

## The Suffering Christ – Passion Sunday

O Lord, open our lips:  
**and our mouth shall proclaim your praise.**

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

### Psalmody

I will thank you, O Lord my God, with all my heart  
**and glorify your name for evermore.**  
(Ps. 86.12)

### Opening - from Psalms 86

- 1 Among the gods there is none like you, O Lord,\*  
nor anything like your works.
- 2 **All nations you have made will come and worship you, O Lord,\*  
and glorify your name.**
- 3 For you are great; you do wondrous things;\*  
and you alone are God.
- 4 **Teach me your way, O Lord, and I will walk in your truth;\*  
knit my heart to you that I may fear your name.**

### Psalms 24

- 1 The earth is the Lord's and all that is in it,\*  
the world and all who dwell therein.
- 2 **For it is he who founded it upon the seas\*  
and made it firm upon the rivers of the deep.**
- 3 'Who can ascend the hill of the Lord?\*'   
and who can stand in his holy place?'
- 4 **'Those who have clean hands and a pure heart,\*  
who have not pledged themselves to falsehood,  
nor sworn by what is a fraud.**

- 5 They shall receive a blessing from the Lord\*  
and a just reward from the God of their salvation.”
- 6 **Such is the generation of those who seek him,\*  
of those who seek your face, O God of Jacob.**
- 7 Lift up your heads, O gates; lift them high, O everlasting doors;\*  
and the King of glory shall come in.
- 8 **‘Who is this King of glory?’\*  
‘The Lord, strong and mighty, the Lord, mighty in battle.’**
- 9 Lift up your heads, O gates; lift them high, O everlasting doors;\*  
and the King of glory shall come in.
- 10 **‘Who is he, this King of glory?’\*  
‘The Lord of hosts, he is the King of glory.’**

### **Conclusion – from Lamentations 3**

- 1 Remember my affliction and bitterness\*  
the wormwood and the gall!
- 2 **My soul continually thinks of it\*  
and is bowed down within me.**
- 3 But this I call to mind\*  
and therefore I have hope -
- 4 **The steadfast love of the Lord never ceases\*  
his mercies never come to an end.**
- 5 They are new every morning\*  
great is his faithfulness.
- 6 **'The Lord is my portion.' says my soul:\*  
'therefore I will hope in him.'**
- I will thank you, O Lord my God, with all my heart  
and glorify your name for evermore.**

## Readings

### Silence

#### Response – from Psalm 63 verse 4

My eyes have failed for watching for your salvation.

**My eyes have failed for watching for your salvation**

And for your righteous promise

**For your salvation.**

Glory to the Father and to the Son and to the Holy Spirit.

**My eyes have failed for watching for your salvation.**

## **Benedictus**

Anyone who serves me must follow me, says the Lord,  
and where I am there shall my servant be also.

**Blessed are you, Lord, the God of Israel,  
you have come to your people and set them free.  
You have raised up for us a mighty Saviour,  
born of the house of your servant David.**

**Through your holy prophets, you promised of old  
to save us from our enemies,  
from the hands of all who hate us;  
to show mercy to our forebears,  
and to remember your holy covenant.**

**This was the oath you swore to our father Abraham:  
to set us free from the hands of our enemies,  
free to worship you without fear,  
holy and righteous before you,  
all the days of our life.**

**And you, child, shall be called the prophet of the Most High,  
for you will go before the Lord to prepare the way,  
to give God's people knowledge of salvation  
by the forgiveness of their sins.**

**In the tender compassion of our God  
the dawn from on high shall break upon us,  
to shine on those who dwell in darkness and the shadow of death,  
and to guide our feet into the way of peace.**

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

Anyone who serves me must follow me, says the Lord,  
and where I am there shall my servant be also.

## Prayers

Lord, have mercy upon us.

**Christ, have mercy upon us.**

Lord, have mercy upon us.

**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.**

**Do not bring us to the time of trial,  
but deliver us from evil.**

**For the kingdom, the power,  
and the glory are yours,  
now and for ever. Amen.**

Most merciful God, by the death and resurrection of your Son Jesus Christ you created humanity anew. May the power of his victorious cross transform those who turn in faith to him who lives and reigns with you and the Holy Spirit, one God, now and for ever. **Amen**

**God most holy, we give you thanks for bringing us out of the shadow of night into the light of morning; and we ask you for the joy of spending this day in your service, so that when evening comes, we may once more give you thanks, through Jesus Christ your Son our Lord. Amen.**

Let us bless the Lord:

**Thanks be to God!**

The Lord bless us and preserve us from all evil;  
**and bring us to life eternal. Amen.**

## **The Suffering Christ – Monday**

O Lord, open our lips:  
**and our mouth shall proclaim your praise.**

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

### **Psalmody**

I will thank you, O Lord my God, with all my heart  
**and glorify your name for evermore.**  
(Ps. 86.12)

### **Opening - from Psalms 86**

- 1 Among the gods there is none like you, O Lord,\*  
nor anything like your works.
- 2 **All nations you have made will come and worship you, O Lord,\*  
and glorify your name.**
- 3 For you are great; you do wondrous things;\*  
and you alone are God.
- 4 **Teach me your way, O Lord, and I will walk in your truth;\*  
knit my heart to you that I may fear your name.**

### **Psalms 27**

- 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 evildoers came upon me to eat up my flesh,\*  
it was they, my foes and my adversaries,  
who stumbled and fell.**
- 3 Though an army should encamp against me,\*  
yet my heart shall not be afraid;
- 4 **And though war should rise up against me,\*  
yet will I put my trust in him.**

- 5 One thing have I asked of the Lord; one thing I seek;\*  
that I may dwell in the house of the Lord all the days of my life;
- 6 To behold the fair beauty of the Lord\*  
and to seek him in his temple.**
- 7 For in the day of trouble he shall keep me safe in his shelter;\*  
he shall hide me in the secrecy of his dwelling  
and set me high upon a rock.
- 8 Even now he lifts up my head\*  
above my enemies round about me.**
- 9 Therefore I will offer in his dwelling an oblation  
with sounds of great gladness;\*  
I will sing and make music to the Lord.
- 10 Hearken to my voice, O Lord, when I call;\*  
have mercy on me and answer me.**
- 11 You speak in my heart and say, 'Seek my face.'\*  
Your face, Lord, will I seek.
- 12 Hide not your face from me,\*  
nor turn away your servant in displeasure.**
- 13 You have been my helper; cast me not away;\*  
do not forsake me, O God of my salvation.
- 14 Though my father and my mother forsake me,\*  
the Lord will sustain me.**
- 15 Show me your way, O Lord;\*  
lead me on a level path, because of my enemies.
- 16 Deliver me not into the hand of my adversaries,\*  
for false witnesses have risen up against me,  
and also those who speak malice.**
- 17 What if I had not believed  
that I should see the goodness of the Lord\*  
in the land of the living!

**18 O tarry and await the Lord's pleasure;\*  
be strong, and he shall comfort your heart; wait patiently for the Lord.**

### **Conclusion – from Lamentations 3**

- 1 Remember my affliction and bitterness\*  
the wormwood and the gall!
- 2 **My soul continually thinks of it\*  
and is bowed down within me.**
- 3 But this I call to mind\*  
and therefore I have hope -
- 4 **The steadfast love of the Lord never ceases\*  
his mercies never come to an end.**
- 5 They are new every morning\*  
great is his faithfulness.
- 6 **'The Lord is my portion.' says my soul:\*  
'therefore I will hope in him.'**  
  
**I will thank you, O Lord my God, with all my heart  
and glorify your name for evermore.**

### **Readings**

### **Silence**

### **Response – from Psalm 63 verse 4**

My eyes have failed for watching for your salvation.  
**My eyes have failed for watching for your salvation**

And for your righteous promise  
**For your salvation.**

Glory to the Father and to the Son and to the Holy Spirit.  
**My eyes have failed for watching for your salvation.**



## Benedictus

Deliver me O Lord from evil,  
preserve me from the wicked.

Blessed are you, Lord, the God of Israel,  
you have come to your people and set them free.  
You have raised up for us a mighty Saviour,  
born of the house of your servant David.

Through your holy prophets, you promised of old  
to save us from our enemies,  
from the hands of all who hate us;  
to show mercy to our forebears,  
and to remember your holy covenant.

This was the oath you swore to our father Abraham:  
to set us free from the hands of our enemies,  
free to worship you without fear,  
holy and righteous before you,  
all the days of our life.

And you, child, shall be called the prophet of the Most High,  
for you will go before the Lord to prepare the way,  
to give God's people knowledge of salvation  
by the forgiveness of their sins.

In the tender compassion of our God  
the dawn from on high shall break upon us,  
to shine on those who dwell in darkness and the shadow of death,  
and to guide our feet into the way of peace.

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

Deliver me O Lord from evil,  
preserve me from the wicked.

## Prayers

Lord, have mercy upon us.

**Christ, have mercy upon us.**

Lord, have mercy upon us.

**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.**

**Do not bring us to the time of trial,  
but deliver us from evil.**

**For the kingdom, the power,  
and the glory are yours,  
now and for ever. Amen.**

Most merciful God, by the death and resurrection of your Son Jesus Christ you created humanity anew. May the power of his victorious cross transform those who turn in faith to him who lives and reigns with you and the Holy Spirit, one God, now and for ever. **Amen**

**God most holy, we give you thanks for bringing us out of the shadow of night into the light of morning; and we ask you for the joy of spending this day in your service, so that when evening comes, we may once more give you thanks, through Jesus Christ your Son our Lord. Amen.**

Let us bless the Lord:

**Thanks be to God!**

The Lord bless us and preserve us from all evil;  
**and bring us to life eternal. Amen.**

## The Suffering Christ – Tuesday

O Lord, open our lips:  
**and our mouth shall proclaim your praise.**

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

### Psalmody

I will thank you, O Lord my God, with all my heart  
**and glorify your name for evermore.**

#### Opening - from Psalms 86

- 1 Among the gods there is none like you, O Lord,\*  
nor anything like your works.
- 2 **All nations you have made will come and worship you, O Lord,\*  
and glorify your name.**
- 3 For you are great; you do wondrous things;\*  
and you alone are God.
- 4 **Teach me your way, O Lord, and I will walk in your truth;\*  
knit my heart to you that I may fear your name.**

#### Psalms 56

- 1 Have mercy on me, O God, for my enemies are hounding me;\*  
all day long they assault and oppress me.
- 2 **They hound me all the day long;\*  
truly there are many who fight against me, O Most High.**
- 3 Whenever I am afraid,\*  
I will put my trust in you.
- 4 **In God, whose word I praise, in God I trust and will not be afraid,\*  
for what can flesh do to me?**
- 5 All day long they damage my cause;\*  
their only thought is to do me evil.

- 6 They band together; they lie in wait;\***  
**they spy upon my footsteps; because they seek my life.**
- 7 Shall they escape despite their wickedness?\*
- O God, in your anger, cast down the peoples.
- 8 You have noted my lamentation; put my tears into your bottle;\***  
**are they not recorded in your book?**
- 9 Whenever I call upon you, my enemies will be put to flight;\*
- this I know, for God is on my side.
- 10 In God the Lord, whose word I praise,**  
**in God I trust and will not be afraid,\***  
**for what can mortals do to me?**
- 11 I am bound by the vow I made to you, O God;\*
- I will present to you thank-offerings;
- 12 For you have rescued my soul from death**  
**and my feet from stumbling, \***  
**that I may walk before God in the light of the living.**

### Conclusion – from Lamentations 3

- 1 Remember my affliction and bitterness\*  
the wormwood and the gall!
- 2 **My soul continually thinks of it\*  
and is bowed down within me.**
- 3 But this I call to mind\*  
and therefore I have hope -
- 4 **The steadfast love of the Lord never ceases\*  
his mercies never come to an end.**
- 5 They are new every morning\*  
great is his faithfulness.
- 6 **'The Lord is my portion.' says my soul:\*  
'therefore I will hope in him.'**  
  
**I will thank you, O Lord my God, with all my heart  
and glorify your name for evermore.**

### Readings

### Silence

### Response – from Psalm 63 verse 4

My eyes have failed for watching for your salvation.  
**My eyes have failed for watching for your salvation**

And for your righteous promise  
**For your salvation.**

Glorify to the Father and to the Son and to the Holy Spirit.  
**My eyes have failed for watching for your salvation.**

## **Benedictus**

**False witnesses have risen against me  
and they breathe out violence.**

**Blessed are you, Lord, the God of Israel,  
you have come to your people and set them free.  
You have raised up for us a mighty Saviour,  
born of the house of your servant David.**

**Through your holy prophets, you promised of old  
to save us from our enemies,  
from the hands of all who hate us;  
to show mercy to our forebears,  
and to remember your holy covenant.**

**This was the oath you swore to our father Abraham:  
to set us free from the hands of our enemies,  
free to worship you without fear,  
holy and righteous before you,  
all the days of our life.**

**And you, child, shall be called the prophet of the Most High,  
for you will go before the Lord to prepare the way,  
to give God's people knowledge of salvation  
by the forgiveness of their sins.  
In the tender compassion of our God  
the dawn from on high shall break upon us,  
to shine on those who dwell in darkness and the shadow of death,  
and to guide our feet into the way of peace.**

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

**False witnesses have risen against me  
and they breathe out violence.**

## Prayers

Lord, have mercy upon us.

**Christ, have mercy upon us.**

Lord, have mercy upon us.

**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.**

**Do not bring us to the time of trial,  
but deliver us from evil.**

**For the kingdom, the power,  
and the glory are yours,  
now and for ever. Amen.**

Most merciful God, by the death and resurrection of your Son Jesus Christ you created humanity anew. May the power of his victorious cross transform those who turn in faith to him who lives and reigns with you and the Holy Spirit, one God, now and for ever. **Amen**

**God most holy, we give you thanks for bringing us out of the shadow of night into the light of morning; and we ask you for the joy of spending this day in your service, so that when evening comes, we may once more give you thanks, through Jesus Christ your Son our Lord. Amen.**

Let us bless the Lord:

**Thanks be to God!**

The Lord bless us and preserve us from all evil;  
**and bring us to life eternal. Amen.**

## The Suffering Christ – Wednesday

O Lord, open our lips:  
**and our mouth shall proclaim your praise.**

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

### Psalmody

I will thank you, O Lord my God, with all my heart  
**and glorify your name for evermore.**

#### Opening - from Psalms 86

- 1 Among the gods there is none like you, O Lord,\*  
nor anything like your works.
- 2 **All nations you have made will come and worship you, O Lord,\*  
and glorify your name.**
- 3 For you are great; you do wondrous things;\*  
and you alone are God.
- 4 **Teach me your way, O Lord, and I will walk in your truth;\*  
knit my heart to you that I may fear your name.**

#### Psalms 40

- 1 I waited patiently upon the Lord;\*  
he stooped to me and heard my cry.
- 2 **He lifted me out of the desolate pit, out of the mire and clay;\*  
he set my feet upon a high cliff and made my footing sure.**
- 3 He put a new song in my mouth, a song of praise to our God;\*  
many shall see, and stand in awe, and put their trust in the Lord.
- 4 **Happy are they who trust in the Lord!\*  
they do not resort to evil spirits or turn to false gods.**
- 5 Great things are they that you have done, O Lord my God!  
how great your wonders and your plans for us!\*  
there is none who can be compared with you.



- 6 Oh, that I could make them known and tell them!\*  
but they are more than I can count.**
- 7 In sacrifice and offering you take no pleasure\*  
(you have given me ears to hear you);
- 8 Burnt-offering and sin-offering you have not required,\*  
and so I said, 'Behold, I come.**
- 9 In the roll of the book it is written concerning me:\*  
"I love to do your will, O my God; your law is deep in my heart."
- 10 I proclaimed righteousness in the great congregation;\*  
behold, I did not restrain my lips; and that, O Lord, you know.**
- 11 Your righteousness have I not hidden in my heart;  
I have spoken of your faithfulness and your deliverance;\*  
I have not concealed your love and faithfulness  
from the great congregation.
- 12 You are the Lord; do not withhold your compassion from me,\*  
let your love and your faithfulness keep me safe for ever,**
- 13 For innumerable troubles have crowded upon me;  
my sins have overtaken me, and I cannot see;\*  
they are more in number than the hairs of my head,  
and my heart fails me.
- 14 Be pleased, O Lord, to deliver me;\*  
O Lord, make haste to help me.**
- 15 Let them be ashamed and altogether dismayed  
who seek after my life to destroy it;\*  
let them draw back and be disgraced  
who take pleasure in my misfortune.
- 16 Let those who say 'Aha!' and gloat over me be confounded,\*  
because they are ashamed.**
- 17 Let all who seek you rejoice in you and be glad;\*  
let those who love your salvation continually say, 'Great is the Lord!'

- 18 Though I am poor and afflicted,\*  
the Lord will have regard for me.**
- 19 You are my helper and my deliverer;\*  
do not tarry, O my God.

### **Conclusion – from Lamentations 3**

- 1 Remember my affliction and bitterness\*  
the wormwood and the gall!
- 2 My soul continually thinks of it\*  
and is bowed down within me.**
- 3 But this I call to mind\*  
and therefore I have hope -
- 4 The steadfast love of the Lord never ceases\*  
his mercies never come to an end.**
- 5 They are new every morning\*  
great is his faithfulness.
- 6 'The Lord is my portion.' says my soul:\*  
'therefore I will hope in him.'**
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and glorify your name for evermore.**

### **Readings**

### **Silence**

### **Response – from Psalm 63 verse 4**

My eyes have failed for watching for your salvation.  
**My eyes have failed for watching for your salvation**

And for your righteous promise  
**For your salvation.**

Glorify to the Father and to the Son and to the Holy Spirit.  
**My eyes have failed for watching for your salvation.**

## Benedictus

Christ Jesus  
humbled himself even to death.

Blessed are you, Lord, the God of Israel,  
you have come to your people and set them free.  
You have raised up for us a mighty Saviour,  
born of the house of your servant David.

Through your holy prophets, you promised of old  
to save us from our enemies,  
from the hands of all who hate us;  
to show mercy to our forebears,  
and to remember your holy covenant.

This was the oath you swore to our father Abraham:  
to set us free from the hands of our enemies,  
free to worship you without fear,  
holy and righteous before you,  
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And you, child, shall be called the prophet of the Most High,  
for you will go before the Lord to prepare the way,  
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In the tender compassion of our God  
the dawn from on high shall break upon us,  
to shine on those who dwell in darkness and the shadow of death,  
and to guide our feet into the way of peace.

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as it was in the beginning, is now, and shall be forever. Amen.

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as we forgive those who sin against us.**

**Do not bring us to the time of trial,  
but deliver us from evil.**

**For the kingdom, the power,  
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Most merciful God, by the death and resurrection of your Son Jesus Christ you created humanity anew. May the power of his victorious cross transform those who turn in faith to him who lives and reigns with you and the Holy Spirit, one God, now and for ever. **Amen**

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Let us bless the Lord:

**Thanks be to God!**

The Lord bless us and preserve us from all evil;  
**and bring us to life eternal. Amen.**

## The Suffering Christ – Thursday

O Lord, open our lips:  
**and our mouth shall proclaim your praise.**

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

### Psalmody

I will thank you, O Lord my God, with all my heart  
**and glorify your name for evermore.**

#### Opening - from Psalms 86

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nor anything like your works.
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and glorify your name.**
- 3 For you are great; you do wondrous things;\*  
and you alone are God.
- 4 **Teach me your way, O Lord, and I will walk in your truth;\*  
knit my heart to you that I may fear your name.**

#### Psalms 81

- 1 Sing with joy to God our strength\*  
and raise a loud shout to the God of Jacob.
- 2 **Raise a song and sound the timbrel,\*  
the merry harp, and the lyre.**
- 3 Blow the ram's-horn at the new moon,\*  
and at the full moon, the day of our feast.
- 4 **For this is a statute for Israel,\*  
a law of the God of Jacob.**
- 5 He laid it as a solemn charge upon Joseph,\*  
when he came out of the land of Egypt.

- 6 I heard an unfamiliar voice saying,\*  
‘I eased his shoulder from the burden;  
his hands were set free from bearing the load.’**
- 7 You called on me in trouble, and I saved you;\*  
I answered you from the secret place of thunder  
and tested you at the waters of Meribah.
- 8 Hear, O my people, and I will admonish you:.\*  
O Israel, if you would but listen to me!**
- 9 There shall be no strange god among you;\*  
you shall not worship a foreign god.
- 10 I am the Lord your God,  
who brought you out of the land of Egypt and said,\*  
‘Open your mouth wide, and I will fill it.’**
- 11 And yet my people did not hear my voice,\*  
and Israel would not obey me.
- 12 So I gave them over to the stubbornness of their hearts,\*  
to follow their own devices.**
- 13 Oh, that my people would listen to me!\*  
that Israel would walk in my ways!
- 14 I should soon subdue their enemies\*  
and turn my hand against their foes.**
- 15 Those who hate the Lord would cringe before him,\*  
and their punishment would last for ever.
- 16 But Israel would I feed with the finest wheat\*  
and satisfy him with honey from the rock.**

### Conclusion – from Lamentations 3

- 1 Remember my affliction and bitterness\*  
the wormwood and the gall!
- 2 **My soul continually thinks of it\*  
and is bowed down within me.**
- 3 But this I call to mind\*  
and therefore I have hope -
- 4 **The steadfast love of the Lord never ceases\*  
his mercies never come to an end.**
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great is his faithfulness.
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'therefore I will hope in him.'**  
  
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and glorify your name for evermore.**

### Readings

### Silence

### Response – from Psalm 63 verse 4

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**My eyes have failed for watching for your salvation**

And for your righteous promise  
**For your salvation.**

Glorify to the Father and to the Son and to the Holy Spirit.  
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## **Benedictus**

A new commandment I give to you  
that you love one another, says the Lord

Blessed are you, Lord, the God of Israel,  
you have come to your people and set them free.  
You have raised up for us a mighty Saviour,  
born of the house of your servant David.

Through your holy prophets, you promised of old  
to save us from our enemies,  
from the hands of all who hate us;  
to show mercy to our forebears,  
and to remember your holy covenant.

This was the oath you swore to our father Abraham:  
to set us free from the hands of our enemies,  
free to worship you without fear,  
holy and righteous before you,  
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And you, child, shall be called the prophet of the Most High,  
for you will go before the Lord to prepare the way,  
to give God's people knowledge of salvation  
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In the tender compassion of our God  
the dawn from on high shall break upon us,  
to shine on those who dwell in darkness and the shadow of death,  
and to guide our feet into the way of peace.

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

A new commandment I give to you  
that you love one another, says the Lord



## Prayers

Lord, have mercy upon us.

**Christ, have mercy upon us.**

Lord, have mercy upon us.

**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.**

**Do not bring us to the time of trial,  
but deliver us from evil.**

**For the kingdom, the power,  
and the glory are yours,  
now and for ever. Amen.**

Most merciful God, by the death and resurrection of your Son Jesus Christ you created humanity anew. May the power of his victorious cross transform those who turn in faith to him who lives and reigns with you and the Holy Spirit, one God, now and for ever. **Amen**

**God most holy, we give you thanks for bringing us out of the shadow of night into the light of morning; and we ask you for the joy of spending this day in your service, so that when evening comes, we may once more give you thanks, through Jesus Christ your Son our Lord. Amen.**

Let us bless the Lord:

**Thanks be to God!**

The Lord bless us and preserve us from all evil;  
**and bring us to life eternal. Amen.**

## **The Suffering Christ – Friday**

O Lord, open our lips:  
**and our mouth shall proclaim your praise.**

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

### **Psalmody**

I will thank you, O Lord my God, with all my heart  
**and glorify your name for evermore.**  
(Ps. 86.12)

#### **Opening - from Psalms 86**

- 1 Among the gods there is none like you, O Lord,\*  
nor anything like your works.
- 2 **All nations you have made will come and worship you, O Lord,\*  
and glorify your name.**
- 3 For you are great; you do wondrous things;\*  
and you alone are God.
- 4 **Teach me your way, O Lord, and I will walk in your truth;\*  
knit my heart to you that I may fear your name.**

#### **Psalms 22**

- 1 My God, my God, why have you forsaken me?\*
- and are so far from my cry  
and from the words of my distress?
- 2 **O my God, I cry in the daytime, but you do not answer;\*  
by night as well, but I find no rest.**
- 3 Yet you are the Holy One,\*  
enthroned upon the praises of Israel.
- 4 **Our forefathers put their trust in you;\*  
they trusted, and you delivered them.**

- 5 They cried out to you and were delivered;\*  
they trusted in you and were not put to shame.
- 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 rescue him, if he delights in him.'**
- 9 Yet you are he who took me out of the womb,\*  
and kept me safe upon my mother's breast.
- 10 I have been entrusted to you ever since I was born;\*  
you were my God when I was still in my mother's womb.**
- 11 Be not far from me, for trouble is near,\*  
and there is none to help.
- 12 Many young bulls encircle me;\*  
strong bulls of Bashan surround me.**
- 13 They open wide their jaws at me,\*  
like a ravening and a roaring lion.
- 14 I am poured out like water; all my bones are out of joint;\*  
my heart within my breast is melting wax.**
- 15 My mouth is dried out like a potsherd;  
my tongue sticks to the roof of my mouth;\*  
and you have laid me in the dust of the grave.
- 16 Packs of dogs close me in, and gangs of evildoers circle around me;\*  
they pierce my hands and my feet; I can count all my bones.**
- 17 They stare and gloat over me;\*  
they divide my garments among them; they cast lots for my clothing.
- 18 Be not far away, O Lord;\*  
you are my strength; hasten to help me.**

- 19 Save me from the sword,\*  
my life from the power of the dog.
- 20 Save me from the lion's mouth,\*  
my wretched body from the horns of wild bulls.**
- 21 I will declare your name to my brethren;\*  
in the midst of the congregation I will praise you.
- 22 Praise the Lord, you that fear him;\*  
stand in awe of him, O offspring of Israel; all you of Jacob's line, give  
glory.**
- 23 For he does not despise nor abhor the poor in their poverty;  
neither does he hide his face from them;\*  
but when they cry to him he hears them.
- 24 My praise is of him in the great assembly;\*  
I will perform my vows in the presence of those who worship him.**
- 25 The poor shall eat and be satisfied,  
and those who seek the Lord shall praise him:\*  
'May your heart live for ever!'
- 26 All the ends of the earth shall remember and turn to the Lord,\*  
and all the families of the nations shall bow before him .**
- 27 For kingship belongs to the Lord;\*  
he rules over the nations.
- 28 To him alone all who sleep in the earth bow down in worship;\*  
all who go down to the dust fall before him.**
- 29 My soul shall live for him; my descendants shall serve him;\*  
they shall be known as the Lord's for ever.
- 30 They shall come and make known to a people yet unborn\*  
the saving deeds that he has done.**

### Conclusion – from Lamentations 3

- 1 Remember my affliction and bitterness\*  
the wormwood and the gall!
- 2 **My soul continually thinks of it\*  
and is bowed down within me.**
- 3 But this I call to mind\*  
and therefore I have hope -
- 4 **The steadfast love of the Lord never ceases\*  
his mercies never come to an end.**
- 5 They are new every morning\*  
great is his faithfulness.
- 6 **'The Lord is my portion.' says my soul:\*  
'therefore I will hope in him.'**  
  
**I will thank you, O Lord my God, with all my heart  
and glorify your name for evermore.**

### Readings

### Silence

### Response – from Psalm 63 verse 4

My eyes have failed for watching for your salvation.  
**My eyes have failed for watching for your salvation**

And for your righteous promise  
**For your salvation.**

Glorify to the Father and to the Son and to the Holy Spirit.  
**My eyes have failed for watching for your salvation.**

## **Benedictus**

**We proclaim Christ  
nailed to the cross.**

**Blessed are you, Lord, the God of Israel,  
you have come to your people and set them free.  
You have raised up for us a mighty Saviour,  
born of the house of your servant David.**

**Through your holy prophets, you promised of old  
to save us from our enemies,  
from the hands of all who hate us;  
to show mercy to our forebears,  
and to remember your holy covenant.**

**This was the oath you swore to our father Abraham:  
to set us free from the hands of our enemies,  
free to worship you without fear,  
holy and righteous before you,  
all the days of our life.**

**And you, child, shall be called the prophet of the Most High,  
for you will go before the Lord to prepare the way,  
to give God's people knowledge of salvation  
by the forgiveness of their sins.**

**In the tender compassion of our God  
the dawn from on high shall break upon us,  
to shine on those who dwell in darkness and the shadow of death,  
and to guide our feet into the way of peace.**

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

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## Prayers

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**Christ, have mercy upon us.**

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hallowed be your name,  
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on earth as in heaven.  
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Forgive us our sins  
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Most merciful God, by the death and resurrection of your Son Jesus Christ you created humanity anew. May the power of his victorious cross transform those who turn in faith to him who lives and reigns with you and the Holy Spirit, one God, now and for ever. **Amen**

God most holy, we give you thanks for bringing us out of the shadow of night into the light of morning; and we ask you for the joy of spending this day in your service, so that when evening comes, we may once more give you thanks, through Jesus Christ your Son our Lord. **Amen.**

Let us bless the Lord:

**Thanks be to God!**

The Lord bless us and preserve us from all evil;  
**and bring us to life eternal. Amen.**

## **The Suffering Christ – Saturday**

O Lord, open our lips:  
**and our mouth shall proclaim your praise.**

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

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#### **Opening - from Psalms 86**

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knit my heart to you that I may fear your name.**

**Glory to God, Source of all Being, Eternal Word and Holy Spirit;  
as it was in the beginning, is now, and shall be forever. Amen.**

#### **Psalm 119 verses 145- 152 and 169-176**

- 145 I call with my whole heart;\*  
answer me, O Lord, that I may keep your statutes.
- 146 **I call to you; oh, that you would save me!\*  
I will keep your decrees.**
- 147 Early in the morning I cry out to you,\*  
for in your word is my trust.
- 148 **My eyes are open in the night watches,\*  
that I may meditate upon your promise.**



- 149 Hear my voice, O Lord, according to your loving-kindness;\*  
according to your judgements, give me life.
- 150 They draw near who in malice persecute me;\*  
they are very far from your law.**
- 151 You, O Lord, are near at hand,\*  
and all your commandments are true.
- 152 Long have I known from your decrees\*  
that you have established them for ever.**
- 169 Let my cry come before you, O Lord;\*  
give me understanding, according to your word.
- 170 Let my supplication come before you;\*  
deliver me, according to your promise.**
- 171 My lips shall pour forth your praise,\*  
when you teach me your statutes.
- 172 My tongue shall sing of your promise,\*  
for all your commandments are righteous.**
- 173 Let your hand be ready to help me,\*  
for I have chosen your commandments.
- 174 I long for your salvation, O Lord,\*  
and your law is my delight.**
- 175 Let me live, and I will praise you,\*  
and let your judgements help me.
- 176 I have gone astray like a sheep that is lost;\*  
search for your servant, for I do not forget your commandments.**
- Glory to God, Source of all Being, Eternal Word and Holy Spirit;  
as it was in the beginning, is now, and shall be forever. Amen.**

### **Conclusion – from Lamentations 3**

- 1 Remember my affliction and bitterness\*  
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