

## ***Prayer During the Day on Friday***

### **Preparation**

O God, make speed to save us.

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

Make me a clean heart, O God,

**All and renew a right spirit within me.**

### **Praise**

Jesus, Saviour of the world, come to us in your mercy:  
we look to you to save and help us.

By your cross and your life laid down, you set your people free:  
we look to you to save and help us.

When they were ready to perish, you saved your disciples:  
we look to you to come to our help.

In the greatness of your mercy, loose us from our chains,  
forgive the sins of all your people.

Make yourself known as our Saviour and mighty deliverer;  
save us and help us that we may praise you.

Come now and dwell with us, Lord Christ Jesus:  
hear our prayer and be with us always.

And when you come in your glory:  
make us to be one with you  
and to share the life of your kingdom.

### **The Word of God**

*Psalmody: On any Friday*    Psalm 23

*or*

Week 1	Psalm 112
Week 2	Psalm 120
Week 3	Psalm 123
Week 4	Psalm 124

*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**

### *Week One*

When I shut up the heavens so that there is no rain, or command the locust to devour the land, or send pestilence among my people, if my people who are called by my name humble themselves, pray, seek my face, and turn from their wicked ways, then I will hear from heaven, and will forgive their sin and heal their land. *2 Chronicles 7.13,14*

### *Week Two*

Thus says the high and lofty one who inhabits eternity, whose name is Holy: I dwell in the high and holy place, and also with those who are contrite and humble in spirit, to revive the spirit of the humble, and to revive the heart of the contrite. For I will not continually accuse, nor will I always be angry; for then the spirits would grow faint before me, even the souls that I have made. Because of their wicked covetousness I was angry; I struck them, I hid and was angry; but they kept turning back to their own ways. I have seen their ways, but I will heal them; I will lead them and repay them with comfort, creating for their mourners the fruit of the lips. Peace, peace, to the far and the near, says the Lord; and I will heal them. *Isaiah 57.15-19*

### *Week Three*

Now in Christ Jesus you who once were far off have been brought near by the blood of Christ. For he is our peace; in his flesh he has made both groups into one and has broken down the dividing wall, that is, the hostility between us. He has abolished the law with its commandments and ordinances, so that he might create in himself one new humanity in place of the two, thus making peace, and might reconcile both groups to God in one body through the cross, thus putting to death that

hostility through it. So he came and proclaimed peace to you who were far off and peace to those who were near; for through him both of us have access in one Spirit to the Father.

*Ephesians 2.13-18*

#### *Week Four*

Jesus said to the disciples, 'The Son of Man must undergo great suffering, and be rejected by the elders, chief priests, and scribes, and be killed, and on the third day be raised.' Then he said to them all, 'If any want to become my followers, let them deny themselves and take up their cross daily and follow me. For those who want to save their life will lose it, and those who lose their life for my sake will save it. What does it profit them if they gain the whole world, but lose or forfeit themselves?'

*Luke 9.22-25*

#### *Or, on any Friday*

Jesus said, 'Love your enemies, do good to those who hate you, bless those who curse you, pray for those who abuse you.'

*Luke 6.27b,28*

Jesus said, I am the gate for the sheep.

**All I came that they may have life, and have it abundantly.**

*John 10.7,10b*

## **Prayers**

*Prayers may include these concerns:*

- ¶ *The Queen, members of parliament and the armed forces*
- ¶ *Peace and justice in the world*
- ¶ *Those who work for reconciliation*
- ¶ *All whose lives are devastated by war and civil strife*
- ¶ *Prisoners, refugees and homeless people*

*The Collect of the day or the following prayer is said*

Lord Jesus Christ, we thank you  
for all the benefits that you have won for us,  
for all the pains and insults that you have borne for us.  
Most merciful redeemer,  
friend and brother,  
may we know you more clearly,  
love you more dearly,  
and follow you more nearly,  
day by day.  
**All Amen.**

*The Lord's Prayer is said*

**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.**

### **The Conclusion**

May Christ our Saviour give us peace.  
**All Amen.**