

¶ *Morning Prayer - Passiontide* ↑

Preparation

O Lord, open our lips

All and our mouth shall proclaim your praise.

Let your ways be known upon earth,

All your saving power among the nations.

One or more of the following is said or sung:

this or another prayer of thanksgiving

Blessed are you, Lord God of our salvation,
to you be praise and glory for ever.

As a man of sorrows and acquainted with grief
your only Son was lifted up

that he might draw the whole world to himself.

May we walk this day in the way of the cross
and always be ready to share its weight,
declaring your love for all the world.

Blessed be God, Father, Son and Holy Spirit.

All Blessed be God for ever.

a suitable hymn, or A Song of Lamentation

Is it nothing to you, all you who pass by? ♦ Look and see if there is any sorrow like my
sorrow,

Which was brought upon me, ♦ which the Lord inflicted on the day of his fierce anger.

For these things I weep; my eyes flow with tears; ♦ for a comforter is far from me,
one to revive my courage.

Remember my affliction and my bitterness, ♦ the wormwood and the gall!

But this I call to mind, ♦ and therefore I have hope:

The steadfast love of the Lord never ceases, ♦ his mercies never come to an end;

They are new every morning; ♦ great is your faithfulness.

'The Lord is my portion,' says my soul, ♦ 'therefore I will hope in him.'

The Lord is good to those who wait for him, ♦ to the soul that seeks him.
It is good that we should wait quietly ♦ for the salvation of the Lord.
For the Lord will not reject for ever; ♦ though he causes grief, he will have compassion,
According to the abundance of his steadfast love; ♦ for he does not willingly afflict or grieve
anyone.

Lamentations 1.12,16a,b; 3.19,21-26,31-33

**All Glory to the Father and to the Son
and to the Holy Spirit;
as it was in the beginning is now
and shall be for ever. Amen.**

This opening prayer may be said

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

Silence is kept.

As we rejoice in the gift of this new day,
so may the light of your presence, O God,
set our hearts on fire with love for you;
now and for ever.

All Amen.

The Word of God

Psalmody

The appointed psalmody is said.

Each psalm or group of psalms may end with

**All Glory to the Father and to the Son
and to the Holy Spirit;
as it was in the beginning is now
and shall be for ever. Amen.**

If there are two Scripture readings, the first may be read here, or both may be read after the canticle.

Canticle

A Song of the Lord's Gracious Deeds, or another suitable canticle, for example, number 23 ([here](#)), number 42 ([here](#)) or number 43 ([here](#)), may be said

Refrain:

**All Many waters cannot quench love;
neither can the floods drown it.**

- 1 Set me as a seal upon your heart, ◆
as a seal upon your arm;
- 2 For love is strong as death, passion fierce as the grave; ◆
its flashes are flashes of fire, a raging flame.
- 3 Many waters cannot quench love, ◆
neither can the floods drown it.
- 4 If all the wealth of our house were offered for love, ◆
it would be utterly scorned.

cf Song of Solomon 8.6,7

**All Glory to the Father and to the Son
and to the Holy Spirit;
as it was in the beginning is now
and shall be for ever. Amen.**

**All Many waters cannot quench love;
neither can the floods drown it.**

****OR****

Refrain:

**All My prayer came to you in your holy temple,
and you brought up my life from the depths.**

- 1 I called to you, O God, out of my distress
and you answered me; ♦
out of the belly of Sheol I cried,
and you heard my voice.
- 2 You cast me into the deep,
into the heart of the seas, ♦
and the flood surrounded me,
all your waves and billows passed over me.
- 3 Then I said, I am driven away from your sight; ♦
how shall I ever look again upon your holy temple?
- 4 The waters closed in over me,
the deep was round about me; ♦
weeds were wrapped around my head
at the roots of the mountains.
- 5 I went down to the land whose bars closed upon me for ever, ♦
yet you brought up my life from the depths, O God.
- 6 As my life was ebbing away, I remembered you, O God, ♦
and my prayer came to you, into your holy temple.
- 7 With the voice of thanksgiving, I will sacrifice to you; ♦
what I have vowed I will pay;
deliverance belongs to the Lord!

Jonah 2.2-7,9

**All Glory to the Father and to the Son
and to the Holy Spirit;
as it was in the beginning is now
and shall be for ever. Amen.**

**All My prayer came to you in your holy temple,
and you brought up my life from the depths.**

Scripture Reading

One or more readings appointed for the day are read.

The reading(s) may be followed by a time of silence.

A suitable song or chant, or a responsory in this or another form, may follow

We adore you, O Christ, and we bless you;

All by your holy cross, you have redeemed the world.

God chose what is weak in the world to shame the strong.

All We adore you, O Christ, and we bless you.

We preach Christ crucified,

the power of God and the wisdom of God.

All By your holy cross, you have redeemed the world.

God forbid that I should glory,

save in the cross of our Lord Jesus Christ.

All We adore you, O Christ, and we bless you;

by your holy cross, you have redeemed the world.

cf 1 Corinthians 1 and Galatians 6

Gospel Canticle

The Benedictus (The Song of Zechariah) is normally said,

or Saviour of the World ([here](#)) may be said

Refrain:

All The word of the cross is folly

to those who are perishing,

but to those who are being saved

it is the power of God.

- 1 Blessed be the Lord the God of Israel, ◆
who has come to his people and set them free.
- 2 He has raised up for us a mighty Saviour, ◆

born of the house of his servant David.

- 3 Through his holy prophets God promised of old ♦
to save us from our enemies,
from the hands of all that hate us,
- 4 To show mercy to our ancestors, ♦
and to remember his holy covenant.
- 5 This was the oath God swore to our father Abraham: ♦
to set us free from the hands of our enemies,
- 6 Free to worship him without fear, ♦
holy and righteous in his sight
all the days of our life.
- 7 And you, child, shall be called the prophet of the Most High, ♦
for you will go before the Lord to prepare his way,
- 8 To give his people knowledge of salvation ♦
by the forgiveness of all their sins.
- 9 In the tender compassion of our God ♦
the dawn from on high shall break upon us,
- 10 To shine on those who dwell in darkness and the shadow of death, ♦
and to guide our feet into the way of peace.

Luke 1.68-79

**All Glory to the Father and to the Son
and to the Holy Spirit;
as it was in the beginning is now
and shall be for ever. Amen.**

**All The word of the cross is folly
to those who are perishing,
but to those who are being saved
it is the power of God.**

Prayers

Intercessions are offered

¶ *for the day and its tasks*

¶ *for the world and its needs*

¶ *for the Church and her life*

With faith and love and in union with Christ,
let us offer our prayer before the throne of grace.

Have mercy on your people,
for whom your Son laid down his life:

Lord, hear us.

Lord, graciously hear us.

Bring healing and wholeness to people and nations,
and have pity on those torn apart by division:

Lord, hear us.

Lord, graciously hear us.

Strengthen all who are persecuted for your name's sake,
and deliver them from evil:

Lord, hear us.

Lord, graciously hear us.

Look in mercy upon all who suffer,
and hear those who cry out in pain and desolation:

Lord, hear us.

Lord, graciously hear us.

Bring comfort to the dying,
and gladden their hearts with the vision of your glory:

Lord, hear us.

Lord, graciously hear us.

Give rest to the departed
and bring them, with your saints, to glory everlasting:
Lord, hear us.

Lord, graciously hear us.

Let us commend the world, for which Christ died,
to the mercy and protection of God.

Silence may be kept. The Collect of the day ([here](#)) is said.

The Lord's Prayer is said ([here](#))

Standing at the foot of the cross,
as our Saviour taught us, so we pray

**All 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.
Lead us not into temptation but deliver us from evil.
For the kingdom, the power, and the glory are yours
now and for ever.
Amen.**

The Conclusion

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

All Amen.

Let us bless the Lord.

All Thanks be to God.

Monday March 30, 2026

Psalm 51

Miserere mei, Deus

1 Have mercy on me, O God, according to your loving-kindness; *
in your great compassion blot out my offenses.

2 Wash me through and through from my wickedness *
and cleanse me from my sin.

3 For I know my transgressions, *
and my sin is ever before me.

4 Against you only have I sinned *
and done what is evil in your sight.
And so you are justified when you speak *
and upright in your judgement.

5 Indeed, I have been wicked from my birth, *
a sinner from my mother's womb.

6 For behold, you look for truth deep within me, *
and will make me understand wisdom secretly.

7 Purge me from my sin, and I shall be pure; *
wash me, and I shall be clean indeed.

8 Make me hear of joy and gladness, *
that the body you have broken may rejoice.

9 Hide your face from my sins *
and blot out all my iniquities.

10 Create in me a clean heart, O God, *
and renew a right spirit within me.

11 Cast me not away from your presence *
and take not your holy Spirit from me.

12 Give me the joy of your saving help again *
and sustain me with your bountiful Spirit.

13 I shall teach your ways to the wicked, *
and sinners shall return to you.

14 Deliver me from death, O God, *
and my tongue shall sing of your righteousness,
O God of my salvation.

15 Open my lips, O Lord, *
and my mouth shall proclaim your praise.

16 Had you desired it, I would have offered sacrifice, *
but you take no delight in burnt-offerings.

17 The sacrifice of God is a troubled spirit; *
a broken and contrite heart, O God, you will not despise.

18 Be favourable and gracious to Zion, *
and rebuild the walls of Jerusalem.

19 Then you will be pleased with the appointed sacrifices,
with burnt-offerings and oblations; *
then shall they offer young bullocks upon your altar.

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

Lamentations 1:1-2, 6-12

A reading from the book of Lamentations.

How lonely sits the city that once was full of people! How like a widow she has become, she that was great among the nations! She that was a princess among the provinces has become subject to forced labor. She weeps bitterly in the night, with tears on her cheeks; among all her lovers, she has no one to comfort her; all her friends have dealt treacherously with her; they have become her enemies.

From daughter Zion has departed all her majesty. Her princes have become like stags that find no pasture; they fled without strength before the pursuer.

Jerusalem remembers all the precious things that were hers in days of old. When her people fell into the hand of the enemy and there was no one to help her, the enemy looked on; they mocked over her downfall.

Jerusalem sinned grievously, so she has become a filthy thing; all who honored her despise her, for they have seen her nakedness; she herself groans and turns her face away. Her uncleanness was in her skirts; she took no thought of her future; her downfall was appalling, with none to comfort her. Look, O Lord, at my affliction, for the enemy has triumphed!

Enemies have stretched out their hands over all her precious things; she has even seen the nations invade her sanctuary, those whom you forbade to enter your congregation. All her people groan as they search for bread; they trade their treasures for food to revive their lives. Look, O Lord, and see how worthless I have become.

Is it nothing to you, all you who pass by? Look and see if there is any sorrow like my sorrow, which was brought upon me, which the Lord inflicted on the day of his fierce anger.

The word of the Lord.

Thanks be to God.

Tuesday March 31, 2026

Psalm 6

Domine, ne in furore

1 Lord, do not rebuke me in your anger; *
do not punish me in your wrath.

2 Have pity on me, Lord, for I am weak; *
heal me, Lord, for my bones are racked.

3 My spirit shakes with terror; *
how long, O Lord, how long?

4 Turn, O Lord, and deliver me; *
save me for your mercy's sake.

5 For in death no one remembers you; *
and who will give you thanks in the grave?

6 I grow weary because of my groaning; *
every night I drench my bed and flood my couch with tears.

7 My eyes are wasted with grief *
and worn away because of all my enemies.

8 Depart from me, all evildoers, *
for the Lord has heard the sound of my weeping.'

9 The Lord has heard my supplication *
and accepts my prayer.

10 All my enemies shall be confounded and quake with fear; *
they shall turn back and suddenly be put to shame.

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

Psalm 12

Salvum me fac

1 Help me, Lord, for there is no godly one left; *
the faithful have vanished from among us.

2 All speak falsely with their neighbours; *
with a smooth tongue they speak from a double heart.

3 Oh, that the Lord would cut off all smooth tongues, *
and close the lips that utter proud boasts!

4 Those who say, "With our tongue will we prevail; *
our lips are our own; who is lord over us?"

5 "Because the needy are oppressed,
and the poor cry out in misery, *
I will rise up," says the Lord,
"and give them the help they long for."

6 The words of the Lord are pure words, *
like silver refined from ore
and purified seven times in the fire.

7 O Lord, watch over us *
and save us from this generation for ever.

8 The wicked prowl on every side, *
and that which is worthless is highly prized by everyone.

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

Lamentations 1:17-22

A reading from the book of Lamentations.

Zion stretches out her hands, but there is no one to comfort her; the Lord has commanded against Jacob that his neighbors should become his foes; Jerusalem has become a filthy thing among them.

The Lord is in the right, for I have rebelled against his word; but hear, all you peoples, and behold my suffering; my young women and young men have gone into captivity.

I called to my lovers, but they deceived me; my priests and elders perished in the city while seeking food to revive their lives.

Look, O Lord, at how distressed I am; my stomach churns; my heart is wrung within me because I have been very rebellious. In the street the sword bereaves; in the house it is like death.

They heard how I was groaning, with no one to comfort me. All my enemies heard of my trouble; they are glad that you have done it. Bring on the day that you have announced, and let them be as I am.

Let all their evildoing come before you, and deal with them as you have dealt with me because of all my transgressions; for my groans are many, and my heart is faint.

The word of the Lord.

Thanks be to God.

Thursday April 2, 2026

Psalm 102

Domine, exaudi

1 Lord, hear my prayer, and let my cry come before you; *
hide not your face from me in the day of my trouble.

2 Incline your ear to me; *
when I call, make haste to answer me,

3 For my days drift away like smoke, *
and my bones are hot as burning coals.

4 My heart is smitten like grass and withered, *
so that I forget to eat my bread.

5 Because of the voice of my groaning *
I am but skin and bones.

6 I have become like a vulture in the wilderness, *
like an owl among the ruins.

7 I lie awake and groan; *
I am like a sparrow, lonely on a house-top.

8 My enemies revile me all day long, *
and those who scoff at me have taken an oath against me.

9 For I have eaten ashes for bread *
and mingled my drink with weeping.

10 Because of your indignation and wrath *
you have lifted me up and thrown me away.

11 My days pass away like a shadow, *
and I wither like the grass.

12 But you, O Lord, endure for ever, *
and your name from age to age.

13 You will arise and have compassion on Zion,
for it is time to have mercy upon her; *
indeed, the appointed time has come.

14 For your servants love her very rubble, *
and are moved to pity even for her dust.

15 The nations shall fear your name, O Lord, *
and all the rulers of the earth your glory.

16 For you, O Lord, will build up Zion, *
and your glory will appear.

17 You will look with favour on the prayer of the homeless; *
you will not despise their plea.

18 Let this be written for a future generation, *
so that a people yet unborn may praise the Lord.

19 For you, O Lord, looked down from your holy place on high; *
from the heavens you beheld the earth;

20 that you might hear the groan of the captive *
and set free those condemned to die;

21 so that they may declare in Zion the name of the Lord, *
and your praise in Jerusalem;

22 when the peoples are gathered together, *
and the nations also, to serve the Lord.

23 You have brought down my strength before my time; *
you have shortened the number of my days;

24 And I said, "O my God, do not take me away in the midst of my days; *
your years endure throughout all generations.

25 In the beginning, O Lord, you laid the foundations of the earth, *
and the heavens are the work of your hands;

26 They shall perish, but you will endure;
they all shall wear out like a garment; *
as clothing you will change them,
and they shall be changed;

27 But you are always the same, *
and your years will never end.

28 The children of your servants shall continue, *
and their offspring shall stand fast in your sight".

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

Lamentations 2:10-18

A reading from the book of Lamentations.

The elders of daughter Zion sit on the ground in silence; they have thrown dust on their heads; they put on sackcloth; the young women of Jerusalem have bowed their heads to the ground. My eyes are spent with weeping; my stomach churns; my bile is poured out on the ground because of the destruction of my people, because infants and babes faint in the streets of the city. They cry to their mothers, "Where is bread and wine?" as they faint like the wounded in the streets of the city, as their life is poured out on their mothers' bosoms.

What can I say for you, to what compare you, O daughter Jerusalem? To what can I liken you, that I may comfort you, O virgin daughter Zion? For vast as the sea is your ruin; who can heal you?

Your prophets have seen for you false and deceptive visions; they have not exposed your iniquity to restore your fortunes but have seen oracles for you that are false and misleading.

All who pass along the way clap their hands at you; they hiss and wag their heads at daughter Jerusalem: "Is this the city that was called the perfection of beauty, the joy of all the earth?"

All your enemies open their mouths against you; they hiss, they gnash their teeth, they cry: "We have devoured her! Ah, this is the day we longed for; at last we have seen it!"

The Lord has done what he purposed; he has carried out his threat; as he ordained long ago, he has demolished without pity; he has made the enemy rejoice over you and exalted the might of your foes.

Cry aloud to the Lord! O wall of daughter Zion! Let tears stream down like a torrent day and night! Give yourself no rest, your eyes no respite!

The word of the Lord.

Thanks be to God.

Saturday April 4, 2026

Psalm 95

Venite, exultemus

1 Come, let us sing to the Lord; *
let us shout for joy to the rock of our salvation.

2 Let us come before the presence of the Lord with thanksgiving *
and raise a loud shout to God with psalms.

3 For you, O Lord, are a great God, *
and a great sovereign above all gods.

4 In your hand are the caverns of the earth, *
and the heights of the hills are yours also.

5 The sea is yours, for you made it, *
and your hands have moulded the dry land.

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

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

8 “Harden not your hearts, as your forebears did in the wilderness, *
at Meribah, and on that day at Massah, when they tempted me.

9 They put me to the test, *
though they had seen my works.

10 Forty years long I detested that generation and said, *
‘This people are wayward in their hearts;
they do not know my ways.’

11 So I swore in my wrath, *
‘They shall not enter into my rest.’”

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

Psalm 88

Domine, Deus

1 O Lord, my God, my Saviour, *
by day and night I cry to you.

2 Let my prayer enter into your presence; *
incline your ear to my lamentation.

3 For I am full of trouble; *
my life is at the brink of the grave.

4 I am counted among those who go down to the Pit; *
I have become like one who has no strength;

5 lost among the dead, like the slain who lie in the grave, *
whom you remember no more, for they are cut off from your hand.

6 You have laid me in the depths of the Pit, *
in dark places, and in the abyss.

7 Your anger weighs upon me heavily, *
and all your great waves overwhelm me.

8 You have put my friends far from me;
you have made me to be abhorred by them; *
I am in prison and cannot get free.

9 My sight has failed me because of trouble; *
Lord, I have called upon you daily;
I have stretched out my hands to you.

10 Do you work wonders for the dead? *
Will those who have died stand up and give you thanks?

11 Will your loving-kindness be declared in the grave *
or your faithfulness in the land of destruction?

12 Will your wonders be known in the dark? *
or your righteousness in the country where all is forgotten?

13 But as for me, O Lord, I cry to you for help; *
in the morning my prayer comes before you.

14 Lord, why have you rejected me? *
Why have you hidden your face from me?

15 Ever since my youth, I have been wretched and at the point of death; *
I have borne your terrors with a troubled mind.

16 Your blazing anger has swept over me; *
your terrors have destroyed me;

17 They surround me all day long like a flood; *
they encompass me on every side.

18 My friend and my neighbour you have put away from me, *
and darkness is my only companion.

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

Lamentations 3:37-58

A reading from the book of Lamentations.

Who can command and have it done, if the Lord has not ordained it? Is it not from the mouth of the Most High that evil and good come? Why should any who draw breath complain about the punishment of their sins?

Let us test and examine our ways and return to the Lord. Let us lift up our hearts as well as our hands to God in heaven. We have transgressed and rebelled, and you have not forgiven.

You have wrapped yourself with anger and pursued us, killing without pity; you have wrapped yourself with a cloud so that no prayer can pass through. You have made us filth and rubbish among the peoples.

All our enemies have opened their mouths against us; panic and pitfall have come upon us, devastation and destruction. My eyes flow with rivers of tears because of the destruction of my people.

My eyes will flow without ceasing, without respite, until the Lord from heaven looks down and sees. My eyes cause me grief at the fate of all the young women in my city.

Those who were my enemies without cause have hunted me like a bird; they flung me alive into a pit and hurled stones on me; water closed over my head; I said, "I am lost."

I called on your name, O Lord, from the depths of the pit; you heard my plea, "Do not close your ear to my cry for help, but give me relief!" You came near when I called on you; you said, "Do not fear!"

You have taken up my cause, O Lord; you have redeemed my life.

The word of the Lord.

Thanks be to God.