**Friday**

**The Preparation**

Presider O Lord, open our lips

**All And our mouth shall proclaim your praise**

Presider Pour your love into our hearts, O God

**All Through the Holy Spirit you have given to us**

**Glory to God, source of all being,**

**Eternal word and Holy Spirit:**

**As it was in the beginning, is now,**

**And shall be forever. Amen.**

**Alleluia!**

**The Opening Prayer**

Presider The night has passed and the day lies open before us;

Let us pray with one heart and mind

*Silence is kept*

As we rejoice in the gift of this new day,

So may the light of your presence O God,

Set our hearts on fire with love for you

Now and forever. Amen

**The Word of God Psalm 34**  
  
1 I will bless the Lord at all times; \*  
his praise shall ever be in my mouth.  
  
2 I will glory in the Lord; \*  
let the humble hear and rejoice.  
  
3 Proclaim with me the greatness of the Lord; \*  
let us exalt his Name together.

4 I sought the Lord, and he answered me \*  
and delivered me out of all my terror.  
  
5 Look upon him and be radiant, \*  
and let not your faces be ashamed.  
  
6 I called in my affliction and the Lord heard me \*  
and saved me from all my troubles.  
  
7 The angel of the Lord encompasses those who fear him, \*  
and he will deliver them.  
  
8 Taste and see that the Lord is good; \*  
happy are they who trust in him!

**The Responsorv**

Presider Fear not, for I have redeemed you.

I have called you by name; you are mine.

**All: Fear not, for I have redeemed you.**

**I have called you by name; you are mine.**

Presider When you pass through the waters, I will be with you.

When you walk through the darkest valley, I will be with you.

**All: Fear not, for I have redeemed you.**

**I have called you by name; you are mine.**

Presider You are precious in my sight and I love you.

Do not fear, for I am with you.

**All: Fear not, for I have redeemed you.**

**I have called you by name; you are mine.**

## **Gospel Reading**

Gospel Reader: The Lord be with you.

**All: Also with you.**

Gospel Reader: The Holy Gospel of our Lord Jesus Christ according to John.

**Glory to you, Lord Jesus Christ.**

They said to him, ‘Sir, give us this bread always.’

Jesus said to them, ‘I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty. But I said to you that you have seen me and yet do not believe. Everything that the Father gives me will come to me, and anyone who comes to me I will never drive away; for I have come down from heaven, not to do my own will, but the will of him who sent me.

Gospel Reader: The Gospel of Christ

**All: Praise to you, Lord Jesus Christ**

Gospel Canticle

Refrain: **You have looked with favour upon your lowly servant:**

**From this day, all generations will call her blessed.**

**Magnificat**

My soul proclaims the greatness of the Lord,

my spirit rejoices in God my Savior,

for he has looked with favor on his humble servant.

From this day all generations will call me blessed,

the Almighty has done great things for me,

and holy is his Name.

He has mercy on those who fear Him

in every generation.

He has shown the strength of his arm,

he has scattered the proud in their conceit.

He has cast down the mighty from their thrones,

and has lifted up the humble.

He has filled the hungry with good things,

and the rich he has sent away empty.

He has come to the help of his servant Israel

for he has remembered his promise of mercy,

the promise he made to our fathers,

to Abraham and his children for ever.

**Glory to the Father, and to the Son, and to the Holy Spirit,**

**as it was in the beginning, is now, and will be for ever.**

**Amen**

Refrain: **You have looked with favour upon your lowly servant:**

**From this day, all generations will call her blessed.**

**The Litany**

Presider Let us ask the Lord for a day of fulfilment and peace.

**All Lord, have mercy.**

Presider Let us ask the Lord to teach us to love others

As he has loved us.

**All Lord, have mercy.**

Presider Let us ask the Lord for peace and justice in the world.

**All Lord, have mercy.**

Presider Let us ask the Lord to strengthen and relieve those who are in need

**All Lord, have mercy.**

Presider (Any individual prayers…)

**All Lord, have mercy.**

Presider Let us ask the Lord to renew the Church through the power

Of his life-giving Spirit

**All Lord, have mercy.**

**The Collect**

Presider 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

Through Jesus Christ our Lord. Amen.

Presider As Our Saviour Christ taught us we are bold to say:

**All 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.**

**Closing Responses**

The Blessing

**All The Lord bless us and preserve us from all evil,**

**And keep us in eternal life. Amen.**

Presider Let us bless the Lord

**All Thanks be to God.**