

## **Midday Prayer – Friday (daily in Lent)**

*An order adapted from Celebrating Common Prayer: Society of St Francis*

*You are welcome to respond with the parts in bold type*

### **Preparation**

God is with you

**And also with you**

O God, make speed to save us.

**O Lord, make haste to help us.**

**Glory to God, Creator, Word, Spirit**

**As it was in the beginning, is now, and shall be forever. Amen .**

*A HYMN may be sung or said, the following or some other.*

Jesus, like a mother you gather your people to you;  
you are gentle with us as a mother with her children.

Despair turns to hope through your sweet goodness;  
through your gentleness we find comfort in fear.

Your warmth gives life to the dead,  
your touch makes sinners righteous.

Lord Jesus, in your mercy heal us;  
in your love and tenderness remake us.

In your compassion bring grace and forgiveness,  
for the beauty of heaven may your love prepare us

*Anselm (1109)*

### **The Word of God**

#### **Psalmody**

## Psalm 11

- 1 In the Lord have I taken refuge; \*  
how then can you say to me,  
‘Flee like a bird to the hills,
- 2 ‘For see how the wicked bend the bow  
and fit their arrows to the string, \*  
to shoot from the shadows at the true of heart.
- 3 ‘When the foundations are destroyed, \*  
what can the righteous do?’
- 4 The Lord is in his holy temple; \*  
the Lord’s throne is in heaven.
- 5 His eyes behold, \*  
his eyelids try every mortal being.
- 6 The Lord tries the righteous as well as the wicked, \*  
but those who delight in violence his soul abhors.
- 7 Upon the wicked he shall rain coals of fire  
and burning sulphur; \*  
scorching wind shall be their portion to drink.
- 8 For the Lord is righteous;  
he loves righteous deeds, \*  
and those who are upright shall behold his face.

**Glory to God, Creator, Word, Spirit**

**As it was in the beginning, is now, and shall be forever. Amen .**

### Short Reading

I find it to be a law that when I want to do what is good, evil lies close at hand. For I delight in the law of God in my inmost self, but I see in my members another law at war with the law of my mind, making me captive to the law of sin that dwells in my members. Wretched man that I am! Who will rescue me from this body of death? Thanks be to God through Jesus Christ our Lord! *Romans 7.21-25a*

### Responsory

Come, you that are blessèd of my Father,  
**Inherit the kingdom prepared for you.**

I was hungry and you gave me food,  
**I was thirsty and you gave me drink,**

I was a stranger and you welcomed me,  
**I was naked and you clothed me,**

I was sick and you took care of me,  
**I was in prison and you visited me.**

As you did it to one of the least,  
**You did it to me.**

## Prayers

*Prayers of gratitude and concern are offered*

### The Collect

O God,  
you called your holy bishop Cyril  
to preside at the altars of the earthly Jerusalem  
that he might guide your people  
towards the banquet of your heavenly city.  
Grant us so to confess your Son  
that we may abound with his life  
and share in the fulness of his paschal victory;  
who is alive and reigns with you and the Holy Spirit,  
one God, now and for ever. **Amen**

### The Disciples Prayer (from enfleshed.com)

Jesus, remember us and teach us to pray:  
Mother of us all,  
who dwells within and beyond,  
Sacred is your name.  
May your holy vision for collective flourishing  
come to fruition among us.  
May your dreams of justice, love, compassion, and connection be enfleshed on  
earth.  
Provide us today with what we need to be nourished in body, soul, and heart.  
Forgive us for the harm we cause as we seek to forgive those who have harmed us.  
Lead us away from everything that destroys and liberate us from the hands of evil.

For you are the ultimate source of hope.  
Your power-with exceeds all power-over.  
Your presence incites eternal wonder.  
All praise to you, our comfort and strength.  
Amen.

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

Let us bless our Loving God.  
**Thanks be to God.**