



## Holy Week Morning Prayer 2026

### What Kind of King? The Way of the Heron.

*St Laurence Anglican Church Daily during Holy Week | 30  
March to 3 April 2026*

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#### WELCOME

*Whatever you are carrying from the world today, you are welcome here. This is Holy Week, the week the church walks slowly toward the cross. We walk it together, guided by the patient watchfulness of the heron, one morning at a time.*

*A moment of silence to arrive.*

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#### OPENING PRAYER

The night has passed, and the day lies open before us. Let us pray with one heart and mind.

*In the shadow of this week, O God, your presence does not retreat but draws nearer. In the gift of this day, even this day, may we know you close, now and throughout all the hours ahead. Amen.*

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#### OPENING SENTENCE

*Into your hand I commit my spirit; you have redeemed me, O Lord, faithful God.*

Psalm 31:5

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#### HOLY WEEK BREADPLATE — A Prayer of Grounding

*I arise today through the grace of God, who emptied heaven to enter the world, who rode past every weapon on a donkey, who opened his hand when every power said: hold on.*

*I arise today through God's strength to pilot me, God's wisdom to guide me, God's eye to look before me, God's open hand to hold me.*

*Christ with me, Christ before me, Christ behind me, Christ in me, Christ beneath me, Christ above me.*

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### PSALM 31:1–5, 9, 15–16

In you, O Lord, I seek refuge; do not let me ever be put to shame; in your righteousness deliver me.

Incline your ear to me; rescue me speedily. Be a rock of refuge for me, a strong fortress to save me.

You are indeed my rock and my fortress; for your name's sake, lead me and guide me.

Into your hand I commit my spirit; you have redeemed me, O Lord, faithful God.

Be gracious to me, O Lord, for I am in distress; my eye wastes away from grief, my soul and body also.

My times are in your hand; deliver me from the hand of my enemies and persecutors.

Let your face shine upon your servant; save me in your steadfast love.

*Glory to God, Source of all being, eternal Word and Holy Spirit, as it was in the beginning, is now, and will be forever. Amen.*

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### THE READING

*A reading from [book and chapter].*

*The reading for the day is read.*

*Hear what the Spirit is saying to the church. All: Thanks be to God.*

*Silence*

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### REFLECTION

*A brief reflection on the reading.*

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### CANTICLE — The Hymn of Christ (Philippians 2:5–11)

Let the same mind be in you that was in Christ Jesus,

who, though he was in the form of God, did not regard equality with God as something to be exploited,

but emptied himself, taking the form of a slave, being born in human likeness.

And being found in human form, he humbled himself and became obedient to the point of death — even death on a cross.

Therefore God also highly exalted him and gave him the name that is above every name,

so that at the name of Jesus every knee should bend, in heaven and on earth and under the earth,

and every tongue should confess that Jesus Christ is Lord, to the glory of God the Father.

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## PRAYERS OF INTERCESSION

*Daily themes: Monday: Those who lead and those who follow; Tuesday: Those seeking truth in a world of noise; Wednesday: Those who have betrayed and those who have been betrayed; Thursday: Those who serve and those who receive; Friday: Those who suffer and those who watch.*

Let us pray.

We hold before you, O God, the weight of this world. The places of pain and conflict, the suffering we hear about and the suffering we do not. We name them aloud or in the silence of our hearts.

*Silence*

Presider: Faithful God, meet us there. **All: Faithful God, meet us there.**

We hold before you those on our hearts today. Those who are ill, frightened, grieving, or struggling in ways we may not fully know. We name them aloud or hold them quietly before you now.

*Silence*

Presider: Faithful God, meet them there. **All: Faithful God, meet them there.**

We hold before you our own needs this morning. What we carry into this day. What we hope for, worry about, or are not sure how to face. We offer that to you now, aloud or in silence.

*Silence*

Presider: Faithful God, meet us here. **All: Faithful God, meet us here.**

Receive these prayers, and receive us. **All: Amen.**

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## THE LORD'S PRAYER

Let us pray as Jesus taught us.

**All: Abba, God in heaven, holy is your name, may your kingdom come, may your will be done, here on earth as it is in heaven. Give us what we need for today. Forgive us as we forgive others. Save us from times of trial, and deliver us from all evil. For all authority and power and glory are yours, now and forever. Amen.**

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## CLOSING COLLECT

God of the open hand, you do not hold your life at a distance from our suffering, but enter it - fully, bodily, all the way down. Give us grace to walk this week with honesty, to stay when we would rather look away, and to trust that even here, you are making all things new. Through Jesus Christ, who emptied himself for love of the world. **Amen.**

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## CLOSING PRAYER

Keep our hands open and our hearts unhurried this day. Through Christ, who stayed. **Amen.**

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## THE DISMISSAL

*Go gently into this day. God goes with you.*

Presider: Go in peace to love and serve the Lord. **All: Thanks be to God.**

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