

Prayer During the Day on Friday

Preparation

O God, make speed to save us.

O Lord, make haste to help us.

Make me a clean heart, O God,
and renew a right spirit within me.

Psalm 51.11

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 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

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*

Response

Spend some time re-reading and thinking about the scripture you have read asking God to speak to you through it.

Jesus said, I am the good shepherd.

The good shepherd lays down his life for the sheep.

John 10.11

Prayers

Spend some time praying for the issues of the day, people in need, national and world leaders, the church, our community, your family and friends.

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.

Amen.

after Richard of Chichester (1253)

The Lord's Prayer

The Conclusion

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