

The Suffering Christ – Passion Sunday

O God, make speed to save us:

O Lord, make haste to help us.

**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

Lord hear my prayer;

answer me in your righteousness.

Opening - from Psalm 143

- 1 I spread out my hands to you;*
my soul gasps to you like a thirsty land.
- 2 **O Lord, make haste to answer me; my spirit fails me;
do not hide your face from me
or I shall be like those who go down to the Pit.**
- 3 Deliver me from my enemies, O Lord,*
for I flee to you for refuge.
- 4 **Teach me to do what pleases you, for you are my God;*
let your good Spirit lead me on level ground.**

Psalm 84

- 1 How dear to me is your dwelling, O Lord of hosts!*
My soul has a desire and longing for the courts of the Lord;
my heart and my flesh rejoice in the living God.
- 2 **The sparrow has found her a house
and the swallow a nest where she may lay her young;*
by the side of your altars, O Lord of hosts,
my King and my God.**
- 3 Happy are they who dwell in your house!*
they will always be praising you.

- 4 Happy are the people whose strength is in you!***
whose hearts are set on the pilgrims' way.
- 5 Those who go through the desolate valley will find it a place of springs,*
for the early rains have covered it with pools of water.
- 6 They will climb from height to height,***
and the God of gods will reveal himself in Zion.
- 7 Lord God of hosts, hear my prayer;*
hearken, O God of Jacob.
- 8 Behold our defender, O God;***
and look upon the face of your anointed.
- 9 For one day in your courts is better than a thousand in my own room,*
and to stand at the threshold of the house of my God
than to dwell in the tents of the wicked.
- 10 For the Lord God is both sun and shield;***
he will give grace and glory;
- 11 No good thing will the Lord withhold*
from those who walk with integrity.
- 12 O Lord of hosts,***
happy are they who put their trust in you!

Conclusion – from 1 Peter 2

- 1 Christ our Lord suffered for us, leaving us an example,*
that we should follow in his steps.
- 2 He committed no sin, no guile was found on his lips;***
when he was reviled he did not revile in return.
- 3 When he suffered he did not threaten,*
but trusted in God who judges justly.
- 4 He himself bore our sins in his body on the tree,***
that we might die to sin and live to righteousness.
- 5 By his wounds we have been healed;*
for we were straying like sheep,

**6 But now we have returned*
to the shepherd and guardian of our souls.**

**Lord hear my prayer;
answer me in your righteousness.**

Readings

Silence

Response – from Psalm 28.11

I have said to the Lord, You are my God.
I have said to the Lord, You are my God.

Listen, O Lord to my supplication.
You are my God.

Glory to the Father and to the Son and to the Holy Spirit.
I have said to the Lord, You are my God.

Magnificat

Jesus died
so that we might live for God.

**My soul proclaims the greatness of the Lord
my spirit rejoices in God my Saviour,
for you, Lord, have looked with favour on your lowly servant.**

From this day all generations will call me blessed:

**You, the Almighty, have done great things for me
and holy is your name.**

**You have mercy on those who fear you
from generation to generation.**

**You have shown strength with your arm
and scattered the proud in their conceit,
casting down the mighty from their thrones
and lifting up the lowly.**

**You have filled the hungry with good things
and sent the rich away empty.**

**You have come to the aid of your servant Israel,
to remember the promise of mercy,
the promise made to our forebears,
to Abraham and his children for ever.**

Jesus died
so that we might live for God.

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.**

God of pilgrims, teach us to recognize your dwelling-place in the love, generosity, and support of those with whom we share our journey, and help us to worship you in our response to those who need our care; for all the world is your temple and every human heart is a sign of your presence, made known to us in Jesus Christ our Lord. **Amen**

Lord God almighty, come and dispel the darkness from our hearts, that in the radiance of your brightness we may know you, the only unfading light, glorious in all eternity. Amen.

Let us bless the Lord:

Thanks be to God!

The God of hope fill us with all joy and peace in believing:
through the power of the Holy Spirit. Amen.

The Suffering Christ – Monday

O God, make speed to save us:

O Lord, make haste to help us.

**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

Lord hear my prayer;

answer me in your righteousness.

Opening - from Psalm 143

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my soul gasps to you like a thirsty land.
- 2 **O Lord, make haste to answer me; my spirit fails me;*
do not hide your face from me
or I shall be like those who go down to the Pit.**
- 3 Deliver me from my enemies, O Lord,*
for I flee to you for refuge.
- 4 **Teach me to do what pleases you, for you are my God;*
let your good Spirit lead me on level ground.**

Psalms 140

- 1 Deliver me, O Lord, from evildoers;*
protect me from the violent,
- 2 **Who devise evil in their hearts*
and stir up strife all day long.**
- 3 They have sharpened their tongues like a serpent;*
adder's poison is under their lips.
- 4 **Keep me, O Lord, from the hands of the wicked;*
protect me from the violent,
who are determined to trip me up.**

- 5 The proud have hidden a snare for me
and stretched out a net of cords;*
they have set traps for me along the path.
- 6 I have said to the Lord, 'You are my God;***
listen, O Lord, to my supplication.
- 7 O Lord God, the strength of my salvation,*
you have covered my head in the day of battle.
- 8 Do not grant the desires of the wicked, O Lord,***
nor let their evil plans prosper.
- 9 Let not those who surround me lift up their heads,*
let the evil of their lips overwhelm them.
- 10 Let hot burning coals fall upon them;***
let them be cast into the mire, never to rise up again.'
- 11 A slanderer shall not be established on the earth,*
and evil shall hunt down the lawless.
- 12 I know that the Lord will maintain the cause of the poor*
and render justice to the needy.**
- 13 Surely, the righteous will give thanks to your name,*
and the upright shall continue in your sight.

Conclusion – from 1 Peter 2

- 1 Christ our Lord suffered for us, leaving us an example,*
that we should follow in his steps.
- 2 He committed no sin, no guile was found on his lips;***
when he was reviled he did not revile in return.
- 3 When he suffered he did not threaten,*
but trusted in God who judges justly.
- 4 He himself bore our sins in his body on the tree,***
that we might die to sin and live to righteousness.
- 5 By his wounds we have been healed;*
for we were straying like sheep,

**6 But now we have returned*
to the shepherd and guardian of our souls.**

**Lord hear my prayer;
answer me in your righteousness.**

Readings

Silence

Response – from Psalm 28.11

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I have said to the Lord, You are my God.

Listen, O Lord to my supplication.
You are my God.

Glory to the Father and to the Son and to the Holy Spirit.
I have said to the Lord, You are my God.

Magnificat

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

**My soul proclaims the greatness of the Lord
my spirit rejoices in God my Saviour,
for you, Lord, have looked with favour on your lowly servant.**

From this day all generations will call me blessed:

**You, the Almighty, have done great things for me
and holy is your name.**

**You have mercy on those who fear you
from generation to generation.**

**You have shown strength with your arm
and scattered the proud in their conceit,
casting down the mighty from their thrones
and lifting up the lowly.**

**You have filled the hungry with good things
and sent the rich away empty.**

**You have come to the aid of your servant Israel,
to remember the promise of mercy,
the promise made to our forebears,
to Abraham and his children for ever.**

**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.**

Save us, Lord, from all terror and oppression; strengthen us to maintain the cause of the poor, that justice may roll down like waters and righteousness like an ever-flowing stream. We ask this in the name of Jesus Christ the Lord. **Amen**

Lord God almighty, come and dispel the darkness from our hearts, that in the radiance of your brightness we may know you, the only unfading light, glorious in all eternity. Amen.

Let us bless the Lord:

Thanks be to God!

The God of hope fill us with all joy and peace in believing:
through the power of the Holy Spirit. Amen.

The Suffering Christ – Tuesday

O God, make speed to save us:

O Lord, make haste to help us.

**Glory to the Father and to the Son, and to the Holy Spirit;
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Psalmody

Lord hear my prayer;

answer me in your righteousness.

Opening - from Psalm 143

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my soul gasps to you like a thirsty land.
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do not hide your face from me
or I shall be like those who go down to the Pit.**
- 3 Deliver me from my enemies, O Lord,*
for I flee to you for refuge.
- 4 **Teach me to do what pleases you, for you are my God;*
let your good Spirit lead me on level ground.**

Psalms 64

- 1 Hear my voice, O God, when I complain;*
protect my life from fear of the enemy.
- 2 **Hide me from the conspiracy of the wicked,*
from the mob of evildoers.**
- 3 They sharpen their tongue like a sword,*
and aim their bitter words like arrows,
- 4 **That they may shoot down the blameless from ambush,*
they shoot without warning and are not afraid.**

- 5 They hold fast to their evil course;*
they plan how they may hide their snares.
- 6 They say, 'Who will see us?
who will find out our crimes?***
we have thought out a perfect plot.'
- 7 The human mind and heart are a mystery;*
but God will loose an arrow at them,
and suddenly they will be wounded.
- 8 He will make them trip over their tongues,*
and all who see them will shake their heads.**
- 9 Everyone will stand in awe and declare God's deeds;*
they will recognize his works.
- 10 The righteous will rejoice in the Lord and put their trust in him,*
and all who are true of heart will glory.**

Conclusion – from 1 Peter 2

- 1 Christ our Lord suffered for us, leaving us an example,*
that we should follow in his steps.
- 2 He committed no sin, no guile was found on his lips;***
when he was reviled he did not revile in return.
- 3 When he suffered he did not threaten,*
but trusted in God who judges justly.
- 4 He himself bore our sins in his body on the tree,*
that we might die to sin and live to righteousness.**
- 5 By his wounds we have been healed;*
for we were straying like sheep,
- 6 But now we have returned***
to the shepherd and guardian of our souls.
- Lord hear my prayer;
answer me in your righteousness.**

Readings

Silence

Response – from Psalm 28.11

I have said to the Lord, You are my God.

I have said to the Lord, You are my God.

Listen, O Lord to my supplication.

You are my God.

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

I have said to the Lord, You are my God.

Magnificat

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

**My soul proclaims the greatness of the Lord
my spirit rejoices in God my Saviour,
for you, Lord, have looked with favour on your lowly servant.**

From this day all generations will call me blessed:

**You, the Almighty, have done great things for me
and holy is your name.**

**You have mercy on those who fear you
from generation to generation.**

**You have shown strength with your arm
and scattered the proud in their conceit,
casting down the mighty from their thrones
and lifting up the lowly.**

**You have filled the hungry with good things
and sent the rich away empty.**

**You have come to the aid of your servant Israel,
to remember the promise of mercy,
the promise made to our forebears,
to Abraham and his children for ever.**

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.**

Heavenly Father, you gave your Son victory over those who plotted evil against him and when he cried to you in his agony, you delivered him from the fear of his enemies. May those who suffer with him find refuge in you, for the sake of Jesus Christ our Lord. **Amen**

Lord God almighty, come and dispel the darkness from our hearts, that in the radiance of your brightness we may know you, the only unfading light, glorious in all eternity. Amen.

Let us bless the Lord:

Thanks be to God!

The God of hope fill us with all joy and peace in believing:
through the power of the Holy Spirit. Amen.

The Suffering Christ – Wednesday

O God, make speed to save us:

O Lord, make haste to help us.

**Glory to the Father and to the Son, and to the Holy Spirit;
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Psalmody

Lord hear my prayer;

answer me in your righteousness.

Opening - from Psalm 143

- 1 I spread out my hands to you;*
my soul gasps to you like a thirsty land.
- 2 **O Lord, make haste to answer me; my spirit fails me;*
do not hide your face from me
or I shall be like those who go down to the Pit.**
- 3 Deliver me from my enemies, O Lord,*
for I flee to you for refuge.
- 4 **Teach me to do what pleases you, for you are my God;*
let your good Spirit lead me on level ground.**

Psalms 55

- 1 Hear my prayer, O God;*
do not hide yourself from my petition.
- 2 **Listen to me and answer me;*
I have no peace, because of my cares.**
- 3 I am shaken by the noise of the enemy*
and by the pressure of the wicked;
- 4 **For they have cast an evil spell upon me*
and are set against me in fury.**

- 5 My heart quakes within me,*
and the terrors of death have fallen upon me.
- 6 **Fear and trembling have come over me,*
and horror overwhelms me.**
- 7 And I said, 'Oh, that I had wings like a dove!*
I would fly away and be at rest.
- 8 **I would flee to a far-off place*
and make my lodging in the wilderness.**
- 9 I would hasten to escape*
from the stormy wind and tempest.'
- 10 **Swallow them up, O Lord; confound their speech;*
for I have seen violence and strife in the city.**
- 11 Day and night the watchmen make their rounds upon her walls,*
but trouble and misery are in the midst of her.
- 12 **There is corruption at her heart;*
her streets are never free of oppression and deceit.**
- 13 For had it been an adversary who taunted me,
then I could have borne it;*
or had it been an enemy who vaunted himself against me,
then I could have hidden from him.
- 14 **But it was you, a man after my own heart,*
my companion, my own familiar friend.**
- 15 We took sweet counsel together,*
and walked with the throng in the house of God.
- 16 **Let death come upon them suddenly;
let them go down alive into the grave;*
for wickedness is in their dwellings, in their very midst.**
- 17 But I will call upon God,*
and the Lord will deliver me.

- 18 In the evening, in the morning, and at noonday,
I will complain and lament,*
and he will hear my voice.**
- 19 He will bring me safely back from the battle waged against me;*
for there are many who fight me.
- 20 God, who is enthroned of old, will hear me and bring them down;*
they never change; they do not fear God.**
- 21 My companion stretched forth his hand against his comrade;*
he has broken his covenant.
- 22 His speech is softer than butter,*
but war is in his heart.**
- 23 His words are smoother than oil,*
but they are drawn swords.
- 24 Cast your burden upon the Lord, and he will sustain you;*
he will never let the righteous stumble.**
- 25 For you will bring the bloodthirsty and deceitful*
down to the pit of destruction, O God.
- 26 They shall not live out half their days,*
but I will put my trust in you.**

Conclusion – from 1 Peter 2

- 1 Christ our Lord suffered for us, leaving us an example,*
that we should follow in his steps.
- 2 He committed no sin, no guile was found on his lips,*
when he was reviled he did not revile in return.**
- 3 When he suffered he did not threaten,*
but trusted in God who judges justly.
- 4 He himself bore our sins in his body on the tree,*
that we might die to sin and live to righteousness.**
- 5 By his wounds we have been healed,*
for we were straying like sheep,

**6 But now we have returned*
to the shepherd and guardian of our souls.**

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answer me in your righteousness.**

Readings

Silence

Response – from Psalm 28.11

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I have said to the Lord, You are my God.

Listen, O Lord to my supplication.
You are my God.

Glory to the Father and to the Son and to the Holy Spirit.
I have said to the Lord, You are my God.

Magnificat

Christ Jesus
humbled himself even to death.

**My soul proclaims the greatness of the Lord
my spirit rejoices in God my Saviour,
for you, Lord, have looked with favour on your lowly servant.**

From this day all generations will call me blessed:

**You, the Almighty, have done great things for me
and holy is your name.**

**You have mercy on those who fear you
from generation to generation.**

**You have shown strength with your arm
and scattered the proud in their conceit,
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and lifting up the lowly.**

**You have filled the hungry with good things
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**You have come to the aid of your servant Israel,
to remember the promise of mercy,
the promise made to our forebears,
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Prayers

Lord, have mercy upon us.

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**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.**

God of grace, when we are frightened and alone, help us to trust you and cast our burdens upon you, that we may be upheld by your saving strength. We ask this in the name of Jesus Christ. **Amen**

Lord God almighty, come and dispel the darkness from our hearts, that in the radiance of your brightness we may know you, the only unfading light, glorious in all eternity. Amen.

Let us bless the Lord:

Thanks be to God!

The God of hope fill us with all joy and peace in believing:
through the power of the Holy Spirit. Amen.

The Suffering Christ – Thursday

O God, make speed to save us:

O Lord, make haste to help us.

**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

Lord hear my prayer;

answer me in your righteousness.

Opening - from Psalm 143

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do not hide your face from me
or I shall be like those who go down to the Pit.**
- 3 Deliver me from my enemies, O Lord,*
for I flee to you for refuge.
- 4 **Teach me to do what pleases you, for you are my God;*
let your good Spirit lead me on level ground.**

Psalms 41

- 1 Happy are they who consider the poor and needy!*
the Lord will deliver them in the time of trouble.
- 2 **The Lord preserves them and keeps them alive,
so that they may be happy in the land;*
he does not hand them over to the will of their enemies.**
- 3 The Lord sustains them on their sickbed*
and ministers to them in their illness.
- 4 **I said, 'Lord, be merciful to me;*'
heal me, for I have sinned against you.'**

- 5 My enemies are saying wicked things about me: *
'When will he die, and his name perish?'
- 6 **Even if they come to see me, they speak empty words; *
their heart collects false rumours;
they go outside and spread them.**
- 7 All my enemies whisper together about me *
and devise evil against me.
- 8 **'A deadly thing,' they say, 'has fastened on him; *
he has taken to his bed and will never get up again.'**
- 9 Even my best friend, whom I trusted,
who broke bread with me, *
has lifted up his heel and turned against me.
- 10 **But you, O Lord, be merciful to me and raise me up, *
and I shall repay them.**
- 11 By this I know you are pleased with me, *
that my enemy does not triumph over me.
- 12 **In my integrity you hold me fast, *
and shall set me before your face for ever.**
- 13 Blessed be the Lord God of Israel, *
from age to age. Amen. Amen.

Conclusion – from 1 Peter 2

- 1 Christ our Lord suffered for us, leaving us an example, *
that we should follow in his steps.
- 2 **He committed no sin, no guile was found on his lips; *
when he was reviled he did not revile in return.**
- 3 When he suffered he did not threaten, *
but trusted in God who judges justly.
- 4 **He himself bore our sins in his body on the tree, *
that we might die to sin and live to righteousness.**

- 5 By his wounds we have been healed;*
for we were straying like sheep,
- 6 **But now we have returned***
to the shepherd and guardian of our souls.
- Lord hear my prayer;**
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Readings

Silence

Response – from Psalm 28.11

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Listen, O Lord to my supplication.
You are my God.

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

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

**My soul proclaims the greatness of the Lord
my spirit rejoices in God my Saviour,
for you, Lord, have looked with favour on your lowly servant.**

From this day all generations will call me blessed:

**You, the Almighty, have done great things for me
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**You have come to the aid of your servant Israel,
to remember the promise of mercy,
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**Our Father in heaven,
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your kingdom come,
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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.**

Remember us, gracious God, when we are lonely and depressed, and support us in the dark night of grief and despair, for your love is faithful and you do not forget your broken ones. We ask this in the name of Jesus Christ the Lord. **Amen**

Lord God almighty, come and dispel the darkness from our hearts, that in the radiance of your brightness we may know you, the only unfading light, glorious in all eternity. Amen.

Let us bless the Lord:

Thanks be to God!

The God of hope fill us with all joy and peace in believing:
through the power of the Holy Spirit. Amen.

The Suffering Christ – Friday

O God, make speed to save us:

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Psalmody

Lord hear my prayer;

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Opening - from Psalm 143

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or I shall be like those who go down to the Pit.**
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for I flee to you for refuge.
- 4 **Teach me to do what pleases you, for you are my God;*
let your good Spirit lead me on level ground.**

Psalms 1 & 4

- 1 Happy are they who have not walked in the counsel of the wicked,*
nor lingered in the way of sinners,
nor sat in the seats of the scornful!
- 2 **Their delight is in the law of the Lord,*
and they meditate on his law day and night.**
- 3 They are like trees planted by streams of water,
bearing fruit in due season, with leaves that do not wither;*
everything they do shall prosper.
- 4 **It is not so with the wicked;*
they are like the chaff which the wind blows away.**

- 5 Therefore the wicked shall not stand upright when judgement comes,*
nor the sinner in the council of the righteous.
- 6 For the Lord knows the way of the righteous,*
but the way of the wicked is doomed.**
- 1 Answer me when I call, O God, defender of my cause;*
you set me free when I am hard-pressed;
have mercy on me and hear my prayer.
- 2 ‘You mortals, how long will you dishonour my glory;*
how long will you worship dumb idols
and run after false gods?’**
- 3 Know that the Lord does wonders for the faithful;*
when I call upon the Lord, he will hear me.
- 4 Tremble, then, and do not sin;*
speak to your heart in silence upon your bed.**
- 5 Offer the appointed sacrifices*
and put your trust in the Lord.
- 6 Many are saying
‘Oh, that we might see better times!’*
Lift up the light of your countenance upon us, O Lord.**
- 7 You have put gladness in my heart,*
more than when grain and wine and oil increase.
- 8 I lie down in peace; at once I fall asleep;*
for only you, Lord, make me dwell in safety.**

Conclusion – from 1 Peter 2

- 1 Christ our Lord suffered for us, leaving us an example,*
that we should follow in his steps.
- 2 He committed no sin, no guile was found on his lips;*
when he was reviled he did not revile in return.**
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**4 He himself bore our sins in his body on the tree,*
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**6 But now we have returned*
to the shepherd and guardian of our souls.**

**Lord hear my prayer;
answer me in your righteousness.**

Readings

Silence

Response – from Psalm 28.11

I have said to the Lord, You are my God.
I have said to the Lord, You are my God.

Listen, O Lord to my supplication.
You are my God.

Glory to the Father and to the Son and to the Holy Spirit.
I have said to the Lord, You are my God.

Magnificat

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

**My soul proclaims the greatness of the Lord
my spirit rejoices in God my Saviour,
for you, Lord, have looked with favour on your lowly servant.**

From this day all generations will call me blessed:

**You, the Almighty, have done great things for me
and holy is your name.**

**You have mercy on those who fear you
from generation to generation.**

**You have shown strength with your arm
and scattered the proud in their conceit,
casting down the mighty from their thrones
and lifting up the lowly.**

**You have filled the hungry with good things
and sent the rich away empty.**

**You have come to the aid of your servant Israel,
to remember the promise of mercy,
the promise made to our forebears,
to Abraham and his children for ever.**

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

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.**

Giver of life, save us from the desert of faithlessness and nourish us with the living water of your word, that we may bring forth fruit that will last, in the name of Jesus Christ our Saviour. **Amen**

Lord God almighty, come and dispel the darkness from our hearts, that in the radiance of your brightness we may know you, the only unfading light, glorious in all eternity. Amen.

Let us bless the Lord:

Thanks be to God!

The God of hope fill us with all joy and peace in believing:
through the power of the Holy Spirit. Amen.

The Suffering Christ – Saturday

O God, make speed to save us:

O Lord, make haste to help us.

**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

Lord hear my prayer;

answer me in your righteousness.

Opening - from Psalm 143

- 1 I spread out my hands to you;*
my soul gasps to you like a thirsty land.
- 2 **O Lord, make haste to answer me; my spirit fails me;*
do not hide your face from me
or I shall be like those who go down to the Pit.**
- 3 Deliver me from my enemies, O Lord,*
for I flee to you for refuge.
- 4 **Teach me to do what pleases you, for you are my God;*
let your good Spirit lead me on level ground.**

Psalm 142

- 1 I cry to the Lord with my voice;*
to the Lord I make loud supplication.
- 2 **I pour out my complaint before him*
and tell him all my trouble.**
- 3 When my spirit languishes within me, you know my path;*
in the way wherein I walk they have hidden a trap 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 me.**

- 5 I cry out to you, O Lord;*
I say, 'You are my refuge, my portion in the land of the living.'
- 6 Listen to my cry for help, for I have been brought very low;*
save me from those who pursue me, for they are too strong for me.**
- 7 Bring me out of prison, that I may give thanks to your name;*
when you have dealt bountifully with me,
the righteous will gather around me.

Conclusion – from 1 Peter 2

- 1 Christ our Lord suffered for us, leaving us an example,*
that we should follow in his steps.
- 2 He committed no sin, no guile was found on his lips;*
when he was reviled he did not revile in return.**
- 3 When he suffered he did not threaten,*
but trusted in God who judges justly.
- 4 He himself bore our sins in his body on the tree,*
that we might die to sin and live to righteousness.**
- 5 By his wounds we have been healed,*
for we were straying like sheep,
- 6 But now we have returned*
to the shepherd and guardian of our souls.**
- Lord hear my prayer;
answer me in your righteousness.**

Readings

Silence

Response – from Psalm 28.11

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I have said to the Lord, You are my God.

Listen, O Lord to my supplication.

You are my God.

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

I have said to the Lord, You are my God.

Magnificat

Destroy this temple
and in three days I will raise it up, says the Lord.

**My soul proclaims the greatness of the Lord
my spirit rejoices in God my Saviour,
for you, Lord, have looked with favour on your lowly servant.**

From this day all generations will call me blessed:

**You, the Almighty, have done great things for me
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to remember the promise of mercy,
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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.**

God of our hope, when we are distracted by care and sickness, help us to recognize your image in ourselves and others, that we may be made whole and the world become the kingdom of our Lord and Saviour Jesus Christ. **Amen**

Lord God almighty, come and dispel the darkness from our hearts, that in the radiance of your brightness we may know you, the only unfading light, glorious in all eternity. Amen.

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