



GOOD FRIDAY

A resource for praying at home



THE INTRODUCTION

Early afternoon is the customary time for these prayers, the hours of Jesus' suffering on the Cross, leading up to his death at 3pm. But you may wish to stagger the readings throughout the day. Light a candle. Begin with silence, and then say the Collect:

ALMIGHTY FATHER,
look with mercy on your people
for whom our Lord Jesus Christ was content to be betrayed
and given up into the hands of sinners
and to suffer death upon the cross;
who is alive and glorified with you and the Holy Spirit,
one God, now and for ever. Amen.

THE LITURGY OF THE WORD

Read: Isaiah 52.13–end of 53; Psalm 22.1-21; Hebrews 10.16-25

Then to prepare yourself to read the Passion, you may want to sing or read this hymn:

When I survey the wondrous cross
on which the Prince of glory died,
my richest gain I count but loss,
and pour contempt on all my pride.

2. Forbid it, Lord, that I should boast
save in the cross of Christ my God;
all the vain things that charm me most,
I sacrifice them to his blood.

3. See from his head, his hands, his feet,
sorrow and love flow mingled down;
did e'er such love and sorrow meet,
or thorns compose so rich a crown!

4. Were the whole realm of nature mine,
that were a present far too small;
love so amazing, so divine,
demands my soul, my life, my all.

words by Isaac Watts (1674–1748)

Then read, taking it slowly, the Passion Gospel: John 18 & 19. Extinguish the candle as a symbol of Jesus' death and keep silence after the reading.

If you can, you may then like to listen to Crucifixus by Lotti

<https://www.youtube.com/watch?v=pLyB8nxvOeY>

THE PROCLAMATION OF THE CROSS

You may then wish to sing or read this hymn:

SING, MY TONGUE, the glorious battle,
Sing the ending of the fray;
O'er the cross, the victor's trophy,
Sound the loud triumphant lay,
Tell how Christ, the world's Redeemer,
As a Victim won the day.

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|---|--|
| 2. God in pity saw man fallen,
Shamed and sunk in misery,
When he fell on death by tasting
Fruit of the forbidden tree:
Then another tree was chosen
Which the world from death should free. | 4. Thirty years among us dwelling,
Now at length his hour fulfilled,
Born for this, he meets his Passion,
For that this he freely willed,
On the Cross the Lamb is lifted,
Where his life-blood shall be spilled. |
| 3. Therefore when the appointed fullness
Of the holy time was come,
He was sent who maketh all things
Forth from God's eternal home:
Thus he came to earth, incarnate,
Offspring of a maiden's womb. | 5. To the Trinity be glory,
To the Father and the Son,
With the co-eternal Spirit,
Ever Three and ever One,
One in love and one in splendour,
While unending ages run. Amen. |

By Venatius Fortunatus (530-609)
Trans. Percy Dearmer and others.

*If you have a crucifix or cross, spend some time in silent prayer before it.
You may wish to hold it if possible.*

You may wish slowly to repeat this acclamation out loud:

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

If you can, you might then wish to listen to the Reproaches.

You can hear the setting by John Sanders here:

<https://www.youtube.com/watch?v=scc7Lq7RE-o&t=301s>

Then pray for:

- The Church, Jonathan our Bishop, and also the bishops of this diocese, Viv and Lee.
- For those who were due to be baptised this Easter.
- For Christians who are persecuted and tortured for their faith.
- For those whose faith is shaky or lost.

- The leaders of the nations.
- People whose lives are affected by war or conflict.
- Those tackling the Coronavirus.
- The relationship between people of all faiths and none.

- The sick and suffering.
- Those who minister to them and care for them.
- Those at the point of death, especially those who are afraid.
- Those who have died.

Then say the Lord's prayer.

Make a spiritual communion, see the Maundy Thursday sheet for the words.

Then conclude with this prayer:

O GOD OF UNCHANGEABLE POWER and eternal light,
look favourably on your whole Church,
that wonderful and sacred mystery,
and by the tranquil operation of your perpetual providence
carry out the work of our salvation:
and let the whole world feel and see
that things which were cast down are being raised up
and things which had grown old are being made new
and that all things are returning to perfection
through him from whom they took their origin,
even Jesus Christ our Lord, who is alive and reigns with you,
in the unity of the Holy Spirit, one God, now and for ever. Amen.