



ST PAUL'S ANGLICAN CHURCH  
CANTERBURY

Holy Week

Daily Prayer

&

Psalms and Readings

## Daily Prayer

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.'**

*Psalm 31.14*

## Praise

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 upon 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.

## Psalm

## Reading

## Response

*Silence*

Blessed are those who are persecuted for righteousness' sake,

**for theirs is the kingdom of heaven.**

*Matthew 5.10*

## Prayer

*Prayers are offered for the day ahead followed by*

◇ *Those preparing for baptism and confirmation*

◇ *The persecuted Church*

◇ *The oppressed peoples of the world*

◇ *All who are lonely*

◇ *All who are near to death*

◇ *All who are facing loss*

*Prayer of the Week*

Christ our God,

your love is poured out in death for our sakes.

Hold us in your embrace

as we wait for Easter's dawn.

Comfort us with the promise that no power on earth, not even death itself,

can separate us from your love;

and strengthen us to wait

until you are revealed to us

in all your risen glory. Amen.

*Closing Prayer*

Soul of Christ, sanctify me,

body of Christ, save me,

blood of Christ, inebriate me,

water from the side of Christ, wash me.

Passion of Christ, strengthen me.

O good Jesus, hear me:

hide me within your wounds

and never let me be separated from you.

From the wicked enemy defend me,

in the hour of my death, call me

and bid me come to you,

so that with your saints I may praise you

for ever and ever. **Amen.**

*Anima Christi (14th century)*

*The Lord's Prayer*

**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.**

**Save us from the time of trial  
and deliver us from evil.**

**For the kingdom, the power and the glory are yours,  
now and forever. Amen.**

**The Conclusion**

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

## **Monday**

*Psalm 36.5-11*

- 5 Your unfailing kindness, O Lord, is in the heavens:  
and your faithfulness reaches to the clouds.
- 6 Your righteousness is like the strong mountains:  
and your justice as the great deep;  
you, O Lord, save both man and beast.
- 7 How precious, O God, is your enduring kindness:  
the children of Adam shall take refuge  
under the shadow of your wings.
- 8 They shall be satisfied with the good things of your house:  
and you will give them drink from the river of your delights.
- 9 For with you is the well of life:  
and in your light shall we see light.
- 10 O continue your merciful kindness toward these who know you:  
and your righteous dealing to those that are true of heart.
- 11 Let not the foot of the proud come against me:  
nor the hand of the ungodly drive me away.

### *Reading*

Six days before the Passover Jesus came to Bethany, the home of Lazarus, whom he had raised from the dead. There they gave a dinner for him. Martha served, and Lazarus was one of those at the table with him. Mary took a pound of costly perfume made of pure nard, anointed Jesus' feet, and wiped them with her hair. The house was filled with the fragrance of the perfume. But Judas Iscariot, one of his disciples (the one who was about to betray him), said, 'Why was this perfume not sold for three hundred denarii and the money given to the poor?' (He said this not because he cared about the poor, but because he was a thief; he kept the common purse and used to steal what was put into it.) Jesus said, 'Leave her alone. She bought it so that she might keep it for the day of my burial. You always have the poor with you, but you do not always have me.'

When the great crowd of the Jews learned that he was there, they came not only because of Jesus but also to see Lazarus, whom he had raised from the dead. So the chief priests planned to put Lazarus to death as well, since it was on account of him that many of the Jews were deserting and were believing in Jesus.

## Tuesday

### *Psalm 71.1-14*

- 1 To you, Lord, have I come for shelter:  
let me never be put to shame.
- 2 In your righteousness rescue and deliver me:  
incline your ear to me and save me.
- 3 Be for me a rock of refuge, a fortress to defend me:  
for you are my high rock, and my stronghold.
- 4 Rescue me, O my God, from the hand of the wicked:  
from the grasp of the pitiless and unjust.
- 5 For you, Lord, are my hope:  
you are my confidence, O God, from my youth upward.
- 6 On you have I leaned since my birth:  
you are he that brought me out of my mother's womb,  
and my praise is of you continually.
- 7 I have become as a fearful warning to many:  
but you are my strength and my refuge.
- 8 My mouth shall be filled with your praises:  
I shall sing of your glory all the day long.
- 9 Cast me not away in the time of old age:  
nor forsake me when my strength fails.
- 10 For my enemies speak against me:  
and those that watch for my life conspire together, saying,
- 11 'God has forsaken him:  
pursue him, take him, for there is none to save him.'
- 12 Be not far from me, O God:  
my God, make haste to help me.
- 13 Let my adversaries be confounded and put to shame:  
let those who seek my hurt  
be covered with scorn and disgrace.
- 14 As for me, I will wait in hope continually:  
and I will praise you more and more.

### *Reading*

Now among those who went up to worship at the festival were some Greeks. They came to Philip, who was from Bethsaida in Galilee, and said to him, 'Sir, we wish to see Jesus.' Philip went and told Andrew; then Andrew and Philip went and told Jesus. Jesus answered them, 'The hour has come

for the Son of Man to be glorified. Very truly, I tell you, unless a grain of wheat falls into the earth and dies, it remains just a single grain; but if it dies, it bears much fruit. Those who love their life lose it, and those who hate their life in this world will keep it for eternal life. Whoever serves me must follow me, and where I am, there will my servant be also. Whoever serves me, the Father will honour.

‘Now my soul is troubled. And what should I say—“Father, save me from this hour”? No, it is for this reason that I have come to this hour. Father, glorify your name.’ Then a voice came from heaven, ‘I have glorified it, and I will glorify it again.’ The crowd standing there heard it and said that it was thunder. Others said, ‘An angel has spoken to him.’ Jesus answered, ‘This voice has come for your sake, not for mine. Now is the judgement of this world; now the ruler of this world will be driven out. And I, when I am lifted up from the earth, will draw all people to myself.’ He said this to indicate the kind of death he was to die. The crowd answered him, ‘We have heard from the law that the Messiah remains for ever. How can you say that the Son of Man must be lifted up? Who is this Son of Man?’ Jesus said to them, ‘The light is with you for a little longer. Walk while you have the light, so that the darkness may not overtake you. If you walk in the darkness, you do not know where you are going. While you have the light, believe in the light, so that you may become children of light.’

After Jesus had said this, he departed and hid from them.

*John 12.20-36*

## **Wednesday**

### *Psalms 70*

- 1 O Lord my God, I call for help by day:  
and by night also I cry out before you.
- 2 Let my prayer come into your presence:  
and turn your ear to my loud crying.
- 3 For my soul is filled with trouble:  
and my life has come even to the brink of the grave.
- 4 I am reckoned among those that go down to the Pit:  
I am as one that has no help.
- 5 I lie among the dead,  
like the slain that sleep in the grave:  
whom you remember no more, who are cut off from your power.
- 6 You have laid me in the lowest Pit:  
in darkness and in the watery depths.

- 7 Your wrath lies heavy upon me:  
and all your waves are brought against me.
- 8 You have put my friends far from me:  
and made me to be abhorred by them.
- 9 I am so fast in prison I cannot get free:  
my eyes fail because of my affliction.
- 10 Lord, I call to you every day:  
I stretch out my hands toward you.
- 11 Will you work wonders for the dead:  
or will the shades rise up again to praise you?
- 12 Shall your love be declared in the grave:  
or your faithfulness in the place of destruction?
- 13 Will your wonders be made known in the dark:  
or your righteousness in the land where all things are forgotten?
- 14 But to you, Lord, will I cry:  
early in the morning my prayer shall come before you.
- 15 O Lord, why have you rejected me:  
why do you hide your face from me?
- 16 I have been afflicted and wearied from my youth upward:  
I am tossed high and low, I cease to be.
- 17 Your fierce anger has overwhelmed me:  
and your terrors have put me to silence.
- 18 They surround me like a flood all the day long:  
they close upon me from every side.
- 19 Friend and acquaintance you have put far from me:  
and kept my companions from my sight.

### *Reading*

After saying this Jesus was troubled in spirit, and declared, 'Very truly, I tell you, one of you will betray me.' The disciples looked at one another, uncertain of whom he was speaking. One of his disciples—the one whom Jesus loved—was reclining next to him; Simon Peter therefore motioned to him to ask Jesus of whom he was speaking. So while reclining next to Jesus, he asked him, 'Lord, who is it?' Jesus answered, 'It is the one to whom I give this piece of bread when I have dipped it in the dish.' So when he had dipped the piece of bread, he gave it to Judas son of Simon Iscariot. After he received the piece of bread, Satan entered into him. Jesus said to him, 'Do quickly what you are going to do.' Now no one at the table knew why



he said this to him. Some thought that, because Judas had the common purse, Jesus was telling him, 'Buy what we need for the festival'; or, that he should give something to the poor. So, after receiving the piece of bread, he immediately went out. And it was night.

When he had gone out, Jesus said, 'Now the Son of Man has been glorified, and God has been glorified in him. If God has been glorified in him, God will also glorify him in himself and will glorify him at once.'

*John 13.21-32*

## **Thursday**

### *Psalm 23*

- 1 The Lord is my shepherd:  
therefore can I lack nothing.
- 2 He will make me lie down in green pastures:  
and lead me beside still waters.
- 3 He will refresh my soul:  
and guide me in right pathways for his name's sake.
- 4 Though I walk through the valley of the shadow of death,  
I will fear no evil:  
for you are with me, your rod and your staff comfort me.
- 5 You spread a table before me  
in the face of those who trouble me:  
you have anointed my head with oil,  
and my cup shall be full.
- 6 Surely your goodness and loving-kindness  
will follow me all the days of my life:  
and I shall dwell in the house of the Lord for ever.

### *Reading*

He 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.

*1 Peter 2.24,25*

## Friday

### *Psalm 69.1-13*

- 1 Save me, O God:  
for the waters have come up even to my throat.
- 2 I sink in the deep mire where no footing is:  
I have come into deep waters  
and the flood sweeps over me.
- 3 I am weary with crying out, my throat is parched:  
my eyes fail with watching so long for my God.
- 4 Those that hate me without cause  
are more in number than the hairs of my head:  
those that would destroy me are many,  
they oppose me wrongfully—  
for I must restore things that I never took.
- 5 O God, you know my foolishness:  
and my sins are not hidden from you.
- 6 Let not those who wait for you  
be shamed because of me, O Lord God of hosts:  
let not those who seek you  
be disgraced on my account, O God of Israel.
- 7 For your sake have I suffered reproach:  
and shame has covered my face.
- 8 I have become a stranger to my family:  
an alien to my own mother's children.
- 9 Zeal for your house has eaten me up:  
and the taunts of those who taunt you have fallen on me.
- 10 I afflicted myself with fasting:  
and that was turned to my reproach.
- 11 I made sackcloth my clothing:  
and I became a byword to them.
- 12 Those who sit in the gate talk of me:  
and the drunkards make songs about me.
- 13 But to you, Lord, I make my prayer:  
at an acceptable time.

### *Reading*

For while we were still weak, at the right time Christ died for the ungodly. Indeed, rarely will anyone die for a righteous person—though perhaps for a good person someone might actually dare to die. But God proves his love for us in that while we still were sinners Christ died for us.

*Romans 5.6-8*

## **Saturday**

### *Psalm 130*

- 1 Out of the depths have I called to you, O Lord:  
Lord, hear my voice;
- 2 O let your ears consider well:  
the voice of my supplication.
- 3 If you, Lord, should note what we do wrong:  
who then, O Lord, could stand?
- 4 But there is forgiveness with you:  
so that you shall be feared.
- 5 I wait for the Lord, my soul waits for him:  
and in his word is my hope.
- 6 My soul looks for the Lord:  
more than watchmen for the morning,  
more, I say, than watchmen for the morning.
- 7 O Israel, trust in the Lord, for with the Lord there is mercy:  
and with him is ample redemption.
- 8 He will redeem Israel:  
from the multitude of their sins.

### *Reading*

Jesus answered them, ‘The hour has come for the Son of Man to be glorified. Very truly, I tell you, unless a grain of wheat falls into the earth and dies, it remains just a single grain; but if it dies, it bears much fruit. Those who love their life lose it, and those who hate their life in this world will keep it for eternal life. Whoever serves me must follow me, and where I am, there will my servant be also. Whoever serves me, the Father will honour.

*John 12.23-26*

