

*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**

Holy God, may we live this day  
with Christ's call to discipleship  
ringing in our ears.

And should this day bring us pain,  
we pray that we may meet it  
with honesty and hope,  
grounded in the knowledge  
that even in the darkest place  
we may be touched  
and changed by your love.

***So may we grasp,  
with all your people,  
how wide and long,  
how high and deep  
is the love of Christ,  
and be filled  
with the very nature of God.  
Amen.***

*Optional:*

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

NRSV: 'New Revised Standard Version  
Bible: Anglicized Edition, copyright 1989,  
1995, Division of Christian Education of  
the National Council of the Churches of  
Christ in the United States of America.  
Used by permission. All rights reserved.'

## **Daily Office: Suffering God**

### **Friday Morning & Lent with Passiontide**

#### **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*

*Broken pieces of bread are brought  
Vulnerable God,  
as you were present  
as Christ broke the bread,  
**may we know your presence in  
our broken lives,  
our wounded hearts,  
our halting prayers.***

*or*

*A cross is placed  
As this cross draws together  
height and depth,  
one side and another,  
draw us together:  
**flesh and spirit,  
mind and body,  
heart and soul,  
that we may know your presence at  
the centre of our lives.***

## **Celebrating the presence of God**

God of creation,  
present in the darkness  
and the light,  
in the desert  
and the running streams,  
**We praise you.**

Saving God,  
present on the cross  
and at the empty tomb,  
in broken bread  
and wine outpoured,  
**We praise you.**

Renewing God,  
present in disturbance and comfort,  
in struggle and in joy.  
**We praise you.**

**Holy God,  
for your love enfolding us  
on every side,  
holding us through birth and death,  
joy and tears,  
We praise and worship you.**

*A pause to name any specific thanks  
or praise*

## Acknowledging our Humanity

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

When we forfeit our soul  
to gain the whole world:  
Lord have mercy, **Christ have mercy**

When we are distracted  
from prayer and watchfulness:  
Lord have mercy, **Christ have mercy**

When we are unfaithful  
to the Gospel through denial,  
betrayal or aggression:  
Lord have mercy, **Christ have mercy**

When we shrink  
from the implications of love:  
Lord have mercy, **Christ have mercy**

**Merciful God,  
pardon our sin,  
and renew in us,  
as in all God's people,  
the desire to follow Christ's way.  
Amen.**

## Listening for the Word of God

From *The Common Lectionary*

## Canticle – Optional

*Song of Christ's Glory*

Christ Jesus was in the form of God,  
**but he did not cling  
to equality with God.**

He emptied himself,  
taking the form of a servant,  
**and was born  
in our human likeness.**

Being found in human form  
he humbled himself,  
**and became obedient unto death,  
even death on a cross.**

Therefore God has  
highly exalted him,  
**and bestowed on him the name  
above every name,**

That at the name of Jesus  
every knee should bow,  
**in heaven and on earth  
and under the earth;**  
And every tongue confess  
that Jesus Christ is Lord,  
**to the glory of God the Father.**

*Philippians 2.5-11 (NRSV)*

or

*Zechariah's Song | Benedictus*

Blessed be the Lord  
the God of Israel,  
**who has come to his people  
and set them free.**  
He has raised up for us  
a mighty Saviour,  
**born of the house  
of his servant David.**  
Through his holy prophets  
God promised of old  
**to save us from our enemies,  
from the hands of all that hate us,  
and to remember his holy covenant.**

This was the oath God swore  
to our father Abraham:  
**to set us free from the hands  
of our enemies,**  
Free to worship him without fear,  
**holy and righteous in his sight  
all the days of our life.**

And you, child, shall be called  
the prophet of the Most High,  
for you will go before the Lord  
to prepare his way,  
**To give his people  
knowledge of salvation  
by the forgiveness of all their sins.**

In the tender compassion  
of our God  
**the dawn from on high  
shall break upon us,**  
To shine on those who dwell in  
darkness and the shadow of death,  
**and to guide our feet  
into the way of peace.**

*Luke 1.68-79 (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:

For those who suffer  
in body, mind or spirit,  
and for those who inflict suffering ...

For those who are persecuted  
and for those who fuel the machines  
of persecution ...

For those who are abandoned  
or forgotten  
and those who create the nets  
through which others fall ...

*Free prayer*

**Lord God,  
As you hear our cry  
and respond in love,  
enable us to hear the cry of others  
and respond with a love  
which reflects yours alone. Amen.**