

Prayer and Fasting Day: Good Friday 2021

9am: Opening Prayers (*on zoom if you join us*)

O God, make speed to save us.

O Lord, make haste to help us.

My trust is in you, O Lord.

I have said, 'You are my God.'

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

Isaiah 53: 4-6

Surely he has borne our infirmities
and carried our diseases;
yet we accounted him stricken,
struck down by God, and afflicted.
⁵ But he was wounded for our transgressions,
crushed for our iniquities;
upon him was the punishment that made us whole,
and by his bruises we are healed.
⁶ All we like sheep have gone astray;
we have all turned to our own way,
and the LORD has laid on him
the iniquity of us all.

Confession

Looking to the cross and the sacrificial love of Christ, we confess our sins.

Wash me thoroughly from my wickedness
and cleanse me from my sin.

Lord, have mercy.

Lord, have mercy.

Make me a clean heart, O God,
and renew a right spirit within me.
Christ, have mercy.

Christ, have mercy.

Cast me not away from your presence
and take not your holy spirit from me.

Lord, have mercy.

Lord, have mercy.

May the Father forgive us
by the death of his Son
and strengthen us
to live in the power of the Spirit
all our days. **Amen**

Romans 5: 8

God proves his love for us in that while we were still sinners Christ died for us.

Silence

We adore you, O Christ, and we bless you;
by your holy cross, you have redeemed the world.
God chose what is weak in the world to shame the strong.
We adore you, O Christ, and we bless you.
We preach Christ crucified,
the power of God and the wisdom of God.
by your holy cross, you have redeemed the world.
God forbid that I should glory,
save in the cross of our Lord Jesus Christ.
We adore you, O Christ, and we bless you;
by your holy cross, you have redeemed the world.

Silent Prayer

Closing Prayer

Almighty and everlasting God,
who in your tender love towards the human race
sent your Son our Saviour Jesus Christ
to take upon him our flesh
and to suffer death upon the cross:
grant that we may follow the example of his patience and humility,
and also be made partakers of his resurrection;
through Jesus Christ our Lord.
Amen

May Christ, who bore our sins on the cross,
Set us free to serve him with joy.

Amen

Some suggestions for prayer during the day

- Read through the passion gospel, using your imagination to enter into the story: John 18:1 – end of 19. (*This will also be read at the service at 2pm*)
- Read through Malcolm Guite's Stations of the Cross poems which you can find here: <https://malcolmguite.wordpress.com/2012/04/04/good-friday-the-stations-of-the-cross/>
There are also drawings to go with the poems. Use the poems and drawings as a prompt for prayer and reflection.
- Spend time in silence before a cross, bringing before God your sins and failures and your need of his grace, rejoicing in the depths of his love in Christ.
- Bring before the cross the sufferings and sins of the world.

2pm: Join in the Liturgy of the Cross service in church or online

5pm: Closing Prayers

Brief sharing together

O God, make speed to save us.
O Lord, make haste to help us.

My trust is in you, O Lord.
I have said, 'You are my God.'

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

Holy God,
Holy and strong,
Holy and immortal,
have mercy on us.

We glory in your cross, O Lord,
and praise and glorify your holy resurrection:
for by virtue of the cross
joy has come to the whole world.

1 Peter 2: 24-25

Christ himself bore our sins in his body on the cross, so that, free from sins, we might live for righteousness; by his wounds you have been healed. For you were going astray like sheep, but now you have returned to the shepherd and guardian of your souls.

Galatians 2: 19b-20a

I have been crucified with Christ; and it is no longer I who live, but it is Christ who lives in me.

Silence

Closing Prayer

Almighty and everlasting God,
who in your tender love towards the human race
sent your Son our Saviour Jesus Christ
to take upon him our flesh
and to suffer death upon the cross:
grant that we may follow the example of his patience and humility,
and also be made partakers of his resurrection;
through Jesus Christ our Lord.

Amen

May Christ, who bore our sins on the cross,
Set us free to serve him with joy. **Amen**