**For your sake have I suffered reproach;♦**

**shame has covered my face.**

I have become a stranger to my kindred,♦

an alien to my mother’s children.

**Zeal for your house has eaten me up;♦**

**the scorn of those who scorn you has fallen upon me.**

I humbled myself with fasting,♦

but that was turned to my reproach.

**I put on sackcloth also♦**

**and became a byword among them.**

Those who sit at the gate murmur against me,♦

and the drunkards make songs about me.

**But as for me, I make my prayer to you, O Lord;♦**

**at an acceptable time, O God.**

Answer me, O God, in the abundance of your mercy♦

and with your sure salvation.

**Draw me out of the mire, that I sink not;♦**

**let me be rescued from those who hate me and out of the deep waters.**

Let not the water flood drown me, neither the deep swallow me up;♦

let not the Pit shut its mouth upon me.

**Answer me, Lord, for your loving-kindness is good;♦**

**turn to me in the multitude of your mercies.**

Hide not your face from your servant;♦

be swift to answer me, for I am in trouble.

**Draw near to my soul and redeem me;♦**

**deliver me because of my enemies.**

Reproach has broken my heart; I am full of heaviness.♦

I looked for some to have pity, but there was no one,

neither found I any to comfort me.

**They gave me gall to eat,♦**

**and when I was thirsty, they gave me vinegar to drink.**

For they persecute the one whom you have stricken,♦

and increase the sorrows of him whom you have pierced.

**As for me, I am poor and in misery;♦**

**your saving help, O God, will lift me up.**

I will praise the name of God with a song;♦

I will proclaim his greatness with thanksgiving.

**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.**

##### Canticle: A Song of the Lord’s Gracious Deeds

***I will recount the gracious deeds of the Lord,***

***the praises of the Most High.***

Who is this that comes from Edom,♦

**coming from Bozrah, his garments stained crimson?**

**Who is this in glorious apparel♦**

**marching in the greatness of his strength?**

**It is I, who announce that right has won the day,♦**

**it is I,’ says the Lord, ‘for I am mighty to save.’**

**Why are your robes all red, O Lord,♦**

**and your garments like theirs who tread the winepress?**

**‘I have trodden the winepress alone,♦**

**and from the peoples no one was with me.’**

**I will recount the gracious deeds of the Lord,♦**

**the praises of the Most High;**

**All that God has done for us in his mercy,♦**

**by his many acts of love.**

**For God said, ‘Surely, they are my people,**

**my children who will not deal falsely, ♦**

**and he became their Saviour in all their distress.**

**So God redeemed them by his love and pity;♦**

**he lifted them up and carried them**

**through all the days of old.**

**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.**

***I will recount the gracious deeds of the Lord,***

***the praises of the Most High.***

##### Scripture Reading

*Then:*

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.**

##### Gospel Canticle: The Benedictus

***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.***

Blessed be the Lord the God of Israel,♦

**who has come to his people and set them free.**

**He has raised up for us a mighty Saviour,♦**

**born of the house of his servant David.**

**Through his holy prophets God promised of old♦**

**to save us from our enemies,**

**from the hands of all that hate us,**

**To show mercy to our ancestors♦**

**and to remember his holy covenant.**

**This was the oath God swore to our father Abraham:♦**

**to set us free from the hands of our enemies,**

**Free to worship him without fear,♦**

**holy and righteous in his sight all the days of our life.**

**And you, child, shall be called the prophet of the Most High,♦**

**for you will go before the Lord to prepare his way,**

**To give his people knowledge of salvation♦**

**by the forgiveness of all their sins.**

**In the tender compassion of our God♦**

**the dawn from on high shall break upon us,**

**To shine on those who dwell in darkness and the shadow of death,♦**

**and to guide our feet into the way of peace.**

**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.**

***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*** *ending with the Lord’s Prayer***

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

**Amen.**

Let us bless the Lord.

**Thanks be to God.**

***Simple Morning Prayer in Passiontide***

O Lord, open our lips

**and our mouth shall proclaim your praise.**

Let your ways be known upon earth,

**your saving power among the nations.**

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.

**Blessed be God for ever.**

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. **Amen.**

##### *****Psalm 69*****

Save me, O God,♦

for the waters have come up, even to my neck.

**I sink in deep mire where there is no foothold;♦**

**I have come into deep waters and the flood sweeps over me.**

I have grown weary with crying; my throat is raw;♦

my eyes have failed from looking so long for my God.

**Those who hate me without any cause♦**

**are more than the hairs of my head;**

Those who would destroy me are mighty;♦

my enemies accuse me falsely: must I now give back what I never stole?

**O God, you know my foolishness,♦**

**and my faults are not hidden from you.**

Let not those who hope in you be put to shame through me, Lord God of hosts;♦ let not those who seek you be disgraced because of me, O God of Israel.