

FRIDAY and in Lent and Passiontide

THE PREPARATION

Leader: O Lord, open our lips;

ALL: AND OUR MOUTH SHALL PROCLAIM YOUR PRAISE.

Leader: Blessed are you, God of compassion and mercy,
to you be praise and glory for ever!
(In the darkness of our sin, your light breaks forth like dawn
and your healing springs up for deliverance.)
As we rejoice in the gift of your saving help,
sustain us with your bountiful Spirit
and open our lips to sing your praise,
Father, Son and Holy Spirit;

ALL: BLESSED BE GOD FOR EVER!

God has redeemed the world:
O come, let us worship.

Or in Lent

Leader: Christ, though tempted like us, was without sin:

ALL: O COME, LET US WORSHIP.

THE OPENING CANTICLE:

Either: A SONG OF TRIUMPH

- 1 Come, let us sing to the Lord;*
Let us shout for joy to the rock of our salvation.
- 2 Let us come before his presence with thanksgiving*
and raise a loud shout to him with psalms.
- 3 For the Lord is a great God,*
and a great King above all gods.
- 4 In his hands are the depths of the earth,*
and the heights of the hills are his also.
- 5 The sea is his, for he made it,*
and his hands have moulded the dry land.
- 6 Come, let us bow down and bend the knee,*
and kneel before the Lord our Maker.
- 7 For he is our God, and we are the people of his pasture,
and the sheep of his hand.*
O that today you would hearken to his voice!

- (8 *Harden not your hearts as your forebears did in the wilderness,*
at Meribah and on that day at Massah, when they tempted me.*
- 9 *They put me to the test,* though they had seen my works.*
- 10 *Forty years long I detested that generation and said,*
'This people are wayward in their hearts; they do not know my ways.'*
- 11 *So I swore in my wrath,* They shall not enter my rest.'*)
- Glory

or: A SONG OF PENITENCE (verses 6-10 may be omitted)

- 1 Have mercy on me, O God, according to your loving-kindness;*
in your great compassion blot out my offences.
- 2 Wash me through and through from my wickedness*
and cleanse me from my sin.
- 3 For I know my transgressions,*
and my sin is ever before me.
- 4 Against you only have I sinned*
and done what is evil in your sight.
- 5 And so you are justified when you speak*
and upright in your judgement.
- (6 *Indeed, I have been wicked from my birth,*
a sinner from my mother's womb.*
- 7 *For behold, you look for truth deep within me,*
and will make me understand wisdom secretly.*
- 8 *Purge me from my sin and I will be pure;*
wash me and I shall be clean indeed.*
- 9 *Make me hear of joy and gladness,*
that the body you have broken may rejoice.*
- 10 *Hide your face from my sins*
and blot out all my iniquities.)*
- 11 Create in me a clean heart, O God,*
and renew a right spirit within me.
- 12 Cast me not away from your presence*
and take not your holy Spirit from me.
- 13 Give me the joy of your saving help again*
and sustain me with your bountiful Spirit.

- 14 I shall teach your ways to the wicked,*
and sinners shall return to you.
- 15 Deliver me from death, O God,*
and my tongue shall sing of your righteousness, O God of my salvation.
- 16 Open my lips, O Lord,*
and my mouth shall proclaim your praise.
- 17 Had you desired it, I would have offered sacrifice,*
but you take no delight in burnt-offerings.
- 18 The sacrifice of God is a troubled spirit;*
a broken and contrite heart, O God, you will not despise.

Glory

THE OPENING PRAYER

Leader: The night has passed and the day lies open before us;
let us pray with one heart and mind:

SILENCE

As we rejoice in the gift of this new day,
so may the light of your presence, O God,
set our hearts on fire with love for you; now and for ever.

ALL: AMEN.

THE PSALM:

THE SECOND CANTICLE:

either: A SONG OF HUMILITY

refrain:

**ALL: RAISE US UP, O GOD,*
THAT WE MAY LIVE IN YOUR PRESENCE.**

- 1 Come, let us return to the Lord*
who has torn us and will heal us.
- 2 God has stricken us*
and will bind up our wounds.
- 3 After two days, he will revive us,*
and on the third day will raise us up, that we may live in his presence.

- 4 Let us humble ourselves;*
let us strive to know our God,
- 5 Whose justice dawns like the morning star;*
it's dawning is as sure as the sunrise.
- 6 God's justice will come to us like the showers,*
like the spring rains that water the earth.
- 7 'O Ephraim, how shall I deal with you?*'
How shall I deal with you, O Jacob?
- 8 'Your love for me is like the morning mist,*
like the dew that goes early away.
- 9 'Therefore, I have hewn them by the prophets,*
and my judgement goes forth as the light.
- 10 For loyalty is my desire and not sacrifice,*
and the knowledge of God rather than burnt-offerings.'

Glory

**ALL: RAISE US UP, O GOD,*
THAT WE MAY LIVE IN YOUR PRESENCE.**

or: A SONG OF THE WORD OF THE LORD

refrain:

**ALL: RETURN TO THE LORD, WHO WILL HAVE MERCY,*
TO OUR GOD, WHO WILL RICHLY PARDON.**

- 1 Seek the Lord while he may be found,*
call upon him while he is near;
- 2 Let the wicked abandon their ways,*
and the unrighteous their thoughts;
- 3 Return to the Lord who will have mercy;*
to our God, who will richly pardon.
- 4 'For my thoughts are not your thoughts,*
neither are your ways my ways', says the Lord.
- 5 'For as the heavens are higher than the earth,*
so are my ways higher than your ways
and my thoughts than your thoughts.

6 'As the rain and the snow come down from above,*
and return not again but water the earth,

7 'Bringing forth life and giving growth,*
seed for sowing and bread to eat,

8 'So is my word that goes forth from my mouth;*
it will not return to me fruitless,

9 But it will accomplish that which I purpose,*
and succeed in the task I gave it.'

Glory

**ALL: RETURN TO THE LORD, WHO WILL HAVE MERCY,*
TO OUR GOD, WHO WILL RICHLY PARDON.**

THE READINGS:

RESPONSORY:

Leader: To you, O Lord, I lift up my soul;
O my God, in you I trust.

**ALL: TO YOU, O LORD, I LIFT UP MY SOUL;
O MY GOD, IN YOU I TRUST.**

Leader: You are the God of my salvation,
in you I hope all the day long.

ALL: O MY GOD, IN YOU I TRUST.

Leader: Glory to the Father, and to the Son,
and to the Holy Spirit.

**ALL: TO YOU, O LORD, I LIFT UP MY SOUL;
O MY GOD, IN YOU I TRUST.**

THE BENEDICTUS

Refrain:

**IN THE TENDER COMPASSION OF OUR GOD,*
THE DAWN FROM ON HIGH SHALL BREAK UPON US.**

Or in Lent

**YOU HAVE GIVEN YOUR PEOPLE KNOWLEDGE OF SALVATION, O GOD,*
BY THE FORGIVENESS OF THEIR SINS.**

- 1 Blessed be the Lord, the God of Israel,*
for he has come to his people and set them free.
- 2 He has raised up for us a mighty Saviour,*
born of the house of his servant, David.
- 3 Through his holy prophets he promised of old,*
that he would save us from our enemies,
from the hands of all that hate us,
- 4 He promised to show mercy to our forebears*
and to remember his holy covenant.
- 5 This was the oath he swore to our father Abraham:*
to set us free from the hands of our enemies,
- 6 Free to worship him without fear,*
holy and righteous in his sight, all the days of our life.
- 7 You, my child, shall be called the prophet of the Most High,*
for you will go before the Lord to prepare his way,
- 8 To give his people knowledge of salvation,*
by the forgiveness of all their sins.
- 9 In the tender compassion of our God,*
the dawn from on high shall break upon us,
- 10 To shine on those who dwell in darkness
and the shadow of death,*
and to guide our feet into the way of peace.

Glory

**IN THE TENDER COMPASSION OF OUR GOD,*
THE DAWN FROM ON HIGH SHALL BREAK UPON US.**

Or in Lent

**YOU HAVE GIVEN YOUR PEOPLE KNOWLEDGE OF SALVATION, O GOD,*
BY THE FORGIVENESS OF THEIR SINS.**

THE PRAYERS:

Leader: Lord, have mercy.
ALL: LORD, HAVE MERCY.

Leader: Christ, have mercy.
ALL: CHRIST, HAVE MERCY.

Leader: Lord, have mercy.
ALL: LORD, HAVE MERCY.

THE COLLECT & THE LORD'S PRAYER

Almighty and everlasting God,
you hate nothing that you have made
and forgive the sins of all those who are penitent:
create and make in us new and contrite hearts
that we, worthily lamenting our sins
and acknowledging our wretchedness,
may receive from you, the God of all mercy,
perfect remission and forgiveness;
through Jesus Christ our Lord . . .

Or:

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 our Lord . .

THE LORD'S PRAYER

[Lord Jesus, remember us in your Kingdom and teach us to pray:]

**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

THE BLESSING

The Lord bless us, and preserve us from all evil,
and keep us in eternal life. **AMEN.**

Or, in Lent:

May God our Redeemer show us compassion and love. **AMEN.**

Or, in Passiontide:

May the life-giving cross
be the source of all our joy and peace. **AMEN.**

Leader:

Let us bless the Lord.

ALL:

THANKS BE TO GOD.