

Friday, March 21  
Morning Prayer  
Good Friday

Opening Sentence

If we say we have no sin, we deceive ourselves, and the truth is not in us, but if we confess our sins, God, who is faithful and just, will forgive our sins and cleanse us from all unrighteousness. *1 John 1:8, 9*

Confession

Let us confess our sins against God and our neighbor.

Most holy and merciful Father:

We confess to you and to one another,  
and to the whole communion of saints  
in heaven and on earth,  
that we have sinned by our own fault  
in thought, word, and deed;  
by what we have done, and by what we have left undone.

We have not loved you with our whole heart, and mind, and strength. We have not loved our neighbors as ourselves. We have not forgiven others, as we have been forgiven.

Have mercy on us, Lord.

We have been deaf to your call to serve, as Christ served us. We have not been true to the mind of Christ. We have grieved your Holy Spirit.

Have mercy on us, Lord.

We confess to you, Lord, all our past unfaithfulness: the pride, hypocrisy, and impatience of our lives,

We confess to you, Lord.

Our self-indulgent appetites and ways, and our exploitation of other people,

We confess to you, Lord.

Our anger at our own frustration, and our envy of those more fortunate than ourselves,

We confess to you, Lord.

Our intemperate love of worldly goods and comforts, and our dishonesty in daily life and work,

We confess to you, Lord.

Our negligence in prayer and worship, and our failure to commend the faith that is in us,

We confess to you, Lord.

Accept our repentance, Lord, for the wrongs we have done: for our blindness to human need and suffering, and our indifference to injustice and cruelty,

Accept our repentance, Lord.

For all false judgments, for uncharitable thoughts toward our neighbors, and for our prejudice and contempt toward those who differ from us,

Accept our repentance, Lord.

For our waste and pollution of your creation, and our lack of concern for those who come after us,

Accept our repentance, Lord.

Restore us, good Lord, and let your anger depart from us;

Favorably hear us, for your mercy is great.

Accomplish in us the work of your salvation,

That we may show forth your glory in the world.

By the cross and passion of your Son our Lord,

Bring us with all your saints to the joy of his resurrection.

Almighty God have mercy on us, forgive us all our sins through our Lord Jesus Christ, strengthen us in all goodness, and by the power of the Holy Spirit keep us in eternal life. Amen.

Venite Psalm 95:1-7

Come let us sing to the Lord; \*  
let us shout for joy to the Rock of our salvation.

Let us come before his presence with thanksgiving \*  
and raise a loud shout to him with psalms.

For the Lord is a great God, \*  
and a great King above all gods.

In his hand are the caverns of the earth, \*  
and the heights of the hills are his also.

The sea is his, for he made it, \*  
and his hands have molded the dry land.

Come, let us bow down, and bend the knee, \*  
and kneel before the Lord our Maker.

For he is our God,  
and we are the people of his pasture and the sheep of his hand. \*  
Oh, that today you would hearken to his voice!

Antiphon

The Lord is full of compassion and mercy: Come let us adore him.

Psalm 22 *Deus, Deus meus*

1  
My God, my God, why have you forsaken me? \*  
and are so far from my cry  
and from the words of my distress?

2  
O my God, I cry in the daytime, but you do not answer; \*  
by night as well, but I find no rest.

3  
Yet you are the Holy One, \*  
enthroned upon the praises of Israel.

4  
Our forefathers put their trust in you; \*  
they trusted, and you delivered them.

5

They cried out to you and were delivered; \*  
they trusted in you and were not put to shame.

6

But as for me, I am a worm and no man, \*  
scorned by all and despised by the people.

7

All who see me laugh me to scorn; \*  
they curl their lips and wag their heads, saying,

8

"He trusted in the LORD; let him deliver him; \*  
let him rescue him, if he delights in him."

9

Yet you are he who took me out of the womb, \*  
and kept me safe upon my mother's breast.

10

I have been entrusted to you ever since I was born; \*  
you were my God when I was still in my mother's womb.

11

Be not far from me, for trouble is near, \*  
and there is none to help.

12

Many young bulls encircle me; \*  
strong bulls of Bashan surround me.

13

They open wide their jaws at me, \*  
like a ravening and a roaring lion.

14

I am poured out like water;  
all my bones are out of joint; \*  
my heart within my breast is melting wax.

15

My mouth is dried out like a pot-sherd;  
my tongue sticks to the roof of my mouth; \*  
and you have laid me in the dust of the grave.

16

Packs of dogs close me in,  
and gangs of evildoers circle around me; \*  
they pierce my hands and my feet;  
I can count all my bones.

17

They stare and gloat over me; \*  
they divide my garments among them;  
they cast lots for my clothing.

18 Be not far away, O LORD; \*  
you are my strength; hasten to help me.

19 Save me from the sword, \*  
my life from the power of the dog.

20 Save me from the lion's mouth, \*  
my wretched body from the horns of wild bulls.

21 I will declare your Name to my brethren; \*  
in the midst of the congregation I will praise you.

22 Praise the LORD, you that fear him; \*  
stand in awe of him, O offspring of Israel;  
all you of Jacob's line, give glory.

23 For he does not despise nor abhor the poor in their poverty;  
neither does he hide his face from them; \*  
but when they cry to him he hears them.

24 My praise is of him in the great assembly; \*  
I will perform my vows in the presence of those who worship him.

25 The poor shall eat and be satisfied,  
and those who seek the LORD shall praise him: \*  
"May your heart live for ever!"

26 All the ends of the earth shall remember and turn to the LORD, \*  
and all the families of the nations bow before him.

27 For kingship belongs to the LORD; \*  
he rules over the nations.

28 To him alone all who sleep in the earth bow down in worship; \*  
all who go down to the dust fall before him.

29 My soul shall live for him;  
my descendants shall serve him; \*  
they shall be known as the LORD'S for ever.

30 They shall come and make known to a people yet unborn \*  
the saving deeds that he has done.

## Gloria Patri

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.

## Old Testament Lesson

Lamentations 3:1-9,19-33 (NRSV)

1 I am one who has seen affliction  
under the rod of God's wrath;  
2 he has driven and brought me  
into darkness without any light;  
3 against me alone he turns his hand,  
again and again, all day long.

4 He has made my flesh and my skin waste away,  
and broken my bones;  
5 he has besieged and enveloped me  
with bitterness and tribulation;  
6 he has made me sit in darkness  
like the dead of long ago.

7 He has walled me about so that I cannot escape;  
he has put heavy chains on me;  
8 though I call and cry for help,  
he shuts out my prayer;  
9 he has blocked my ways with hewn stones,  
he has made my paths crooked.

19 The thought of my affliction and my homelessness  
is wormwood and gall!  
20 My soul continually thinks of it  
and is bowed down within me.  
21 But this I call to mind,  
and therefore I have hope:

22 The steadfast love of the LORD never ceases,  
his mercies never come to an end;  
23 they are new every morning;  
great is your faithfulness.

24 "The LORD is my portion," says my soul,  
"therefore I will hope in him."

25 The LORD is good to those who wait for him,  
to the soul that seeks him.

26 It is good that one should wait quietly  
for the salvation of the LORD.

27 It is good for one to bear  
the yoke in youth,

28 to sit alone in silence  
when the Lord has imposed it,

29 to put one's mouth to the dust  
(there may yet be hope),

30 to give one's cheek to the smiter,  
and be filled with insults.

31 For the Lord will not  
reject forever.

32 Although he causes grief, he will have compassion  
according to the abundance of his steadfast love;

33 for he does not willingly afflict  
or grieve anyone.

Canticle 10 The Second Song of Isaiah  
Quaerite Dominum Isaiah 55:6-11

Seek the Lord while he wills to be found; \*  
call upon him when he draws near.

Let the wicked forsake their ways \*  
and the evil ones their thoughts;

And let them turn to the Lord, and he will have compassion, \*  
and to our God, for he will richly pardon.

For my thoughts are not your thoughts, \*  
nor your ways my ways, says the Lord.

For as the heavens are higher than the earth, \*  
so are my ways higher than your ways,  
and my thoughts than your thoughts.

For as rain and snow fall from the heavens \*  
and return not again, but water the earth,

Bringing forth life and giving growth, \*  
seed for sowing and bread for eating,

So is my word that goes forth from my mouth; \*  
it will not return to me empty;

But it will accomplish that which I have purposed, \*  
and prosper in that for which I sent it.

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.

New Testament Lesson

1 Peter 1:10-20 (NRSV)

10 Concerning this salvation, the prophets who prophesied of the grace that was to be yours made careful search and inquiry, 11 inquiring about the person or time that the Spirit of Christ within them indicated when it testified in advance to the sufferings destined for Christ and the subsequent glory. 12 It was revealed to them that they were serving not themselves but you, in regard to the things that have now been announced to you through those who brought you good news by the Holy Spirit sent from heaven—things into which angels long to look! 13 Therefore prepare your minds for action; discipline yourselves; set all your hope on the grace that Jesus Christ will bring you when he is revealed. 14 Like obedient children, do not be conformed to the desires that you formerly had in ignorance. 15 Instead, as he who called you is holy, be holy yourselves in all your conduct; 16 for it is written, "You shall be holy, for I am holy."

17 If you invoke as Father the one who judges all people impartially according to their deeds, live in reverent fear during the time of your exile. 18 You know that you were ransomed from the futile ways inherited from your ancestors, not with perishable things like silver or gold, 19 but with the precious blood of Christ, like that of a lamb without defect or blemish. 20 He was destined before the foundation of the world, but was revealed at the end of the ages for your sake.

Gospel

John 13:36-38 (NRSV)

36 Simon Peter said to him, "Lord, where are you going?" Jesus answered, "Where I am going, you cannot follow me now; but you will follow afterward." 37 Peter said to him, "Lord, why can I not follow you now? I will lay down my life for you." 38 Jesus answered, "Will you lay down your life for me?"

Very truly, I tell you, before the cock crows, you will have denied me three times.

Canticle 14 A Song of Penitence

Kyrie Pantokrator Prayer of Manasseh 1-2, 4, 6-7, 11-15

O Lord and Ruler of the hosts of heaven, \*  
God of Abraham, Isaac, and Jacob,  
and of all their righteous offspring:

You made the heavens and the earth, \*  
with all their vast array.

All things quake with fear at your presence; \*  
they tremble because of your power.

But your merciful promise is beyond all measure; \*  
it surpasses all that our minds can fathom.

O Lord, you are full of compassion, \*  
long-suffering, and abounding in mercy.

You hold back your hand; \*  
you do not punish as we deserve.

In your great goodness, Lord,  
you have promised forgiveness to sinners,\*  
that they may repent of their sin and be saved.

And now, O Lord, I bend the knee of my heart, \*  
and make my appeal, sure of your gracious goodness.

I have sinned, O Lord, I have sinned, \*  
and I know my wickedness only too well.

Therefore I make this prayer to you: \*  
Forgive me, Lord, forgive me.

Do not let me perish in my sin, \*  
nor condemn me to the depths of the earth.

For you, O Lord, are the God of those who repent, \*

and in me you will show forth your goodness.

Unworthy as I am, you will save me,  
in accordance with your great mercy, \*  
and I will praise you without ceasing all the days of my life.

For all the powers of heaven sing your praises, \*  
and yours is the glory to ages of ages. Amen.

### Apostles' Creed

I believe in God, the Father almighty,  
creator of heaven and earth.

I believe in Jesus Christ, his only son, our Lord.  
He was conceived by the power of the Holy Spirit  
and born of the Virgin Mary.  
He suffered under Pontius Pilate,  
was crucified, died, and was buried.  
He descended to the dead.  
On the third day he rose again.  
He ascended into heaven,  
and is seated at the right hand of the Father.  
He will come again to judge the living and the dead.

I believe in the Holy Spirit,  
the holy catholic Church,  
the communion of saints,  
the forgiveness of sins,  
the resurrection of the body,  
and the life everlasting. Amen.

### The Lord's Prayer

Our Father, who art in heaven,  
hallowed be thy Name,  
thy kingdom come,  
thy will be done, on earth as it is in  
heaven.

Give us this day our daily bread.  
And forgive us our trespasses,  
as we forgive those who trespass

against us.  
And lead us not into temptation,  
but deliver us from evil.

For thine is the kingdom,  
and the power, and the glory,  
for ever and ever. Amen.

Suffrages A

Show us your mercy, O Lord;

And grant us your salvation.

Clothe your ministers with righteousness;

Let your people sing with joy.

Give peace, O Lord, in all the world;

For only in you can we live in safety.

Lord, keep this nation under your care;

And guide us in the way of justice and truth.

Let your way be known upon earth;

Your saving health among all nations.

Let not the needy, O Lord, be forgotten;

Nor the hope of the poor be taken away.

Create in us clean hearts, O God;

And sustain us with your Holy Spirit.

Collect of the Day: Good Friday

Almighty God, we pray you graciously to behold this your family, for whom our Lord Jesus Christ was

willing to be betrayed, and given into the hands of sinners, and to suffer death upon the cross; who now lives and reigns with you and the Holy Spirit, one God, for ever and ever. *Amen.*

### A Collect for Fridays

Almighty God, whose most dear Son went not up to joy but first he suffered pain, and entered not into glory before he was crucified: Mercifully grant that we, walking in the way of the cross, may find it none other than the way of life and peace; through Jesus Christ your Son our Lord. Amen.

### For Mission

O God, you have made of one blood all the peoples of the earth, and sent your blessed Son to preach peace to those who are far off and to those who are near: Grant that people everywhere may seek after you and find you; bring the nations into your fold; pour out your Spirit upon all flesh, and hasten the coming of your kingdom; through Jesus Christ our Lord. Amen.

### World Cycle of Prayer

We pray for the people of Iraq.

### Iraq in the World Factbook

### Ecumenical Cycle of Prayer

We pray for our sisters and brothers, members of the Canadian Chinese Alliance Church Association.

### The Canadian Chinese Alliance Church Association

### For Our Enemies

O God, the Father of all, whose Son commanded us to love our enemies: Lead them and us from prejudice to truth; deliver them and us from hatred, cruelty, and revenge; and in your good time enable us all to stand reconciled before you; through Jesus Christ our Lord. Amen.

### For Social Justice

Grant, O God, that your holy and life-giving Spirit may so move every human heart, that barriers which divide us may crumble, suspicions disappear, and hatreds cease; that our divisions being healed, we may live in justice and peace; through Jesus Christ our Lord. Amen.

### For Young Persons

God our Father, you see your children growing up in an unsteady and confusing world: Show them that your ways give more life than the ways of the world, and that following you is better than chasing after selfish goals. Help them to take failure, not as a measure of their worth, but as a chance for a new start. Give them strength to hold their faith in you, and to keep alive their joy in your creation; through Jesus Christ our Lord. Amen.

#### A Prayer Attributed to St. Francis

Lord, make us instruments of your peace. Where there is hatred, let us sow love; where there is injury, pardon; where there is discord, union; where there is doubt, faith; where there is despair, hope; where there is darkness, light; where there is sadness, joy. Grant that we may not so much seek to be consoled as to console; to be understood as to understand; to be loved as to love.

For it is in giving that we receive; it is in pardoning that we are pardoned; and it is in dying that we are born to eternal life. Amen.

#### General Thanksgiving

Almighty God, Father of all mercies, we your unworthy servants give you humble thanks for all your goodness and loving-kindness to us and to all whom you have made. We bless you for our creation, preservation, and all the blessings of this life; but above all for your immeasurable love in the redemption of the world by our Lord Jesus Christ; for the means of grace, and for the hope of glory. And, we pray, give us such an awareness of your mercies, that with truly thankful hearts we may show forth your praise, not only with our lips, but in our lives, by giving up our selves to your service, and by walking before you in holiness and righteousness all our days; through Jesus Christ our Lord, to whom, with you and the Holy Spirit, be honor and glory throughout all ages. Amen.

#### A Prayer of St. Chrysostom

Almighty God, you have given us grace at this time with one accord to make our common supplication to you; and you have promised through your well-beloved Son that when two or three are gathered together in his Name you will be in the midst of them: Fulfill now, O Lord, our desires and petitions as may be best for us; granting us in this world knowledge of your truth, and in the age to come life everlasting. Amen.

#### Benediction

Let us bless the Lord.

Thanks be to God.

Glory to God whose power, working in us, can do infinitely more than we can ask or imagine: Glory to him from generation to generation in the Church, and in Christ Jesus for ever and ever. Amen. *Ephesians 3:20,21*