



*Prayer During the Day*

*Passiontide*

Friday, 29 March 2024

Good Friday

### **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, Friday Psalm 69.1-13

(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 69.1-13

Refrain: Hide not your face from your servant, O Lord.

1 Save me, O God, □

for the waters have come up, even to my neck.

2 I sink in deep mire where there is no foothold; □

I have come into deep waters and the flood sweeps over me.

3 I have grown weary with crying; my throat is raw; □

my eyes have failed from looking so long for my God.

4 Those who hate me without any cause □

are more than the hairs of my head;

5 Those who would destroy me are mighty; □

my enemies accuse me falsely:

must I now give back what I never stole?

6 O God, you know my foolishness, □

and my faults are not hidden from you.

7 Let not those who hope in you

be put to shame through me, Lord God of hosts; □

let not those who seek you be disgraced because of me,

O God of Israel.

8 For your sake have I suffered reproach; □

shame has covered my face.

9 I have become a stranger to my kindred, □

an alien to my mother's children.

10 Zeal for your house has eaten me up; □

the scorn of those who scorn you has fallen upon me.

11 I humbled myself with fasting, □

but that was turned to my reproach.

12 I put on sackcloth also □

and became a byword among them.

13 Those who sit at the gate murmur against me, □

and the drunkards make songs about me.

Refrain: Hide not your face from your servant, O 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, Friday*

While we were still weak, at the right time Christ died for the ungodly. Indeed, rarely will anyone die for a righteous person - though perhaps for a good person someone might actually dare to die. But God proves his love for us in that while we still were sinners Christ died for us.

*Romans 5.6-8*

*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*

Almighty Father,  
look with mercy on this your family  
for which our Lord Jesus Christ was content to be betrayed  
and given up into the hands of sinners  
and to suffer death upon the cross;  
who is alive and glorified with you and 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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