



**PRAYERFUL PSALMS AND  
MEDITATIONS FOR LENT**

**FRIDAY,  
MARCH 26, 2021**

Presider: God, come to my assistance... +

Responder: Lord, make haste to help me.

Presider: Glory to the Father, and to the Son,  
and to the Holy Spirit...

Responder: As is was in the beginning, is now, and  
will be forever, world without end. Amen

## Hymn

## At The Name Of Jesus

Christopher Walker

Refrain

At the name of Je-sus, ev-'ry knee shall bow, ev-'ry tongue con-

fess him: King of glo-ry now. Je-sus is Lord, King of glo-ry now!

Verses

1. He \_\_\_ emp-tied him-self, as a slave, yet free,  
2. He \_\_\_ hum-bled him-self, and o-beyed God's will.  
3. God ex-alt-ed him, raised him up on high  
4. Christ \_\_\_ Je-sus will come at the end of time,

1. came in hu-man like-ness \_\_\_ for you and for me; in  
2. On a cross he died \_\_\_ on Cal-va-ry's hill; for  
3. so a-bove all oth-ers \_\_\_ his name will not die; that  
4. come with ju-bi-la-tion \_\_\_ to call \_\_\_ us home. Un-

to Refrain

1. hu-man like-ness \_\_\_ for you and for me.  
2. you and me he o-beyed \_\_\_ God's will.  
3. name we hon-or \_\_\_ and glo-ri-ty.  
4. til that day you and I will pro-claim:

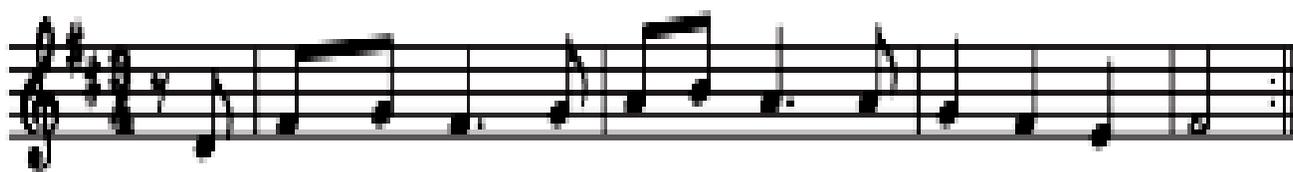
## Opening Prayer

**O God, who in this season give your Church the grace to imitate devoutly the Blessed Virgin Mary in contemplating the Passion of Christ, grant, we pray, through her intercession, that we may cling more firmly each day to your Only Begotten Son and come at last to the fullness of his grace. Who lives and reigns with you in the unity of the Holy Spirit, God, for ever and ever.**

## Psalm I

## Psalm 128: O, Blessed Are Those

Paul Inwood



O blessed are those who fear the Lord and walk in his ways.

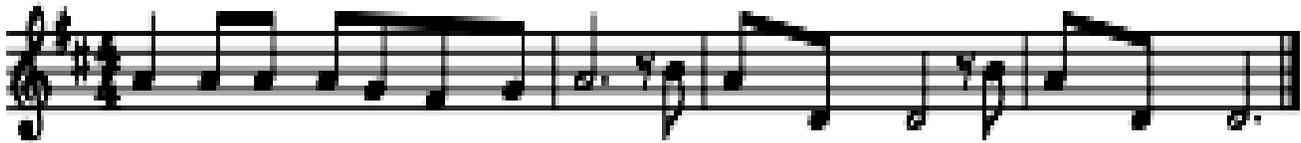
1. O blessed are those who fear the Lord and walk in his ways!  
By the labor of your hands you shall eat.  
You will be happy and prosper.
2. Your wife like a fruitful vine  
in the heart of your house;  
your children like shoots of the olive  
around your table.
3. Indeed thus shall be blest  
all those who fear the Lord.  
May the Lord bless you from Zion  
all the days of your life!

## Psalm Prayer

**Jesus, healer of soul and body, you said: “Blessed are the merciful, they will obtain mercy.” Teach us to come to the aid of the needy in a spirit of fraternal love, that we in turn may be received and strengthened by you.**

## Psalm II

## Psalm 138: On The Day I Called



Lord, on the day I called for help, you an-swered me, you an-swered me.

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| <p>1. I shall thank you, God of my heart,<br/>you have heard my troubled word.<br/>While angels watch, your name I praise;<br/>I dance before your holy place.</p> <p>2. For your love and your faithfulness,<br/>I thank your name,<br/>your promise surpasses your fame.<br/>I called for your help<br/>all night and day long:<br/>you heard me, and made me strong.</p> | <p>3. From on high,<br/>from the heavens the poor you see,<br/>you drive the proud to their knees.<br/>Though I live<br/>in the midst of trouble and woe,<br/>you save me, and foil my foe.</p> <p>4. Your strong hand shall come to my aid:<br/>you shall be all good to me.<br/>Forever shall your love abide;<br/>do not cast your child aside.</p> |
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### Psalm III

### Psalm 16: Keep Me Safe, O God

Paul Inwood



Keep me safe, O God, I take ref-uge in you.



Keep me safe, O God, I take ref-uge in you.

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|---|--|
| <p>1. O Lord, it is you who are my portion and cup;<br/>it is you yourself who are my prize.<br/>I keep the Lord ever in my sight:<br/>since he is at my right hand<br/>I shall stand firm.</p> <p>2. And so my heart rejoices, my soul is glad;<br/>even my body shall rest in safety.</p> | <p>For you will not leave my soul among<br/>the dead,<br/>nor let your beloved know decay.</p> <p>3. You will show me the path of life,<br/>the fullness of joy in your presence,<br/>at your right hand, at your right hand<br/>happiness for ever.</p> |
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### Psalm Prayer

**Loving Father, the refuge and strength of your people, you protect in adversity and defend in prosperity those who put their trust in you. May they persevere in seeking your will and find their way to you.**

## Reading

John 10:31-42

The crowd again picked up rocks to stone Jesus. Jesus answered them, "I have shown you many good works from my Father. For which of these are you trying to stone me?" The crowd answered him, "We are not stoning you for a good work but for blasphemy. You, a man, are making yourself God."

Jesus answered them, "Is it not written in your law, 'I said, "You are gods"'? If it calls them gods to whom the word of God came, and scripture cannot be set aside, can you say that the one whom the Father has consecrated and sent into the world blasphemes because I said, 'I am the Son of God'?"

If I do not perform my Father's works, do not believe me; but if I perform them, even if you do not believe me, believe the works, so that you may realize and understand that the Father is in me and I am in the Father."

Then they tried again to arrest him; but he escaped from their power. He went back across the Jordan to the place where John first baptized, and there he remained. Many came to him and said, "John performed no sign, but everything John said about this man was true." And many there began to believe in him.

## Reflection

Fr. Joseph F. Sica

*Whatever, Lord!*

## Canticle of Mary

Luke 1: Magnificat

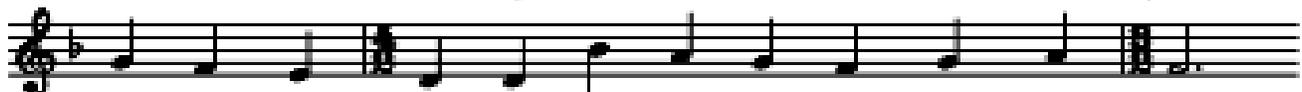
Bernadette Farrell



1. My soul pro - claims the great-ness of the Lord.
2. Through me great deeds will God make man - i - fest,
3. God's might - y arm, pro - tec - tor of the just,
4. Soon will the poor and hun - gry of the earth
5. All glo - ry be to God, Cre - a - tor blest,



1. My spir - it sings to God, my sav - ing God,
2. And all the earth will come to call me blest.
3. Will guard the weak and raise them from the dust.
4. Be rich - ly blest, be giv - en great - er worth.
5. To Je - sus Christ, God's love made man - i - fest,



1. Who on this day a - bove all oth - ers fa - vored me
2. Un - bound - ed love and mer - cy sure will I pro - claim
3. But might - y kings will swift - ly fall from thrones cor - rupt.
4. And Is - ra - el, as once fore - told to A - bra - ham,
5. And to the Ho - ly Spir - it, gen - tle Com - fort - er,



1. And raised me up, a light for all to see.
2. For all who know and praise God's ho - ly name.
3. The strong brought low, the low - ly lift - ed up.
4. Will live in peace through - out the prom - ised land.
5. All glo - ry be, both now and ev - er - more.

## **A Prayer In Time Of Pandemic**

O God, whose Only Begotten Son  
bore the weight of human suffering  
for our salvation,  
hear the prayers of your Church  
for our sick brothers and sisters  
and deliver us from this time of trial.

Open our ears and our hearts  
to the voice of your Son:  
*“Be not afraid, for I am with you always.”*

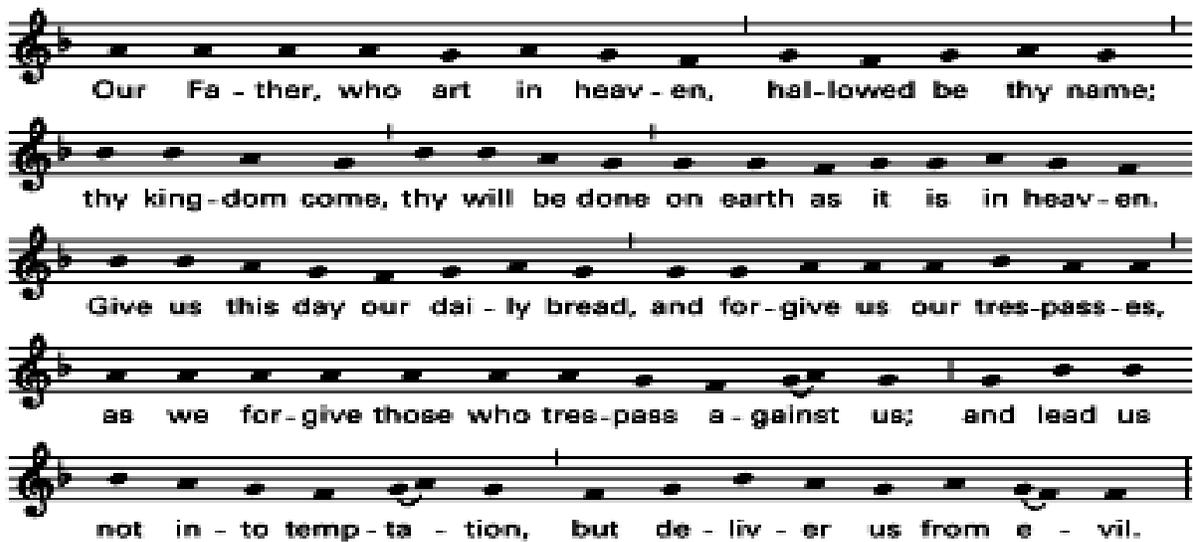
Bless all doctors and nurses,  
EMTs and nursing home staffs,  
researchers and public servants;  
give us wisdom to do what is right  
and the faith to endure this hour,  
that we might gather once again  
to praise your name in the heart of your Church,  
delivered from all distress  
and confident in your mercy.

Through Christ our Lord. Amen

**Silence To Add Our Personal Intentions**

## Lord's Prayer & Sign Of Peace

Chant



Our Fa - ther, who art in heav - en, hal - lowed be thy name;  
thy king - dom come, thy will be done on earth as it is in heav - en.  
Give us this day our dai - ly bread, and for - give us our tres - pass - es,  
as we for - give those who tres - pass a - gainst us; and lead us  
not in - to temp - ta - tion, but de - liv - er us from e - vil.

Deliver us, Lord, we pray, from every evil,  
graciously grant peace in our days,  
that, by the help of your mercy,  
we may be always free from sin  
and safe from all distress,  
as we await the blessed hope  
and the coming of our Savior, Jesus Christ.



For the king - dom, the power and the glo - ry are yours now and for ev - er.

## Closing Prayer

**Lord, grant us your forgiveness, and set us free from our enslavement to sin. We ask this through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, God, for ever and ever. Amen**

## Dismissal

Presider: The Lord be with you.

Responder: And with your Spirit

Presider: May almighty God bless you, the Father, and the Son, and the Holy Spirit.

Responder: Amen

Presider: Go in peace.

Responder: Thanks be to God.