



Psalm 22:1-11

1. My God, my God, why have you forsaken me? Why are you so far from helping me, from the words of my groaning?
2. O my God, I cry by day, but you do not answer; and by night, but find no rest.
3. Yet you are holy, enthroned on the praises of Israel.
4. In you our ancestors trusted, and you delivered them.
5. To you they cried, and were saved; in you they trusted, and were not put to shame.

GOOD FRIDAY

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PRAYER & REFLECTION *for this most HOLY of WEEKS*

This is the wood of the cross,
on which hung the Saviour of the world.

*Holy God,
holy and strong,
holy and immortal,
have mercy on us*

Eternal God,
in the cross of Jesus
we see the cost of our sin
and the depth of your love:
in humble hope and fear
may we place at his feet
all that we have and all that we are

Hebrews 10:16-25

The Holy Spirit says,

"This is the covenant I will make with them after those days says the Lord; I will put my laws in their hearts, and I will write them on their minds."

He also adds,

"I will remember their sins and their lawless deeds no more."

Where there is forgiveness of these, there is no longer any offering for sin.

Therefore, my friends, since we have confidence to enter the sanctuary by the blood of Jesus, by the new and living way that he opened for us through the curtain (that is, through his flesh), and since we have a great priest over the house of God, let us approach with a true heart in full assurance of faith, with our hearts sprinkled clean from an evil conscience and our bodies washed with pure water. Let us hold fast to the confession of our hope without wavering, for he who has promised is faithful. And let us consider how to provoke one another to love and good deeds, not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day approaching.

6. But I am a worm, and not human; scorned by others, and despised by the people.

7. All who see me mock at me; they make mouths at me, they shake their heads.

8. 'Commit your cause to the Lord; let him deliver - let him rescue the one in whom he delights!'

9. Yet it was you who took me from the womb; you kept me safe on my mother's breast.

10. On you I was cast from my birth, and since my mother bore me you have been my God.

11. Do not be far from me, for trouble is near and there is no one to help.



What wrong have I done to you?

I am your Creator; Lord of the universe;
I have entrusted this world to you,
but you have created the means to destroy it.

I made you in my image,
but you have degraded my body and spirit
and marred the image of your God.
You have deserted me and turned your backs on me.

I filled the earth with all that you need,
so that you might serve and care for one another,
as I have cared for you;
but you have cared only to serve your own wealth and power

*My people, what wrong have I done to you?
What good have I not done for you?
Listen to me*

I made my children of one blood
to live in families rejoicing in one another;
but you have embittered the races and divided the nations.

I commanded you to love your neighbour as yourself,
to love and forgive even your enemies;
but you have made vengeance your rule and hate your guide.

In the fullness of time I sent you my Son,
that in him you might know me,
and through him find life and peace;
but you put him to death on the cross

*My people, what wrong have I done to you?
What good have I not done for you?
Listen to me*

Through the living Christ, I called you into my Church
to be my servants to the world,
but you have grasped at privilege and forgotten my will.
I have given you a heavenly gift and a share in the Holy Spirit;
I have given you the spiritual energies of the age to come;
but you turned away
and crucified the Son of God afresh.

I have consecrated you in the truth;
I have made you to be one
in the unity of the Father and the Son,
by the power of the Spirit;
but you have divided my Church and shrouded my truth

*My people, what wrong have I done to you?
What good have I not done for you?
Listen to me*



A Quiet Moment ...

*... as you offer your own thoughts and prayers.
You may wish to focus upon our daily e-Prayer
or use the words of Psalm 22
followed by ...*

We adore you, O Christ, and we bless you:
You are worthy, O Lamb, for you were slain,
and by your blood you ransomed for God
saints from every tribe and language and nation;
you have made them to be a kingdom and priests
serving our God

We adore you, O Christ, and we bless you;
by your holy cross,
you have redeemed the world

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

A Prayer for Good Friday

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
Amen

May Christ, who bore our sins on the cross,
set us free to serve him with joy.
So, let us bless the Lord!