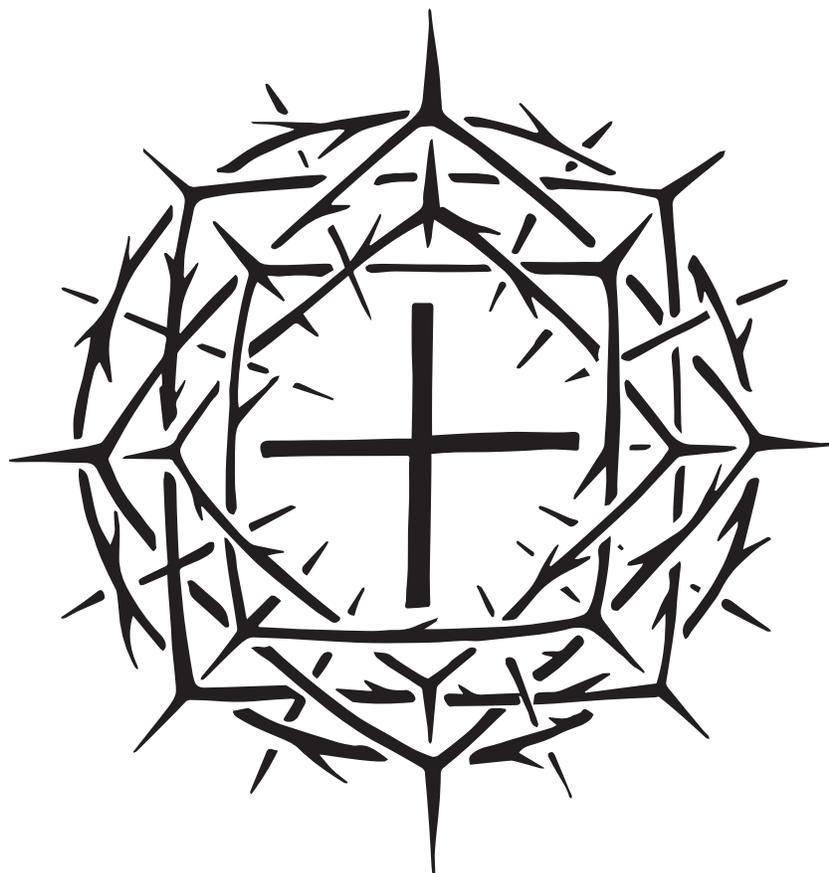


You are God: We Praise You

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



Lent 2020

Holy Week

(April 5- April 12, 2020)



Our Lady of
Perpetual Help

The 6th Week of Lent

YOU ARE GOD: WE PRAISE YOU

Holy Week

Ready or not, here I come. Hopefully we have been able to experience some calm and have rested in the Lord this Lent. However, even if the busyness of life has kept us distracted and we have not been able to meditate upon the Lord, He invites us now to enter into the depths of His love and generosity. Consider silencing the noises of our world at least for a few significant periods of time this Holy Week.

Psalm 22 begins with the very words that Jesus utters on the cross, “My God, my God, why have you forsaken me?” These Lenten meditations looked to this Psalm at the beginning. In His humanity, Jesus felt the abandonment. He felt loneliness. He felt the depths of despair. But He did not despair. He did not disavow His disciples, His friends, or His God. He remained faithful. The feelings did not impact His will.

Following Jesus and relying upon His strength, remember that just because we feel lonely, distressed, abandoned, or defeated, we do not need to act upon these feelings. We do not need to give in. Ask the Lord of strength to hold us firm in our resolve to do the Lord’s will. If we do not hear the Lord responding to our prayers, trust. This period of trial may be a time in which the Lord is strengthening our love and helping us to Love the Lord of blessings above the blessings of the Lord.

How will you make this week holy? How will you set aside the busyness and distractions of life to place before yourself the mysteries of the Lord? If you are able, commit yourself to celebrating the Triduum by joining us for Mass of the Lord’s Supper on Holy Thursday, the Celebration of the Lord’s Passion on Good Friday, and either the Easter Vigil Mass on Holy Saturday or Easter Sunday Mass.

In the Lord,

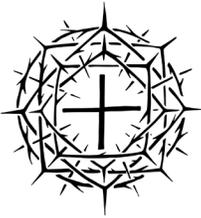
Fr. Mike Triplett

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





Palm Sunday, April 5, 2020

Lenten Week 6

Matthew 21:1-11; Isaiah 50:4-7; Psalm 22: 8-9, 17-18, 19-20, 23-24;
Philippians 2:6-11; Matthew 26:14-27:66 or 27:11-54

Pray/Sing Hymn - Holy God We Praise Thy Name

(page 11 of this booklet)

THE PETITION OF PERFECTION: THY WILL BE DONE

*“My Father, if it is possible, let this cup pass from me;
yet, not as I will, but as you will.”
- Matthew 26:39*

Palm Sunday is our commemoration of the joyous procession of Jesus in Jerusalem: the public hailing of Jesus as King and Lord of the Jews and the Gentiles who were to come. The spirits of men were high, exalting He Whom the very stones of the city would praise were the people to remain silent. Given to Jesus is a momentous necessity of praise. Such is His glory on earth at this moment that creation demands its recognition, and the voices of men and women respond accordingly. God, Whom we praise today for His glory in Christ, and Whom we celebrate today as He processes through Jerusalem, will strengthen us as we obey Him.

Recite Psalm 118 – Hymn of Thanksgiving

(page 12 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.

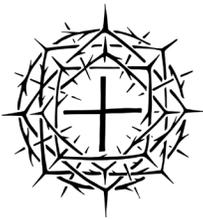
V. Lord, show us your love and mercy;

R. for we put our trust in you

V. In you, Lord, is our hope:

R. and we shall never hope in vain.





Monday, April 6, 2020

Lenten Week 6

Isaiah 42:1-7; Psalm 27:1, 2, 3, 13-14; John 12:1-11

Pray/Sing Hymn - Holy God We Praise Thy Name

(page 11 of this booklet)

EVEN THEN WILL I TRUST

“Though an army encamp against me, my heart will not fear; Though war be waged upon me, even then will I trust.”

- Psalm 27:3

During Holy Week, we focus on the Passion of Jesus and the events leading up to His death. I can only imagine that many times Jesus felt like war was being waged upon him. Jesus knew that Judas the Iscariot and the chief priests were plotting to kill him. He knew that He would be confronted by an armed mob. He knew the horrific way in which He would die. Even in the midst of this knowing, He did not fear nor lose hope, but rather remained trustful in God the Father.

What a perfect example we have! Many of us will never face persecution and death in the way that Jesus did. We will, however, experience times in our life when we feel that war is being waged on us. This can include spiritual war, war from our loved ones, war from our jobs, and at times it may even feel that everything in our lives is coming against us. Even in these times, we don't have to fear. We must trust God. Take some time today to reflect on the times when you have felt that you were being attacked in some way. Were you able to trust God in the midst of that? Pray and ask God to increase in you His peace and trust in Him in all circumstances in your life, and to more closely reflect the example that Jesus gives us of trusting God at all times.

Recite Psalm 118 – Hymn of Thanksgiving

(page 12 of this booklet)

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The noble fellowship of prophets praise you.
The white-robed army of martyrs praise you.
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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.

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, April 7, 2020

Lenten Week 6

Isaiah 49:1-6; Psalm 71:1-2, 3-4a, 5ab-6ab, 15 and 17; John 13:21-33, 36-38

Pray/Sing Hymn - Holy God We Praise Thy Name

(page 11 of this booklet)

PURSUIT

*“Where I am going, you cannot follow me now,
though you will follow later.”*

- John 13:36

The Gospel today has Jesus at the Last Supper where Judas leaves to betray Him, and Peter asks where Jesus is going. Jesus replies, “Where I am going, you cannot follow me now, though you will follow later.” That is the situation in which all of us here on earth find ourselves. We want to be with Jesus in heaven, but we must wait until we can follow Him there later.

Our Lenten time, particularly in Holy Week, is to prepare ourselves to ultimately follow Jesus into heaven by pursuing Him here on earth. Particularly in Holy Week, identify time every day to sit in silence with the Lord and listen to Him. How does He call you to encounter Him so that you may ultimately follow Him into heaven?

Recite Psalm 118 – Hymn of Thanksgiving

(page 12 of this booklet)



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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:
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Wednesday, April 8, 2020

Lenten Week 6

Isaiah 50:4-9a; Psalm 69:8-10, 21-22, 31 and 33-34; Matthew 26:14-25

Pray/Sing Hymn - Holy God We Praise Thy Name

(page 11 of this booklet)

TRUTH AND FALSEHOOD

“Then Judas, his betrayer, said in reply, ‘Surely, it is not I, Rabbi?’ He answered, ‘You have said so.’”

- Matthew 26:25

In several instances in the New Testament, Jesus allows the words of His accusers to answer their own questions and to stand as their condemnation. To Caiaphas, when asked if He is the Son of God, Jesus replies, “Thou hast said it,” (Matt. 26:64 DRB). To Pilate, who asked Jesus if He is the King of the Jews, Jesus answers, “Thou sayest it,” (Luke 23:3 DRB). To Judas, who asks if he is the traitor, Jesus solemnly says, “You have said so,” (Matt. 26:25). In each instance, Jesus is allowing the words of those who oppose Him to speak for themselves. If He truly is the Son of God, Caiaphas is confirming it by proposing an ultimatum; If He truly is the King of the Jews, Pilate confirms it by his suspicion. If Judas truly is the betrayer, his words have spoken of his treachery.

In all the gospels, Jesus appeals not to what is reasonable or to what is arguable, but to what is True. These men in their attempts at shirking the Truth are known by Jesus and, more importantly, known by themselves and their own consciences. Jesus’ response is to present their own words, and to remind them of their conscience, which already bears witness to Him. So all-encompassing and pervasive is the Truth, that those who lie can only verbally distract himself—their words and their actions prove their falseness and provide for their condemnation.

When we think of our own relationship with God, do we suppose that God sees us differently? Can He who alone searches the heart be hoodwinked by our words? “All my ways are in thy sight,” declares the Psalmist (Psalms 119:168). As we meditate on the painful betrayal Jesus endured with Judas, let us take the opportunity to place ourselves before God and lay open that which we seek to conceal. Only then may God heal us, direct us, and be praised and glorified within us.

Recite Psalm 118 – Hymn of Thanksgiving

(page 12 of this booklet)

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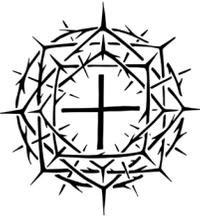
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Holy Thursday, April 9, 2020

MASS OF THE LORD'S SUPPER

Exodus 12:1-8, 11-14; Psalm 116:12-13, 15-16bc, 17-18; 1 Corinthians 11:23-26; John 13:1-15

Pray/Sing Hymn - Holy God We Praise Thy Name

(page 11 of this booklet)

HOW TO LOVE, THE JESUS WAY

"I have given you a model to follow, so that as I have done for you, you should also do."

- John 13:15

On Holy Thursday we celebrate the Mass of the Lord's Supper, the meal at which Jesus instituted both the priesthood and the Eucharist when He told His disciples to "do this in memory of me." At the core of today's Gospel readings is the Lord's call to "love one another as I have loved you." Jesus does not simply call us to love one another, He first demonstrates perfectly how to love each other-- through humble service.

As we enter into the most Holy Triduum of Holy Thursday, Good Friday, and Easter, consider in a new way the call of Christ to serve and to love one another as He taught us. Sometimes it looks like washing someone's feet and sometimes it means laying down your life in love. Let the example of Christ be an inspiration in your journey of love. Small acts of love over time lead to the grace and strength to love in a way you never thought possible, to truly love the other more than yourself.

Recite Psalm 118 – Hymn of Thanksgiving

(page 12 of this booklet)



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Good Friday, April 10, 2020

CELEBRATION OF THE LORD'S PASSION

Isaiah 52:13-53:12; Psalm 31:2, 6, 12-13, 15-16, 17, 25; Hebrews 4:14-16, 5:7-9; John 18:1-19:42

Pray/Sing Hymn - Holy God We Praise Thy Name

(page 11 of this booklet)

THE CROSS OF OUR SALVATION

*"Whom are you looking for?" They said,
Jesus the Nazorean."*

- John 18:4-5

The world is silent. Its hope of salvation is hung on a tree. Like the Psalm says, "I am in distress. My eyes are wasted with grief, my soul and my body." What is this outcome the disciples see, though most have run away? All feel the sorrow of death. But Jesus, not yet finished, says, "I thirst." He does not thirst for the physical wine which is given to Him, but for us and for our salvation, for the salvation of the world. This act of Jesus is the culmination of the Last Supper, the sacrifice of the Passover, once and for all, present in time and in eternity. God incarnate is giving us a perfect example of what we are all called to do, offering ourselves to the Father as self-gift. And Jesus utters one last thing, "It is finished."

Though we go in sorrow this day as the apostles did that day, we know what follows. As the Psalm states, "Be strong, let your heart take courage, all who hope in the Lord." Let us adore the Lord today by that which is the tool of our salvation, the Cross. In the movie, "The Passion", Jesus embraces the Cross before being crucified on it. Let us today follow His example in word and deed, embracing our own crosses as we venerate the cross of our Savior.

Recite Psalm 118 – Hymn of Thanksgiving

(page 12 of this booklet)

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Holy Saturday, April 11, 2020

EASTER VIGIL

(1) Genesis 1:1-2:2 or Genesis 1:1, 26-31a; Psalm 104:1-2, 5-6, 10, 12-14, 24, 35 (2) Genesis 22:1-18; Psalm 16:5, 8-11 (3) Exodus 14:15-15:1; Responsorial Exodus 15:1-6, 17-18 (4) Isaiah 54:5-14; Psalm 30:2, 4-6, 11-13

(5) Isaiah 55:1-11; Isaiah 12:2-6 (6) Baruch 3:9-15, 32-4:4; Psalm 19:8-11
(7) Ezekiel 36:16-17a, 18-28; Psalm 42:3, 5, 43:3-4; Epistle: Romans 6.3-11; Psalm 118:1-2, 16-17, 22-23;
Gospel: Matthew 28:1-10

Pray/Sing Hymn - Holy God We Praise Thy Name
(page 11 of this booklet)

HE DESCENDED INTO HELL

*“The stone that the builders rejected
has become the cornerstone.”
- Psalm 118:22*

All remains quiet. The Lord Jesus had served His apostles and disciples, washing their feet and feeding them with His very Body and Blood at the Last Supper. Sensing where the Lord was leading Him, Jesus suffered agony in the garden. In His resolve to listen to God’s will, Jesus hands himself over to the “powers” of this world; no power could overtake Him without His willing participation. Suffering great pain and humiliation, Jesus’ thoughts went in compassion to His disciples, to the crowds, to the thieves crucified alongside Him, and even to His tormentors and persecutors. And Jesus died.

The early Church sought to understand this mystery of His death, as we do today. In the Nicene-Constantinopolitan Creed we simply state, “For our sake He was crucified under Pontius Pilate, He suffered death and was buried, and rose again on the third day in accordance with the Scriptures.” In the Apostle’s Creed we proclaim He “suffered under Pontius Pilate, was crucified, died, and was buried; He descended into hell; on the third day He rose again from the dead.”

What does it mean that Jesus descended into hell? All seems quiet on this Holy Saturday. Yet, Jesus is accomplishing the great work of redemption. The source of all life brings the fullness of life to where it is unimaginable, among the dead. Ask the Lord to raise your beloved who have died to the joys of eternal life and remember that even in the quiet, the Lord is at work.

**Recite Psalm 118 –
Hymn of Thanksgiving**
(page 12 of this booklet)

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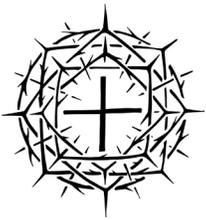
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EASTER SUNDAY, April 12

Acts 10:34a, 37-43; Psalm 118:1-2, 16-17, 22-23; Colossians 3:1-4 or 1 Corinthians 5:6b-8;
Canticle "Victimae Paschali Laudes"; John 20:1-9

Pray/Sing Hymn - Holy God We Praise Thy Name

(page 11 of this booklet)

CHRIST IS RISEN!

"If then you were raised with Christ, seek what is above..." -Colossians 3:1

CHRIST IS RISEN! HE IS RISEN INDEED! Today, these words will resound in churches all across the world, both Catholic and Protestant alike. These words are said with such enthusiasm, because Easter Sunday is filled with joy.

We have just come through the Triduum, a time of sorrow at everything that Jesus endured for our sake. Thanks be to God that we don't have to stay in sorrow over His death and over our sins. He died for our sins, yes, but he didn't stay in the grave. Jesus Christ was raised from the dead on the third day, and we can rejoice in His resurrection! Colossians 3:1 tells us we are also "raised with Christ" spiritually. As a result, we are to "seek what is above" and that is Jesus Christ. We are to seek Him with our entire being by reading Scriptures and the daily Mass readings, by going to Mass and frequenting the Sacraments, by talking to God and taking time to listen, by going to Adoration, and by praising Him.

Today, on this joyous day where we celebrate Christ's resurrection, let us praise Him for all that He suffered for us. Let us also praise Him that He defeated sin and death through His resurrection, and that we are partakers of His resurrection. As you seek Christ today, praise Him for all He has done. CHRIST IS RISEN! HE IS RISEN IN DEED! ALLELUIA, ALLELUIA!--

Recite Psalm 118 – Hymn of Thanksgiving

(page 12 of this booklet)

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Recite Te Deum

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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,
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.



Hymn Suggestion for the 6th Week of Lent

Holy God We Praise Thy Name

Holy God, we praise Thy name
Lord of all, we bow before Thee
All on earth Thy scepter claim
All in heaven above adore Thee
Infinite Thy vast domain
Everlasting is Thy reign

Hark the glad celestial hymn
Angel choirs above are raising
Cherubim and seraphim
In unceasing chorus praising
Fill the heavens with sweet accord
Holy, holy, holy Lord

All apostles join the strain
As Thy sacred name they hallow
Prophets swell the glad refrain
And the blessed martyrs follow
And from morn to set of sun
Through the church the song goes on

Holy Father, Holy Son
Holy Spirit three we name Thee
Though in essence only one
Undivided God we claim Thee
And adoring bend the knee
While we sing our praise to Thee

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Psalm Suggestion for the 6th Week of Lent

**Psalm 118 –
Hymn of Thanksgiving**

Give praise to the LORD, for he is good;
his mercy endures forever.
Let the house of Israel say,
“His mercy endures forever.”
Let the house of Aaron say,
“His mercy endures forever.”
Let those who fear the LORD say,
“His mercy endures forever.”
I called to the LORD in my distress;
he has answered and freed me.
The LORD is at my side; I do not fear.
What can mankind do against me?
The LORD is at my side as my helper;
I shall look in triumph on my foes.
It is better to take refuge in the LORD
than to trust in man;
it is better to take refuge in the LORD
than to trust in princes.
The nations all encircled me;
in the name of the LORD I cut them off.
They encircled me all around;
in the name of the LORD I cut them off.
They encircled me about like bees;
they blazed like a fire among thorns.
In the name of the LORD I cut them off.
I was thrust down, thrust down and falling,
but the LORD was my helper.
The LORD is my strength and my son;

he was my savior.
There are shouts of joy and salvation
in the tents of the just.
“The LORD’s right hand has done mighty deeds;
his right hand is exalted.
The LORD’s right hand has done mighty deeds.”
I shall not die, I shall live
and recount the deeds of the LORD.
The LORD punished me, punished me severely,
but did not hand me over to death.
Open to me the gates of justice:
I will enter and thank the LORD.
This is the LORD’s own gate,
where the just enter.
I will thank you, for you have answered,
and you are my savior.
The stone that the builders rejected
has become the cornerstone.
By the LORD has this been done,
a marvel in our eyes.
This is the day the LORD has made;
let us rejoice in it and be glad.
O LORD, grant salvation;
O LORD, grant success.
Blest is he who comes
in the name of the LORD.
We bless you from the house of the LORD;
the Lord is God and has given us light.
Go forward in procession with branches,
as far as the horns of the altar.
You are my God, I praise you,
My God, I exult you.
Give praise to the LORD, for he is good;
his mercy endures forever.

