



*Prayer During the Day*

*Passiontide*

Sunday, 26 March 2023

The Fifth Sunday of Lent

*(Passiontide begins)*

### **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, Sunday Psalm 27.1-8

(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 27.1-8

Refrain: The Lord is my light and my salvation.

1 The Lord is my light and my salvation;

whom then shall I fear? □

The Lord is the strength of my life;

of whom then shall I be afraid?

2 When the wicked, even my enemies and my foes,

came upon me to eat up my flesh, □

they stumbled and fell.

3 Though a host encamp against me,

my heart shall not be afraid, □

and though there rise up war against me,

yet will I put my trust in him.

4 One thing have I asked of the Lord

and that alone I seek: □

that I may dwell in the house of the Lord

all the days of my life,

5 To behold the fair beauty of the Lord □

and to seek his will in his temple.

6 For in the day of trouble

he shall hide me in his shelter; □

in the secret place of his dwelling shall he hide me

and set me high upon a rock.

7 And now shall he lift up my head □

above my enemies round about me;

8 Therefore will I offer in his dwelling an oblation

with great gladness; □

I will sing and make music to the Lord.

Refrain: The Lord is my light and my salvation.

God, our light and our salvation,

illuminate our lives,

that we may see your goodness in the land of the living,

and, looking on your beauty,

may be changed into the likeness of Jesus Christ our Lord.

(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, Sunday*

It was fitting that God, for whom and through whom all things exist, in bringing many children to glory, should make the pioneer of their salvation perfect through sufferings. For the one who sanctifies and those who are sanctified all have one Father. For this reason Jesus is not ashamed to call them brothers and sisters, saying, 'I will proclaim your name to my brothers and sisters, in the midst of the congregation I will praise you.'

*Hebrews 2.10-12*

*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,

All

**for theirs is the kingdom of heaven.**

*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*

Most merciful God,  
who by the death and resurrection of your Son Jesus Christ  
delivered and saved the world:  
grant that by faith in him who suffered on the cross  
we may triumph in the power of his victory;  
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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