***A Simple Order for Prayer during the Day from Palm Sunday until Holy Saturday***

**Preparation**

O God, make speed to save us.

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

My trust is in you, O Lord.

**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 on us.

We glory in your cross, O Lord, and praise and glorify your holy resurrection: for by virtue of the cross, joy has come into the whole world.

*from the Liturgy of Good Friday*

**The Word of God**

**Monday: Psalm 43**

Give judgement for me, O God,

and defend my cause against an ungodly people; ♦ deliver me from the deceitful and the wicked.

For you are the God of my refuge;

why have you cast me from you, ♦

and why go I so heavily, while the enemy oppresses me?

O send out your light and your truth, that they may lead me, ♦ and bring me to your holy hill and to your dwelling,

That I may go to the altar of God,

to the God of my joy and gladness; ♦

and on the lyre I will give thanks to you, O God my God.

Why are you so full of heaviness, O my soul, ♦ and why are you so disquieted within me?

O put your trust in God; ♦

for I will yet give him thanks,

who is the help of my countenance, and my God.

**Tuesday: Psalm 142**

I cry aloud to the Lord; ♦ to the Lord I make my supplication.

I pour out my complaint before him ♦ and tell him of my trouble.

When my spirit faints within me, you know my path; ♦ in the way wherein I walk have they laid a snare for me.

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 my soul.

I cry out to you, O Lord, and say: ♦ ‘You are my refuge, my portion in the land of the living.

‘Listen to my cry, for I am brought very low; ♦save me from my persecutors, for they are too strong for me.

‘Bring my soul out of prison, that I may give thanks to your name; ♦ when you have dealt bountifully with me, then shall the righteous gather around me.’

**Wednesday: Psalm 143**

Hear my prayer, O Lord, and in your faithfulness give ear to my supplications; ♦ answer me in your righteousness.

Enter not into judgement with your servant, ♦ for in your sight shall no one living be justified.

For the enemy has pursued me, crushing my life to the ground, ♦

making me sit in darkness like those long dead.

My spirit faints within me; ♦ my heart within me is desolate.

I remember the time past; I muse upon all your deeds; ♦

I consider the works of your hands.

I stretch out my hands to you; ♦ my soul gasps for you like a thirsty land.

O Lord, make haste to answer me; my spirit fails me; ♦ hide not your face from me

lest I be like those who go down to the Pit.

Let me hear of your loving-kindness in the morning, for in you I put my trust; ♦

show me the way I should walk in, for I lift up my soul to you.

Deliver me, O Lord, from my enemies, ♦ for I flee to you for refuge.

Teach me to do what pleases you, for you are my God; ♦ let your kindly spirit lead me on a level path.

Revive me, O Lord, for your name’s sake; ♦ for your righteousness’ sake, bring me out of trouble.

In your faithfulness, slay my enemies,

and destroy all the adversaries of my soul, ♦ for truly I am your servant.

**Thursday: Psalm 23**

The Lord is my shepherd; ♦ therefore can I lack nothing.

He makes me lie down in green pastures ♦

 and leads me beside still waters.

He shall refresh my soul ♦

and guide me in the paths of righteousness for his name’s sake.

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.

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.

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.

**Friday: Psalm 69.1-13**

Save me, O God, ♦ for the waters have come up, even to my neck.

I sink in deep mire where there is no foothold; ♦

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

I have grown weary with crying; my throat is raw; ♦

my eyes have failed from looking so long for my God. Those who hate me without any cause ♦ are more than the hairs of my head;

Those who would destroy me are mighty; ♦

my enemies accuse me falsely:

must I now give back what I never stole?

O God, you know my foolishness, ♦

and my faults are not hidden from you.

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.

For your sake have I suffered reproach; ♦ shame has covered my face.

I have become a stranger to my kindred, ♦

an alien to my mother’s children.

Zeal for your house has eaten me up; ♦

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

I humbled myself with fasting, ♦ but that was turned to my reproach.

I put on sackcloth also ♦ and became a byword among them.

Those who sit at the gate murmur against me, ♦

and the drunkards make songs about me.

**Saturday: Psalm 130**

Out of the depths have I cried to you, O Lord; Lord, hear my voice; ♦

let your ears consider well the voice of my supplication.

If you, Lord, were to mark what is done amiss, ♦ O Lord, who could stand?

But there is forgiveness with you, ♦ so that you shall be feared.

I wait for the Lord; my soul waits for him; ♦ in his word is my hope.

My soul waits for the Lord, more than the night watch for the morning, ♦

more than the night watch for the morning.

O Israel, wait for the Lord, ♦ for with the Lord there is mercy;

With him is plenteous redemption ♦ and he shall redeem Israel from all their sins.

***Each psalm may end with***

**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**

**Monday in Holy Week**

Jesus began to teach his disciples that the Son of Man must undergo great suffering, and be rejected by the elders, the chief priests, and the scribes, and be killed, and after three days rise again. He said all this quite openly. And Peter took him aside and began to rebuke him. But turning and looking at his disciples, he rebuked Peter and said, ‘Get behind me, Satan! For you are setting your mind not on divine things but on human things.’ He called the crowd with his disciples, and said to them, ‘If any want to become my followers, let them deny themselves and take up their cross and follow me. For those who want to save their life will lose it, and those who lose their life for my sake, and for the sake of the gospel, will save it.’

*Mark 8.31-35*

**Tuesday in Holy Week**

Surely he has borne our infirmities and carried our diseases; yet we accounted him stricken, struck down by God, and afflicted. But he was wounded for our transgressions, crushed for our iniquities; upon him was the punishment that made us whole, and by his bruises we are healed. All we like sheep have gone astray; we have all turned to our own way, and the Lord has laid on him the iniquity of us all.

*Isaiah 53.4-6*

**Wednesday in Holy Week**

The message about the cross is foolishness to those who are perishing, but to us who are being saved it is the power of God. For Jews demand signs and Greeks desire wisdom, but we proclaim Christ crucified, a stumbling-block to Jews and foolishness to Gentiles, but to those who are the called, both Jews and Greeks, Christ the power of God and the wisdom of God. For God’s foolishness is wiser than human wisdom, and God’s weakness is stronger than human strength.

*1 Corinthians 1.18, 22-25*

**Maundy Thursday**

Christ himself bore our sins in his body on the cross, so that, free from sins, we might live for righteousness; by his wounds you have been healed. For you were going astray like sheep, but now you have returned to the shepherd and guardian of your souls.

*1Peter 2.24, 25*

**Good 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*

**Holy Saturday**

Jesus answered Andrew and Philip, ‘The hour has come for the Son of Man to be glorified. Very truly, I tell you, unless a grain of wheat falls into the earth and dies, it remains just a single grain; but if it dies, it bears much fruit. Those who love their life lose it, and those who hate their life in this world will keep it for eternal life. Whoever serves me must follow me, and where I am, there will my servant be also. Whoever serves me, the Father will honour.’

*John 12.23-26*

**Response**

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

Blessed are those who are persecuted for righteousness’ sake, **for theirs is the kingdom of heaven.**

**Prayers**

*A time of prayer where you can pray for all those who are affected by the current situation. Pray for the world; for the Church; for our country and Government; for our doctors, nurses and emergency services; for your family, loved ones and friends; for those who are lonely or anxious; for the sick and dying; for the departed; and do not forget to pray for yourself and your own needs and concerns.*

With faith and love and in union with Christ, let us offer our prayer before the throne of grace.

Have mercy on your people,

for whom your Son laid down his life: *Lord, have mercy.*

Bring healing and wholeness to people and nations,

and have pity on those torn apart by division: *Lord, have mercy.*

Strengthen all who are persecuted for your name’s sake, and deliver them from evil: *Lord, have mercy.*

Look in mercy upon all who suffer,

and hear those who cry out in pain and desolation: *Lord, have mercy.*Bring comfort to the dying,

and gladden their hearts with the vision of your glory: *Lord, have mercy.*

Give rest to the departed and bring them,

with your saints, to glory everlasting: *Lord, have mercy.*

Let us commend the world, for which Christ died, to the mercy and protection of God.

***Open prayer may be offered and silence kept.***

***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.

**Amen.**

***Or, the Collect of the day is said***

Almighty and everlasting God,

who in your tender love towards the human race sent your Son our Saviour Jesus Christ to take upon him our flesh

and to suffer death upon the cross:

grant that we may follow the example of his patience and humility, and also be made partakers of his resurrection;

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.

**Amen.**

***The Lord’s Prayer is said.***

Let us pray with confidence as our Saviour has taught us

**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.

**Amen**

Acknowledgements

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