sleep in the grave:

And awakened us from the heavy sleep of sin.

By his holy
and glorious wounds:

May Christ our Lord guard us and keep us.

Every day I call on you, O Lord; I spread out my hands to you.

Do you work wonders for the dead? Do the shades rise up to praise you?

Is your steadfast love declared in the grave, or your faithfulness in Abad'don?

**Are your wonders known in the darkness,
or your saving help in the land of forgetfulness?**

**But I, O Lord, cry out to you;
in the morning my prayer comes before you.**

**O Lord, why do you cast me off?
Why do you hide your face from me?**

Wretched and close to death from my youth up, I suffer your terrors; I am desperate.

You have caused friend and neighbour to shun me; my companions are in darkness.

Psalm 88:2-5, 6, 7-16, 19

After the psalm we keep watch for a few moments in silent prayer. Then we scroll down to the Scripture reading, (On the second last page).

Third Day of the Triduum

Psalm 136

After the Vigil until Easter Sunday Sunset

*After praying the Beginning on page 1, the leader says the words in plain type, and everyone joins in saying the words in **bold type**:*

We say together:

O give thanks to the Lord, for he is good, for his steadfast love endures forever.

**O give thanks to the God of gods,
for his steadfast love endures forever.**

**O give thanks to the Lord of lords,
for his steadfast love endures forever;**

**who alone does great wonders,
for his steadfast love endures forever;**

who by understanding made the heavens, for his steadfast love endures forever;

who spread out the earth on the waters, for his steadfast love endures forever;

**who made the great lights,
for his steadfast love endures forever;**

**the sun to rule over the day,
for his steadfast love endures forever;**

the moon and stars to rule over the night, for his steadfast love endures forever;

Christ is risen from the dead, trampling down death by death:

And to those in the tomb, Christ bestows life!

This is the day
the Lord has made:

Let us rejoice and be glad in it!

For Christ is risen, alleluia!

Christ is truly risen, alleluia!

who struck Egypt through their firstborn, for his steadfast love endures forever;

and brought Israel out from among them, for his steadfast love endures forever;

with a strong hand and an outstretched arm, for his steadfast love endures forever;

**who divided the Red Sea in two,
for his steadfast love endures forever;**

and made Israel pass through the midst of it, for his steadfast love endures forever;

**and gave their land as a heritage,
for his steadfast love endures forever;**

**who gives food to all flesh,
for his steadfast love endures forever.**

**O give thanks to the God of heaven,
for his steadfast love endures forever.**

Alleluia!

Psalm 136:1–14, 21, 25–26

After the psalm we keep watch for a few moments in silent prayer. Then scroll down to the second last page for the Scripture reading.



*There are different readings suggested for the different times of day.
Before prayer begins, the reader finds and marks the reading in the Bible with the help of this chart:*

From Thursday sunset until Friday sunrise:

Mark 14:26–42, the agony in the garden
or Mark 14:43–52, the arrest of the Lord
or Mark 14:53–72, Peter's denial of the Lord

From Friday sunrise until Friday noon:

Genesis 22:1–19, Abraham and Isaac
or Mark 15:1–20, the trial of the Lord
or Mark 15:21–32, the crucifixion of the Lord

From Friday noon until Friday sunset:

Genesis 37:13–35, Joseph sold into slavery or Mark 15:33–39, the death of the Lord or Mark 15:40–47, the burial of the Lord

From Friday sunset until Saturday sunrise:

Job 3:20–26, the sorrows of Job

or Song of Songs 5:2–8, “Where is my beloved?”

or Lamentations 2:13–19, the weeping of daughter Zion

From Saturday sunrise until Saturday noon:

Exodus 6:1–8, the people freed from slavery or Lamentations 3:1–26, “Wait for the Lord.” or Jonah 1:1–17, Jonah and the fish

From Saturday noon until the Vigil:

Genesis 8:6–12, Noah’s raven and dove
or Esther 4:1–16, the three-day fast of Queen Esther or Ezekiel 37:1–14, the vision of dry bones

From the Vigil until Sunday sunrise:

Exodus 12:29–42, the Passover vigil
or Daniel 6:6–23, Daniel in the lions’ den
or Mark 16:1–8, the resurrection of the Lord

From Sunday sunrise until Sunday noon:

Song of Songs 2:8–13, “Arise, my love!”
or John 20:11–18, the first witness of the resurrection or 1 Peter 2:2–10, God’s marvelous light

From Sunday noon until Sunday sunset:

Genesis 9:8–17, the covenant of the rainbows or Luke 24:28–35, on the road to Emmaus
or Luke 24:36–53, “Peace be with you!”

After the reading, we keep watch for a few moments in silent prayer, opening our minds and hearts to the Holy Spirit. Prayer ends on the next page with the litany and the Lord’s Prayer.

Litany of the Holy Cross

*The leader says the words in plain type, and everyone joins in saying the words in **bold type**:*

**We worship you, Lord,
We venerate your cross,
We praise your resurrection. Through the cross you brought joy to the world!**

We adore you, Lord Jesus Christ, as you ascend your cross:

May the cross deliver us from the angel of death.

We adore your wounded body as it hangs on the cross:

May your wounds be our healing

We adore you dead and buried in the tomb: **May your death**

be our life.

We adore you as you descend among the dead
to deliver them:

May we never hear the dread sentence of doom.

Please add other petitions. Keep a few moments of silence.

Then we say together:

**Holy God!
Holy and mighty!
Holy immortal One, have mercy on us!**

**Hail, holy Cross!
You are more exalted
Than all the trees of the forest!
On you hung the life of the world.
On you Death was put to death.
On you Christ passed over in triumph.**

Joining all our prayers into one, we pray with the words that Jesus taught us:

**Our Father, who art in heaven, hallowed be thy name;
thy kingdom come,
thy will be done**

**on earth as it is in heaven.
Give us this day our daily bread;
and forgive us our trespasses
as we forgive those who trespass against us; and lead us not into temptation,
but deliver us from evil.
Amen.**

Prayer may end here or continue in stillness and silence.

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