



Prayer During the Day

Passiontide

Tuesday, 19 March 2024

Joseph of Nazareth

Preparation

O God, make speed to save us.

All

O Lord, make haste to help us.

My trust is in you, O Lord.

All

I have said ‘You are my God.’

Psalm 31.14

Praise

A hymn, song, canticle, extempore praise or

We adore you, O Christ, and we bless you,
because by your holy cross you have redeemed the world.

Holy God,
holy and strong,
holy and immortal,
have mercy upon us.

We glory in your cross, O Lord,
and praise and glorify your holy resurrection:
for by virtue of the cross
joy has come to the whole world.

from the Liturgy of Good Friday

The Word of God

Psalmody

Either, Tuesday Psalm 142

(or)

Or, on any day Psalm 22.1-11

Alternatively, when Morning and Evening Prayer are also celebrated, [one of these cycles](#) may be followed.

Psalm 142

Refrain: Bring my soul out of prison,
that I may give thanks to your name.

1 I cry aloud to the Lord; ☩
to the Lord I make my supplication.

2 I pour out my complaint before him ☩
and tell him of my trouble.

3 When my spirit faints within me, you know my path; ☩
in the way wherein I walk have they laid a snare for me.

4 I look to my right hand, and find no one who knows me; ☩
I have no place to flee to, and no one cares for my soul.

5 I cry out to you, O Lord, and say: ☩
'You are my refuge, my portion in the land of the living.

6 'Listen to my cry, for I am brought very low; ☩
save me from my persecutors, for they are too strong for me.

7 'Bring my soul out of prison,
that I may give thanks to your name; ☩
when you have dealt bountifully with me,
then shall the righteous gather around me.'

Refrain: Bring my soul out of prison,
that I may give thanks to your name.

God of compassion,
you regard the forsaken
and give hope to the crushed in spirit;
hear those who cry to you in distress
and bring your ransomed people to sing your glorious praise,
now and for ever.

(or)

Psalm 22.1-11

Refrain: Be not far from me, O Lord.

- 1 My God, my God, why have you forsaken me, □
and are so far from my salvation,
from the words of my distress?
- 2 O my God, I cry in the daytime,
but you do not answer; □
and by night also, but I find no rest.
- 3 Yet you are the Holy One, □
enthroned upon the praises of Israel.
- 4 Our forebears trusted in you; □
they trusted, and you delivered them.
- 5 They cried out to you and were delivered; □
they put their trust in you and were not confounded.
- 6 But as for me, I am a worm and no man, □
scorned by all and despised by the people.
- 7 All who see me laugh me to scorn; □
they curl their lips and wag their heads, saying,
- 8 ‘He trusted in the Lord; let him deliver him; □
let him deliver him, if he delights in him.’
- 9 But it is you that took me out of the womb □
and laid me safe upon my mother’s breast.
- 10 On you was I cast ever since I was born; □
you are my God even from my mother’s womb.
- 11 Be not far from me, for trouble is near at hand □
and there is none to help.

Refrain: Be not far from me, O Lord.

Restless with grief and fear,
the abandoned turn to you:
in every hour of trial,
good Lord, deliver us,
O God most holy, God most strong,

Each psalm or group of psalms may end with

All

**Glory to the Father and to the Son
and to the Holy Spirit;
as it was in the beginning is now
and shall be for ever. Amen.**

Short readings

Either, Tuesday

Surely he has borne our infirmities and carried our diseases; yet we accounted him stricken, struck down by God, and afflicted. But he was wounded for our transgressions, crushed for our iniquities; upon him was the punishment that made us whole, and by his bruises we are healed. All we like sheep have gone astray; we have all turned to our own way, and the Lord has laid on him the iniquity of us all.

Isaiah 53.4-6

Or, on any day in Passiontide

I have been crucified with Christ; and it is no longer I who live, but it is Christ who lives in me.

Galatians 2.19b,20a

Response

Silence, study, song, or words from Scripture, such as

Blessed are those who are persecuted for righteousness' sake,
for theirs is the kingdom of heaven.

All

Matthew 5.10

Prayers

Prayers may include these concerns:

- ¶ *The suffering Church*
- ¶ *The oppressed peoples of the world*
- ¶ *All who are lonely*
- ¶ *All who are near to death*
- ¶ *All who are facing loss*

A form of intercession found [here](#) may be used.

Either, the following prayer is said

Soul of Christ, sanctify me,
body of Christ, save me,
blood of Christ, inebriate me,
water from the side of Christ, wash me.
Passion of Christ, strengthen me.
O good Jesus, hear me:
hide me within your wounds
and never let me be separated from you.
From the wicked enemy defend me,
in the hour of my death, call me
and bid me come to you,
so that with your saints I may praise you
for ever and ever.

All

Amen.

Anima Christi (14th century)

Or, the Collect of the day is said

God our Father,
who from the family of your servant David
raised up Joseph the carpenter
to be the guardian of your incarnate Son
and husband of the Blessed Virgin Mary:
give us grace to follow him
in faithful obedience to your commands;
through Jesus Christ your Son our Lord,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever.
All Amen.

The Lord's Prayer is said.

(Either)

As our Saviour taught us, so we pray

All

**Our Father in heaven,
hallowed be your name,
your kingdom come,
your will be done,
on earth as in heaven.
Give us today our daily bread.
Forgive us our sins
as we forgive those who sin against us.
Lead us not into temptation
but deliver us from evil.
For the kingdom, the power,
and the glory are yours
now and for ever.
Amen.**

(or)

Let us pray with confidence as our Saviour has taught us

All

**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.
For thine is the kingdom,
the power and the glory,
for ever and ever.
Amen.**

The Conclusion

May Christ our Saviour give us peace.

All

Amen.

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