



*You shall love the LORD your GOD with all your heart, with all your soul, with all your mind, and with all your strength.*

*Mk 12:30*

# BLESS MY FAMILY BLESS MY CHURCH

**St. Michael Center for the Blessed Virgin Mary**



P.O. Box 8461, Honolulu, HI 96830-8461  
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GoodNews@SaintMichaelUSA.org  
<https://saintmichaelusa.org/>



St. Michael the Archangel defend us in the day of battle!



**JESUS  
I TRUST  
IN YOU!**

SCAN ME



**30<sup>th</sup> March 2024  
HOLY SATURDAY**

<https://saintmichaelusa.org/tridium/>



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## A Holy Saturday Prayer



O Lord Jesus Christ, for our sins you endured the cross and the grave, and on the third day you rose again from the tomb. Just as you have cleansed us from our sins by your blood, and as we are buried with you in baptism, so by your grace, let us share in your resurrection; through your mercy,

O our God, you are blessed and live and govern all things, now and forever.

Amen.

## A Prayer for Easter Eve

O God, you enlightened this most holy night with the glory of the Lord's resurrection. Preserve the spirit of adoption which you have given to all your people, so that renewed in body and soul, we may serve you in all purity; through your Son, Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever.

### Restored by Christ

O God of unchangeable power and eternal light, look favorably on your whole Church, which is a wonderful and sacred mystery. In your eternal foreknowledge, you peacefully do your saving work for humanity.

Let the whole world know that things that were cast down are being raised up, and things that had grown old are being made new, and all things are being restored by him in whom they have their beginning; Jesus Christ our Lord.

Amen.

## Holy Saturday - Holy Week Prayer

Lord God, On the Sabbath, Jesus rested.

He was in the grave.

He had finished his work.

To most people's eyes, It looked as if it were all over.

He was dead and buried.

But only as a seed dies when it is planted in the earth, Not to decay, but to spring to new life.

Teach us to take refuge in you when we are afraid Teach us that death is not our end Teach us to hope always in you

And in the resurrection, the making of all things new.

Through Jesus Christ our Lord, Amen.

## A Prayer for Holy Saturday

O God, Creator of heaven and earth: Grant that, as the crucified body of your dear Son was laid in the tomb and rested on this holy Sabbath, so we may await with him the coming of the third day, and rise with him to newness of life; who now lives and reigns with you and the Holy Spirit, one God, forever and ever. Amen.

### A Prayer in the Waiting

Dear God, I'm reminded this Holy Saturday that you are no stranger to death, darkness, or doubt. Help me to remember as I wade within my own discomforts and fears today, that you are still alive, even when I can't see you. You know waiting is hard. And yet you allow it, for your glory to be revealed in your perfect timing. I rest in you, Lord, as I wait on what only you can do.

Amen.

## A Prayer of Gratitude for Resurrection

Lord, your miracles are so inconceivable, it's tempting to not believe. How awesome you are to prove yourself able to defeat even death, so we can look forward to each new day. Help me to invite this Saturday as a holy day that you have made. I'm in awe that what appeared dead to human senses, by your power and grace, rose to life.

Guide me to trust in the proof you've given, even during the confusing, inevitable "tomb" seasons of life this side of heaven. Praise you for making resurrection so perfect and plain!

In your name,

Amen.

### A Prayer of Praise

Our life had no hope of Eternal Happiness before

You redeemed us.

Your Resurrection has washed away our sins, restored our innocence and brought us joy.

How inestimable is the tenderness of Your Love!

## A Prayer to Awaken Dormant Faith

Dear God,

... may this Easter grandeur that Spring lavishly imparts Awaken faded flowers of faith lying dormant in our hearts, And give us ears to hear, dear God, the Springtime song of birds With messages more meaningful than man's often empty words Telling harried human beings who are lost in dark despair –

'Be like us and do not worry for God has you in His care.





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## Holy Saturday Prayer



My Lord, today all is silent. You have given Your precious life for the salvation of the world. You died a horrific death, poured out all Mercy from Your wounded Heart, and now You rest in peace in the tomb as the soldiers keep vigil.

Lord, may I also keep vigil with You as You sleep. I know that this day ends with Your

glorious triumph, Your victory over sin and death. But for now I sit quietly mourning Your death.

Help me, dear Lord, to enter into the sorrow and the silence of this Holy Saturday. Today no Sacraments are celebrated. Today the world waits in mourning in anticipation of the glory of new life! As I keep vigil, awaiting the celebration of Your Resurrection, fill me with hope. Help me to look forward to the celebration of Your Resurrection, but also to look forward to the hope of my own share in the new life You won for the world. I entrust my whole being to You, dear Lord, as You lay lifeless and still. May Your rest transform the brokenness of my own soul, my weaknesses, my sin and my frailty. You are glorious and You bring the greatest good out of Your apparent defeat. I trust in Your power to do all things and I entrust my life to You. Jesus, I trust in You.

## Prayer for Holy Saturday

(This prayer is designed to be said within the family before a Crucifix on Holy Saturday.)

No candles are lit on this day. Mother or a child:

"May our Lord Jesus Christ, Your Son, who alone by His powerful word governs all things, yet has buried the shame of the Cross and iron bonds, who has broken the bars of the bronze doors and has descended into hell, who has shone with the brightness of a new light on those who were sitting in the shadow of death, may He, the sun of justice, rising from the tomb, shine upon our darkness with the marvellous light of his risen Body."

**Father:** The women sitting at the sepulchre

**Family:** were weeping and lamenting for the Lord.

**Father:**

**Let us pray.**

O God, who makes this most holy night illustrious by the glory of the resurrection of our Lord, preserve in the new children of your family the spirit of adoption which You have given, that, renewed in body and soul, they may give You a pure service. This we ask of You through our Lord Jesus Christ, Your Son.

**Family:** Amen.

**Father:** Let us bless the Lord.

**Family:** Thanks be to God.

**Father:** May the almighty and merciful Lord, Father, Son, and Holy Spirit, bless and keep us.

**Family:** Amen.



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## Holy Saturday Prayer

All-powerful and ever-living God, your only Son went down among the dead and rose again in glory. In your goodness raise up your faithful people, buried with him in baptism, to be one with him in the eternal life of heaven, where he lives and reigns with you and the Holy Spirit, one God, forever and ever. Amen.

## Holy Saturday Prayer to Be Joined with Christ in Death

O Lord, your sorrowing Mother stood by Your Cross; help us in our sorrows to share Your sufferings. Like the seed buried in the ground, You have produced the harvest of eternal life for us; make us always dead to sin and alive to God. Shepard of all, in death you remained hidden from the world; teach us to love our hidden spiritual life with You and the father. In Your role as the new Adam, you went down among the dead to release all the just there since the beginning; grant that all who are dead in sin may hear Your voice and rise to new life. Son of the living God, you have allowed us through baptism to be buried with You; grant that we may also rise with You in baptism and walk in newness of life.

## COLLECT

All-powerful and ever-living God, your only Son went down among the dead and rose again in glory. In your goodness raise up your faithful people, buried with him in baptism, to be one with him in the eternal life of heaven, where he lives and reigns with you and the Holy Spirit, one God, forever and ever. May the Lord bless us, protect us from all evil and bring us to everlasting life. Amen.

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## What is Holy Saturday?

**You Tube** <https://youtu.be/SuW5I0Nn4lc>

## Holy Saturday

**You Tube** <https://youtu.be/uOjIU3gm7vs>

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## Holy Saturday: The Hour of the Blessed Mother

**You Tube** <https://youtu.be/wl3j95fqKDo>

## Stations of the Cross (Catholic) - By St Alphonsus Liguori

**You Tube** <https://youtu.be/iElvGC1WsbM>

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