

¶ *Prayer During the Day on Friday*

Friday, 17 September 2021

Hildegard, Abbess of Bingen, Visionary, 1179 [Lesser Festival]

Preparation

O God, make speed to save us.

All **O Lord, make haste to help us.**

Make me a clean heart, O God,

All **and renew a right spirit within me.**

Psalm 51.11

Praise

A hymn, song, canticle, extempore praise, or

Jesus, Saviour of the world,

come to us in your mercy:

we look to you to save and help us.

By your cross and your life laid down,

you set your people free:

we look to you to save and help us.

When they were ready to perish, you saved your disciples:

we look to you to come to our help.

In the greatness of your mercy, loose us from our chains,

forgive the sins of all your people.

Make yourself known as our Saviour and mighty deliverer;

save us and help us that we may praise you.

Come now and dwell with us, Lord Christ Jesus:

hear our prayer and be with us always.

And when you come in your glory:

make us to be one with you

and to share the life of your kingdom.

The Word of God

Psalmody

Either, on any Friday Psalm 23

Or, Week 4 Psalm 124

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

Psalm 23

- 1 The Lord is my shepherd; [□]
therefore can I lack nothing.
- 2 He makes me lie down in green pastures [□]
and leads me beside still waters.
- 3 He shall refresh my soul [□]
and guide me in the paths of righteousness for his name's sake.
- 4 Though I walk through the valley of the shadow of death,
I will fear no evil; [□]
for you are with me;
your rod and your staff, they comfort me.
- 5 You spread a table before me
in the presence of those who trouble me; [□]
you have anointed my head with oil
and my cup shall be full.
- 6 Surely goodness and loving mercy shall follow me
all the days of my life, [□]
and I will dwell in the house of the Lord for ever.

Refrain: I will dwell in the house of the Lord for ever.

O God, our sovereign and shepherd,
who brought again your Son Jesus Christ
from the valley of death,
comfort us with your protecting presence
and your angels of goodness and love,
that we also may come home
and dwell with him in your house for ever.

(or)

Psalm 124

Refrain: Our help is in the name of the Lord.

- 1 If the Lord himself had not been on our side,[□]
now may Israel say;
- 2 If the Lord had not been on our side,[□]
when enemies rose up against us;
- 3 Then would they have swallowed us alive[□]
when their anger burned against us;
- 4 Then would the waters have overwhelmed us
and the torrent gone over our soul;[□]
over our soul would have swept the raging waters.
- 5 But blessed be the Lord[□]
who has not given us over to be a prey for their teeth.
- 6 Our soul has escaped
as a bird from the snare of the fowler;[□]
the snare is broken and we are delivered.
- 7 Our help is in the name of the Lord,[□]
who has made heaven and earth.

Refrain: Our help is in the name of the Lord.

O God, maker of heaven and earth,
you save us in the water of baptism
and by the suffering of your Son you set us free;
help us to put our trust in his victory
and to know the salvation won for us
by Jesus Christ our Lord.

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.**

Week Four

Jesus said to the disciples, 'The Son of Man must undergo great suffering, and be rejected by the elders, chief priests, and scribes, and be killed, and on the third day be raised.' Then he said to them all, 'If any want to become my followers, let them deny themselves and take up their cross daily and follow me. For those who want to save their life will lose it, and those who lose their life for my sake will save it. What does it profit them if they gain the whole world, but lose or forfeit themselves?'

Luke 9.22-25

Or, on any Friday

Jesus said, 'Love your enemies, do good to those who hate you, bless those who curse you, pray for those who abuse you.'

Luke 6.27b,28

Response

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

Jesus said, I am the good shepherd.

All

The good shepherd lays down his life for the sheep.

John 10.11

Prayers

Prayers may include these concerns:

- ¶ *The Queen, members of parliament and the armed forces*
- ¶ *Peace and justice in the world*
- ¶ *Those who work for reconciliation*
- ¶ *All whose lives are devastated by war and civil strife*
- ¶ *Prisoners, refugees and homeless people*

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

Either, the following prayer is said

Lord Jesus Christ, we thank you
for all the benefits you have won for us,
for all the pains and insults you have borne for us.
Most merciful redeemer,
friend and brother,
may we know you more clearly,
love you more dearly,
and follow you more nearly,
day by day.

All

Amen.

After Richard of Chichester (1253)

Or, the Collect of the day is said

Most glorious and holy God,
whose servant Hildegard, strong in the faith,
was caught up in the vision of your heavenly courts:
by the breath of your Spirit
open our eyes to glimpse your glory
and our lips to sing your praises with all the angels;
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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