

Wednesday 31 March 2021

Wednesday of Holy Week

Midday Prayer

O God, come to our aid.

**O Lord, make haste to help us.**

Glory be to the Father and to the Son and to the Holy Spirit,  
as it was in the beginning, is now, and ever shall be, world without end. Amen.

Psalm 118(119): 57-64

*As the Father knows me, so I know the Father; and I lay down my life for my sheep.*

My part, I have resolved, O Lord, is to obey your word.

With all my heart I implore your favour; show the mercy of your promise.

**I have pondered over my ways and returned to your will.**

**I made haste and did not delay to obey your commands.**

Though the nets of the wicked ensnared me I remembered your law.

At midnight I will rise and thank you for your just decrees.

**I am a friend of all who revere you, who obey your precepts.**

**Lord, your love fills the earth. Teach me your statutes.**

Glory be to the Father and to the Son and to the Holy Spirit,

**as it was in the beginning, is now, and ever shall be, world without end. Amen.**

Psalm 54 (55):2-12

O God, listen to my prayer, do not hide from my pleading,  
attend to me and reply; with my cares, I cannot rest.

**I tremble at the shouts of the foe, at the cries of the wicked;  
for they bring down evil upon me. They assail me with fury.**

My heart is stricken within me, death's terror is on me,  
trembling and fear fall upon me and horror overwhelms me.

**O that I had wings like a dove to fly away and be at rest.**

**So I would escape far away and take refuge in the desert.**

I would hasten to find a shelter from the raging wind,  
from the destructive storm, O Lord, and from their plotting tongues.

**For I can see nothing but violence and strife in the city.**

**Night and day they patrol high on the city walls.**

It is full of wickedness and evil; it is full of sin.  
Its streets are never free from tyranny and deceit.

**Glory be to the Father and to the Son and to the Holy Spirit,**  
as it was in the beginning, is now, and ever shall be, world without end. Amen.

**As the Father knows me, so I know the Father; and I lay down my life for my sheep.**

Reading - Romans 15:3

Christ did not think of himself. The words of scripture apply to him: the insults of those who insult you fall on me.

Ours were the sufferings he bore,  
**Ours were the sorrows he carried.**

Let us pray.

By your will, Lord God, your Son underwent the agony of the cross to break the power of Satan over man. Give your people grace to rise again with Christ, who lives and reigns for ever and ever. Amen.

Let us praise the Lord.

**Thanks be to God.**