

The Lord's Prayer

***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.***

Going to love and serve

Today we take up our cross
and follow Christ,
***we seek to step out of the shadows
and bear witness to Christ,***
we pray for courage to
live for Christ.

As Mary accompanied her son to
Golgotha, and angels ministered to
Jesus in the desert,
***may we not abandon those
for whom, today,
we are Christ's hands, feet,
eyes, ears and heart.
In the name of Christ, Amen.***

Optional:

+ In the name of the Father,
and of the Son,
and of the Holy Spirit

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Friday Morning and Lent with Passiontide - Suffering God An Alternative Daily Office

Becoming present to God

*Through a sign of attentiveness
like lighting a candle*

or

+ In the name of the Father,
and of the Son, and of the Holy Spirit

or

Suffering Lord,
you knew the pangs of hunger,
the agony of thirst,
the burning heat
of the noon-day sun,
the chill of a desert night,
and the power of temptation
through forty days
in the place of testing:

***Come to us now
and deliver us from evil,
that with you
we may watch and pray.***

or

*A cross is placed
O sacred head sore-wounded
for love of us;
O heart, pierced that grace may flow
for the saving of us,
O hands and feet, pinned to the cross
that the work of salvation might be
the redeeming of us,*

pray for us in the hour of our need.
Celebrating the presence of God

Gracious Lord,
the crown you wear as King of all
is a crown of piercing thorns;
***your brow bears the marks
of your passion.***

Self-giving Saviour,
your side is pierced by the sword,
that life might flow
from your broken heart;
***your side bears the mark
of your passion.***

All-encompassing God,
your arms were stretched wide
and your feet pierced by the nails,
that in your embrace the world
might find forgiveness and life;
***your feet and hands
bear the marks of your passion.***

Risen and ascended One,
your body bears still
the marks of your passion,
taking our humanity into the heart of
the Godhead.

***In your passion you reveal
what it is to be God;
in your resurrection
what it is to be human;
in your glory,
what it is to make all things new.
Come to us afresh, dear Lord Christ.***

A pause to name any specific thanks or praise

Acknowledging our Humanity

Lord Jesus, you call us
to take up our cross and follow.

We place our own welfare ahead
of the welfare of others:

Lord have mercy
Christ have mercy

Faced with the cup of suffering
we choose an easier path:

Lord have mercy
Christ have mercy

Challenged by a watchful world,
we take to the shadows
and deny you by our silence:

Lord have mercy
Christ have mercy

No, we could not watch and pray
with you, even one hour,
but find ourselves sleeping:

Lord have mercy
Christ have mercy

You who said
'Father, forgive them
they know not what they do,'
pardon our sin,
the known and the unknown,
and restore in us,
as in all God's people,
a hunger to follow Christ's way
as we shoulder once more

the cross of Christ.

Amen.

Listening for the Word of God

From *The Common Lectionary*

Canticle – Optional

Christ's humanity and testing
It was fitting that God
for whom and through whom
all things exist,
in bringing many children to glory,
should make the pioneer of their
salvation perfect through sufferings.

Since therefore,
the children share flesh and blood,
he himself likewise
shared the same things,
so that through death
he might destroy the one
who has the power of death,
that is, the devil,
and free those who all their lives
were held in slavery
by the fear of death.

Therefore, he had to become
like his brothers and sisters
in every respect,
so that he might become
a merciful and faithful high priest
in the service of God,
to make a sacrifice of atonement
for the sins of the people.
Because he himself was tested
by what he suffered,
he is able to help those

who are being tested.

Hebrews 2:10, 14-15, 17-18 (NRSV)

Or

The Suffering Servant

He was despised and rejected
by others;
a man of suffering
and acquainted with infirmity;
as one from whom others
hide their faces
he was despised,
and we held him of no account.

But he was wounded for our
transgressions,
crushed for our iniquities;
upon him was the punishment
that made us whole,
and by his wounds 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.

He was oppressed,
and he was afflicted,
yet he did not open his mouth;
like a lamb that is led to the slaughter,
and like a sheep that
before its shearers is silent,
so he did not open his mouth.

Isaiah 53:3, 5-7 (NRSV)

Reflecting on our roots

Living God, enable us this day
to be pilgrims and companions:
committed to the way of Christ,
faithful to the call of Christ,
discerning the mind of Christ,
offering the welcome of Christ,
growing in the likeness of Christ,
engaging in the mission of Christ,
in the world that belongs to Christ.

Bringing our concerns

Holy God,
we offer to you our prayers
for the world:

we remember all who suffer in mind,
or body or soul ...

we remember those who find
themselves abandoned and alone ...

We remember the homeless, the
hungry and the persecuted ...

Free prayer

You, who through your passion, know
the depths of suffering,
draw near with kindness and mercy
to all your suffering children;
that the coming Kingdom
of joy and light, wholeness and love,
might break upon our shadowed
world.
O Lord, hear our prayer. Amen.