**Friday**

**The Preparation**

Presider O Lord, open our lips

And our mouth shall proclaim your praise

Presider Pour your love into our hearts, O God

**All Through the Holy Spirit you have given to us**

**Glory to God, source of all being,**

**Eternal word and Holy Spirit:**

**As it was in the beginning, is now,**

**And shall be forever. Amen.**

**Alleluia!**

**The Opening Prayer**

Presider The night has passed and the day lies open before us;

Let us pray with one heart and mind

*Silence is kept*

A 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 forever. Amen

**The Word of God**

**22**   
  
1 My God, my God, why have you forsaken me? \*  
and are so far from my cry  
and from the words of my distress?  
  
2 O my God, I cry in the daytime, but you do not answer; \*  
by night as well, but I find no rest.  
  
3 Yet you are the Holy One, \*  
enthroned upon the praises of Israel.  
  
4 Our forefathers put their trust in you; \*  
they trusted, and you delivered them.  
  
5 They cried out to you and were delivered; \*  
they trusted in you and were not put to shame.  
  
6 But as for me, I am a worm and no man, \*  
scorned by all and despised by the people.  
  
7 All who see me laugh me to scorn; \*  
they curl their lips and wag their heads, saying,  
  
8 "He trusted in the Lord; let him deliver him; \*  
let him rescue him, if he delights in him."  
  
9 Yet you are he who took me out of the womb, \*  
and kept me safe upon my mother's breast.  
  
10 I have been entrusted to you ever since I was born; \*  
you were my God when I was still in my  
mother's womb.

**The Gospel**

## Matthew 24:15-31

‘So when you see the desolating sacrilege standing in the holy place, as was spoken of by the prophet Daniel (let the reader understand), then those in Judea must flee to the mountains; someone on the housetop must not go down to take what is in the house; someone in the field must not turn back to get a coat. Woe to those who are pregnant and to those who are nursing infants in those days! Pray that your flight may not be in winter or on a sabbath. For at that time there will be great suffering, such as has not been from the beginning of the world until now, no, and never will be. And if those days had not been cut short, no one would be saved; but for the sake of the elect those days will be cut short. Then if anyone says to you, “Look! Here is the Messiah!” or “There he is!”—do not believe it. For false messiahs and false prophets will appear and produce great signs and omens, to lead astray, if possible, even the elect. Take note, I have told you beforehand. So, if they say to you, “Look! He is in the wilderness”, do not go out. If they say, “Look! He is in the inner rooms”, do not believe it. For as the lightning comes from the east and flashes as far as the west, so will be the coming of the Son of Man. Wherever the corpse is, there the vultures will gather.

‘Immediately after the suffering of those days  
the sun will be darkened,  
   and the moon will not give its light;  
the stars will fall from heaven,  
   and the powers of heaven will be shaken.  
Then the sign of the Son of Man will appear in heaven, and then all the tribes of the earth will mourn, and they will see “the Son of Man coming on the clouds of heaven” with power and great glory. And he will send out his angels with a loud trumpet call, and they will gather his elect from the four winds, from one end of heaven to the other.

*A moment of silent contemplation and / or brief commentary on the Gospel reading*

Gospel Canticle

Refrain: **You have looked with favour upon your lowly servant:**

**From this day, all generations will call her blessed.**

**Magnificat**

My soul proclaims the greatness of the Lord,

my spirit rejoices in God my Savior,

for he has looked with favor on his humble servant.

From this day all generations will call me blessed,

the Almighty has done great things for me,

and holy is his Name.

He has mercy on those who fear Him

in every generation.

He has shown the strength of his arm,

he has scattered the proud in their conceit.

He has cast down the mighty from their thrones,

and has lifted up the humble.

He has filled the hungry with good things,

and the rich he has sent away empty.

He has come to the help of his servant Israel

for he has remembered his promise of mercy,

the promise he made to our fathers,

to Abraham and his children for ever.

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

**as it was in the beginning, is now, and will be for ever.**

**Amen**

Refrain: **You have looked with favour upon your lowly servant:**

**From this day, all generations will call her blessed.**

**The Litany**

Presider Let us ask the Lord for a day of fulfilment and peace.

**All Lord, have mercy.**

Presider Let us ask the Lord to teach us to love others

As he has loved us.

**All Lord, have mercy.**

Presider Let us ask the Lord for peace and justice in the world.

**All Lord, have mercy.**

Presider Let us ask the Lord to strengthen and relieve those who are in need

**All Lord, have mercy.**

Presider (Any individual prayers…)

**All Lord, have mercy.**

Presider Let us ask the Lord to renew the Church through the power

Of his life-giving Spirit

**All Lord, have mercy.**

**The Collect**

Presider Most merciful God,

Who by the death and resurrection of your Son Jesus Christ

Delivered and saved the world:

Grant that by faith in him who suffered on the cross,

We may triumph in the power of his victory

Through Jesus Christ our Lord. Amen.

Presider As Our Saviour Christ taught us we are bold to say:

**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.**

**Closing Responses**

The Blessing

**All The Lord bless us and preserve us from all evil,**

**And keep us in eternal life. Amen.**

Presider Let us bless the Lord

**All Thanks be to God.**