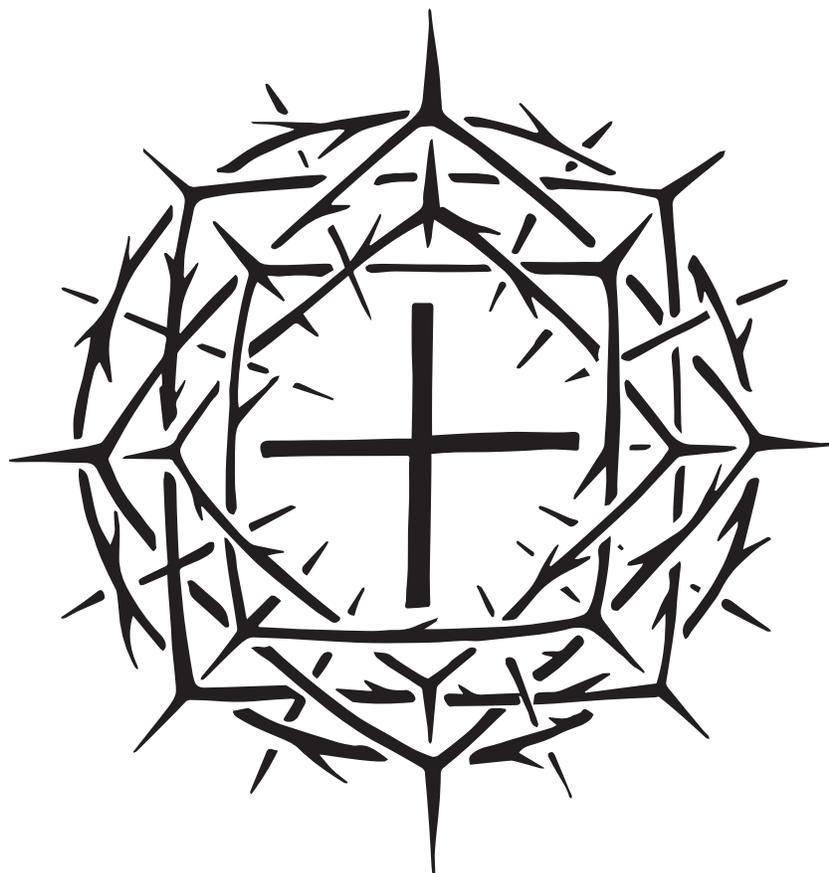


# **You are God: We Praise You**

A Lenten Journey with the Psalms, Scripture  
and Te Deum Prayer



## **Lent 2020**

Passiontide

(March 29- April 4, 2020)



Our Lady of  
Perpetual Help

# The 4th Week of Lent

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YOU ARE GOD: WE PRAISE YOU

## PASSIONTIDE

The last two weeks of Lent are historically referred to as Passiontide. The further into Lent we journey, the greater the focus is placed on the cross. Jesus had to prepare. Jesus had to spend time in quiet prayer, asking for the strength of the Lord and the resolution to follow the will of God, even to His death.

When God promised Abraham a great nation, when the Lord led Moses and his people from slavery to freedom, when the Lord went before Joshua and the people as they entered the promised land, when the Lord established David as the great king, the Lord knew the fulfillment would come in Jesus His Son. The Lord did not accomplish his work of salvation through might and force. "The Lord of hosts" is meant to create an image of God's great and magnificent army. Though those who prayed this psalm likely foresaw a military victory over the enemies of the Lord, God had a still more excellent way, a way of love. Jesus fulfills the promises of the Lord and the salvation of his people.

Immerse yourself in the passion, death, and resurrection of our Lord Jesus. Consider starting your reflections this week upon the passion, particularly according to Matthew (Cf. Matthew 26-27). Each time we pray with the passion, as with any of the Scriptures, we encounter the living Word of God. We are called to walk the path as we mediate upon the journey to the cross. Share with family or friends phrases or lines of the passion that strikes you; what is the Lord trying to communicate to you?

Offer yourself some moments of stillness this week. Place yourself in awe and wonder at the bounty of God's goodness, of His sacrifice for our sake that we might be saved. Consider praying with this profound line of Psalm 46: "Be still and know that I am God." Repeat this prayer throughout the day.

In Peace,

*Fr. Mike Triplett*

## HOW TO MAKE USE OF THIS PACKET

Each day, we invite you personally, as a family, or as a small faith community, to enrich your Lenten journey by use of the suggested hymn and psalm for the week, the Te Deum, and our Lenten Reflections drawn from the daily Mass readings. Below is a suggested order for this short prayer service, which is also the layout for each page of this packet.

- I. Pray/Sing a Hymn, which lifts our voices and minds to God in praise
- II. Read daily Scripture and the reflection offered
- III. Recite the suggested Psalm for this week
- IV. Offer Prayers of Intercession for the needs of our Church, our community and the World and your own personal petition
- V. Close by reciting the beautiful Te Deum Prayer





# Sunday, March 29, 2020

## Lenten Week 5

Ezekiel 37:12-14; Psalm 130:1-2, 3-4, 5-6, 7-8; Romans 8:8-11; John 11:1-45

### Pray/Sing Hymn - O God Beyond All Praising

*(page 10 of this booklet)*

## BELIEVING BRINGS LIFE!

*“I am the resurrection and the life; whoever believes in me, even if he dies, will live, and everyone who lives and believes in me will never die.”*

*- John 11:25-26*

The gospel today shows us one of Jesus’ greatest miracles. His friend Lazarus has died. His sisters Mary and Martha are grieving. However, they know in their hearts that Jesus is the Son of God and has the power to bring their brother back to life. In all humility, though, they will not ask Jesus to heal Lazarus, but trust that He will bring only good out of this situation.

This reading also gives evidence to the fact that Jesus was true God and true man, when He openly shows His love and sadness by weeping and also displays His Divine Power by raising Lazarus from the dead. It is in this action that Jesus reveals Himself as the resurrection and the life while assuring faith in His disciples.

While teaching His disciples and friends, Jesus is also teaching us to believe in His grace and very life within us. His life brings light to our darkness and life eternally. The whole of the life of Jesus is a reflection of His love for God and God’s love for us. A love so powerful that it brings light to our darkness and life eternally. Today, let us praise God and thank Him for always being with us! What a comfort it is to know that we have no reason to ever doubt His consolation, love and divine providence. “In you, Lord, is our hope!” (Te Deum).

### Recite Psalm 46 – God, the Protector of Zion

*(page 10 of this booklet)*

**Offer Petitions and Intercession  
for your family, Church, community and beyond**

### Recite Te Deum

You are God: we praise you;  
You are the Lord: we acclaim you;  
You are the eternal Father:  
All creation worships you.  
To you all angels, all powers of heaven,  
Cherubim and Seraphim, sing in endless praise:  
Holy, holy, holy, Lord, God of power and  
might, heaven and earth are full of your glory.  
The glorious company of apostles praise you.  
The noble fellowship of prophets praise you.  
The white-robed army of martyrs praise you.  
Throughout the world the holy Church acclaims  
you:  
Father, of majesty unbounded,  
your true and only Son, worthy of all worship,  
and the Holy Spirit, advocate and guide.  
You, Christ, are the King of glory,  
the eternal Son of the Father.  
When you became man to set us free  
you did not spurn the Virgin’s womb.  
You overcame the sting of death,  
and opened the kingdom of heaven to all  
believers.  
You are seated at God’s right hand in glory.  
We believe that you will come, and be our judge.  
Come then, Lord, and help your people,  
bought with the price of your own blood,  
and bring us with your saints  
to glory everlasting.

**V.** Save your people, Lord, and bless your inheritance.

**R.** Govern and uphold them now and always.

**V.** Day by day we bless you.

**R.** We praise your name for ever.

**V.** Keep us today, Lord, from all sin.

**R.** Have mercy on us, Lord, have mercy.

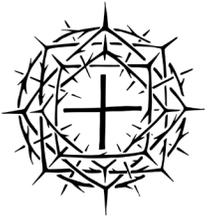
**V.** Lord, show us your love and mercy;

**R.** for we put our trust in you

**V.** In you, Lord, is our hope:

**R.** and we shall never hope in vain.





# Monday, March 30, 2020

## Lenten Week 5

Daniel 13:1-9, 15-17, 19-30, 33-62 or 13:41c-62; Psalm 23:1-3a, 3b-4, 5, 6; John 8:1-11

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**Pray/Sing Hymn - O God Beyond All Praising**  
*(page 10 of this booklet)*

### **GOD IS JUSTICE AND GOD IS MERCY**

*“Go and sin no more.”*  
*- John 8:11*

God’s Justice and God’s mercy are not, as we might imagine, two opposing aspects of God’s being. God is wholly just and wholly merciful in their fullest sense, and our acts of justice or mercy are only so inasmuch as they align with His Perfect Will, which is His Divine Nature. Jesus also reveals another aspect of His being, or another way of understanding Who God is—that is, God is Mercy. For Justice, in its pure sense, is merciful, and where human judgements fail God’s mercy overcomes. May we bear in mind this supreme justice is inseparable from this supreme Mercy. May we praise God for both His Justice and Mercy, and may we stay united in love with Him.

**Recite Psalm 46 –**  
**God, the Protector of Zion**  
*(page 10 of this booklet)*



**Offer Petitions and Intercession**  
**for your family, Church, community and beyond**

### **Recite Te Deum**

You are God: we praise you;  
You are the Lord: we acclaim you;  
You are the eternal Father:  
All creation worships you.  
To you all angels, all powers of heaven,  
Cherubim and Seraphim, sing in endless praise:  
Holy, holy, holy, Lord, God of power and  
might, heaven and earth are full of your glory.  
The glorious company of apostles praise you.  
The noble fellowship of prophets praise you.  
The white-robed army of martyrs praise you.  
Throughout the world the holy Church acclaims  
you:  
Father, of majesty unbanded,  
your true and only Son, worthy of all worship,  
and the Holy Spirit, advocate and guide.  
You, Christ, are the King of glory,  
the eternal Son of the Father.  
When you became man to set us free  
you did not spurn the Virgin’s womb.  
You overcame the sting of death,  
and opened the kingdom of heaven to all  
believers.  
You are seated at God’s right hand in glory.  
We believe that you will come, and be our judge.  
Come then, Lord, and help your people,  
bought with the price of your own blood,  
and bring us with your saints  
to glory everlasting.

**V.** Save your people, Lord, and bless your inheritance.

**R.** Govern and uphold them now and always.

**V.** Day by day we bless you.

**R.** We praise your name for ever.

**V.** Keep us today, Lord, from all sin.

**R.** Have mercy on us, Lord, have mercy.

**V.** Lord, show us your love and mercy;

**R.** for we put our trust in you

**V.** In you, Lord, is our hope:

**R.** and we shall never hope in vain.





**Tuesday, March 31, 2020**

**Lenten Week 5**

Numbers 21:4-9; Psalm 102:2-3, 16-18, 19-21; John 8:21-30

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**Pray/Sing Hymn - O God Beyond All Praising**

*(page 10 of this booklet)*

**GOD USES EVIL FOR HIS PURPOSES**

*“When you lift up the Son of Man, then you will realize that I AM...”*

*- John 8:28*

In the Old Testament reading, we hear of Moses, who lifts a saraph for all the Jewish people bitten by snakes to see, and those who look upon this saraph are cured of poison. A precursor of the Crucifixion, this raising up before the people and the following act of looking upon the bronze serpent is an image by which Jesus came to save the elect. The raising up becomes the inglorious execution which put Christ to death; the looking upon becomes the act of faith which saves those who believe in Christ. The story of Moses prophecies the fact and means of salvation in physical form—like a living Nativity scene a thousand years prior.

Let us praise this Divine Wisdom and look with love upon He who freed us by His condemnation—upon the God Who delivered man by the hands of those who put Him to death.

**Recite Psalm 46 –  
God, the Protector of Zion**

*(page 10 of this booklet)*

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for your family, Church, community and beyond**

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# Wednesday, April 1, 2020

## Lenten Week 5

Daniel 3:14-20, 91-92, 95; Daniel 3:52, 53, 54, 55, 56; John 8:31-42

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### Pray/Sing Hymn - O God Beyond All Praising

*(page 10 of this booklet)*

### ALL CREATION GIVES PRAISE

*“And blessed is your holy and glorious name, praise-worthy and exalted above all for all ages.”*

*- Daniel 3:52b*

In the prophet Daniel, King Nebuchadnezzar compels Daniel’s companions--Shadrach, Meshach, and Abednego--to worship a false god. Even in the face of being thrown into a fiery furnace, they hold firm to their worship of the one true God alone. Rather than being tortured and consumed by the fires, the Lord protects them.

Their response is a great canticle of praise. They recognize how all creation is rightly ordered in praise of the Lord. All of creation finds fulfillment in the Creator. What are your favorite aspects of creation? What are your favorite creatures or animals? Who are your favorite people? How do they give praise to the Lord?

### Recite Psalm 46 –

### God, the Protector of Zion

*(page 10 of this booklet)*



**Offer Petitions and Intercession  
for your family, Church, community and beyond**

### Recite Te Deum

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and opened the kingdom of heaven to all  
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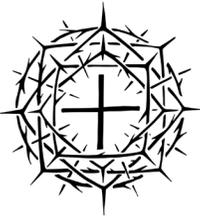
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**V.** In you, Lord, is our hope:

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# Thursday, April 2, 2020

## Lenten Week 5

Genesis 17:3-9; Psalm 105:4-5, 6-7, 8-9; John 8:51-59

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### Pray/Sing Hymn - O God Beyond All Praising

*(page 10 of this booklet)*

### TRUE HUMILITY

*“LORD, my heart is not proud; nor are my eyes haughty. I do not busy myself with great matters, with things too sublime for me”*

*- Psalm 131:1*

Jesus proclaims, “I AM,” the invisible reality that He is God and man. The Jews seek to stone Him for His apparent blasphemy, as the Law of Moses commands. Jesus’ response and subsequent action bring to mind a favorite Psalm of mine, Psalm 131. The Psalm gives the understanding of purpose and peace, trusting in the Lord to lead and guide and not to overstep what He has directed us to. Jesus is God and states the truth in this passage of the Gospel, not overstating or even overbarring. When the Jews cannot take the truth, Jesus hides, so they might come to know the truth later.

Instead of wrath at their lack of understanding, Jesus goes on to heal and teach. Jesus knows who He is and wants to let the Jews see not a Messiah of great host in an army but a Messiah with great host of love, healing and self-sacrifice. In God’s love, in the person of Jesus, my soul is at rest like a child weaned in the arms of their mother.

### Recite Psalm 46 –

### God, the Protector of Zion

*(page 10 of this booklet)*



### Offer Petitions and Intercession

for your family, Church, community and beyond

### Recite Te Deum

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The white-robed army of martyrs praise you.  
Throughout the world the holy Church acclaims  
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your true and only Son, worthy of all worship,  
and the Holy Spirit, advocate and guide.  
You, Christ, are the King of glory,  
the eternal Son of the Father.  
When you became man to set us free  
you did not spurn the Virgin’s womb.  
You overcame the sting of death,  
and opened the kingdom of heaven to all  
believers.  
You are seated at God’s right hand in glory.  
We believe that you will come, and be our judge.  
Come then, Lord, and help your people,  
bought with the price of your own blood,  
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to glory everlasting.

V. Save your people, Lord, and bless your inheritance.

R. Govern and uphold them now and always.

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R. We praise your name for ever.

V. Keep us today, Lord, from all sin.

R. Have mercy on us, Lord, have mercy.

V. Lord, show us your love and mercy;

R. for we put our trust in you

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# Friday, April 3, 2020

## Lenten Week 5

Jeremiah 20:10-13; Psalm 18:2-3a, 3bc-4, 5-6, 7; John 10:31-42

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### Pray/Sing Hymn - O God Beyond All Praising

*(page 10 of this booklet)*

### GOD, OUR STRENGTH AND DELIVERER

*"I love you, O LORD, my strength, O LORD, my  
rock, my fortress, my deliverer..."*

*- Psalm 18:2-3a*

Today we read as the Psalmist praises the Lord for delivering him. In the midst of the praise, the psalmist calls out several of God's attributes, making them personal to him: my strength, my rock, my fortress, my deliverer. In our times of trial, God offers these attributes to us as well.

Take some time to reflect on when God has been your strength, your rock, your fortress, and your deliverer. Was it during a time of struggle with sin and temptation? Did God deliver you or give you strength during a difficult time in a close relationship, in your work, or in your ministry? As you reflect on this, let your heart extend to God in praise and love for His goodness in times of trial.

### Recite Psalm 46 –

### God, the Protector of Zion

*(page 10 of this booklet)*



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**V.** Lord, show us your love and mercy;

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# Saturday, April 4, 2020

## Lenten Week 5

Ezekiel 37:21-28; Jeremiah 31:10, 11-12abcd, 13; John 11:45-56

### Pray/Sing Hymn - O God Beyond All Praising

*(page 10 of this booklet)*

### COVENANT OF PEACE

*"I will make with them a covenant of peace; it shall be an everlasting covenant with them, and I will multiply them, and put my sanctuary among them forever." – Ezekiel 37:26*

The Lord desires unity; the Lord God intends to bring all creation into one, giving praise and glory to the Lord as each of us has been created good. The prophets are not ignorant of the struggles in the world and in the sinfulness of individuals. The prophets are living amidst those who have suffered greatly, often marched away from their homes in exile or controlled by the power of foreign nations. The prophets point us to the faithfulness of the Lord. They remind us of the words of the Lord, as God desires a covenant with us.

To be in the Lord's sanctuary is to be in the presence of the Lord. As we are on the verge of Holy Week, consider how you will increase your awareness of God's presence in the daily moments of life. How can you remain pondering the Lord's words? Consider as you are praying with the Passion of our Lord to write down phrases or images that speak to your heart. Keep these few lines of Scripture with you throughout the week. Look upon the words as you wake in the morning, as you get prepared for the day, before you start the car (not as you drive!), when you sit at your desk at school or work, or while you are on break or lunch, as you arrive home in the afternoon or evening, and as you get ready for bed. Let these words be your covenant of peace to guide your heart through each day this week as the Lord's words work softly in you.

### Recite Psalm 46 –

### God, the Protector of Zion

*(page 10 of this booklet)*

### Offer Petitions and Intercession

for your family, Church, community and beyond

### Recite Te Deum

You are God: we praise you;  
You are the Lord: we acclaim you;  
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Cherubim and Seraphim, sing in endless praise:  
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You are seated at God's right hand in glory.  
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R. Have mercy on us, Lord, have mercy.

V. Lord, show us your love and mercy;

R. for we put our trust in you

V. In you, Lord, is our hope:

R. and we shall never hope in vain.



## Hymn Suggestion for the 5th Week of Lent

### O God Beyond All Praising

O God beyond all praising  
We worship You today  
And sing the love amazing  
That songs cannot repay  
For we can only wonder  
At every gift You send  
At blessings without number  
And mercies without end  
We lift our hearts before You  
And wait upon Your word  
We honour and adore You  
Our great and mighty Lord

Then hear O gracious Saviour  
Accept the love we bring  
That we who know Your favour  
May serve You as our king  
And whether our tomorrows  
Be filled with good or ill  
We'll triumph through our sorrows  
And rise to bless You still  
To marvel at Your beauty  
And glory in Your ways  
And make a joyful duty  
Our sacrifice of praise

CCLI Song # 5020063 - Gustav Theodore Holst,  
Jane Holstein, Michael Perry

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Hope Publishing Company)

Music: 2007 Hope Publishing Company

## Psalm Suggestion for the 5th Week of Lent

### Psalm 46 – God, the Protector of Zion

God is for us a refuge and strength,  
an ever-present help in time of distress:  
so we shall not fear though the earth should rock,  
though the mountains quake to the heart of the sea;  
even though its waters rage and foam,  
even though the mountains be shaken by its tumult.  
The LORD of hosts is with us:  
the God of Jacob is our stronghold.  
The waters of a river give joy to God's city,  
the holy place, the dwelling of the Most High.  
God is within, it cannot be shaken;  
God will help it at the dawning of the day.  
Nations are in tumult, kingdoms are shaken:  
he lifts his voice, the earth melts away.  
The LORD of hosts is with us:  
the God of Jacob is our stronghold.  
Come and behold the works of the LORD,  
the awesome deeds he has done on the earth.  
He puts an end to wars over all the earth;  
the bow he breaks, the spear he snaps,  
the shields he burns with fire;  
"Be still and know that I am God,  
exalted over nations, exalted over earth!"  
The LORD of hosts is with us:  
the God of Jacob is our stronghold.

