

PSALMS FOR MORNING PRAYER OF GOOD FRIDAY

Psalm 50 (51) God, have mercy on me

God did not spare his own Son, but gave him up for us all.

Take pity on me, Lord, in your mercy;
in your abundance of mercy wipe out my guilt.

Wash me ever more from my guilt
and cleanse me from my sin.

For I know how guilty I am:
my sin is always before me.

Against you, you alone have I sinned,
and I have done evil in your sight.

Know this, so that you may give just sentence
and an unbiased judgement.

See, I was conceived in guilt,
in sin my mother conceived me;

but you love truth in the heart,
and deep within me you have shown me your wisdom.

You will sprinkle me with hyssop, and I will be made clean;
you will wash me, and I will be whiter than snow.

You will make me hear the sound of joy and gladness;
the bones you have crushed will rejoice.

Turn your face away from my sins
and wipe out all my transgressions;

create a pure heart in me, God,
put a steadfast spirit into me.

Do not send me away from your presence,
or withdraw your holy spirit from me;
give me again the joy of your salvation,
and be ready to strengthen me with your spirit.

I will teach the unjust your ways,
and the impious will return to you.

Free me from the guilt of bloodshed, God, God my saviour,
and my voice will glory in your justice.

Open my lips, Lord,
and my mouth will proclaim your praise;

for you do not delight in sacrifices:
if I offered you a burnt offering, it would not please you.

The true sacrifice is a broken spirit:
a contrite and humble heart, O God, you will not refuse.

Be pleased, Lord, to look kindly on Zion,
so that the walls of Jerusalem can be rebuilt,

Then indeed you will accept the proper sacrifices, gifts and burnt offerings;
then indeed will bullocks be laid upon your altar.
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.

God did not spare his own Son, but gave him up for us all.

Canticle

Habakkuk 3

The Lord will appear in judgement

Jesus Christ showed his love for us and freed us from our sins with his life's blood.

Lord, I heard what you gave me to hear,
and I was struck with awe of your work.
In the midst of the years, bring it to life;
in the midst of the years you will make it known.
When you are angry, you will remember your mercy.
God will come from Theman,
the holy one from the mountain of Pharan.
His glory has covered the heavens
and the earth is full of his praise.
His brightness shall be like light itself,
rays shining from his hands –
there is his strength hidden.
You went forth for the salvation of the people,
for salvation with your anointed one.
You made a way through the sea for your horses,
in the silt of many waters.
I have heard you, Lord,
and my stomach churns within me;
at the sound of your voice my lips tremble.
My bones rot away, my steps stumble.
I will rest and be quiet on the day of tribulation
and let it overtake those who have invaded us.
For the fig will not flower,
the vines will not fruit,
the work of the olive will be lost.
The fields will yield no food,
the flocks will be cut off from the sheepfold,
there will be no cattle in the stalls.

But I will rejoice in the Lord, take joy in God my saviour.

The Lord God is my strength.

He will make me as sure-footed as the deer.

He will lead me up to the heights.

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.

Jesus Christ showed his love for us and freed us from our sins with his life's blood.



Psalm 147 (147B)

God, the foundation of Jerusalem

We venerate your Cross, Lord; we praise and glorify your holy resurrection. Because of the tree joy has come into the whole world.

Praise the Lord, Jerusalem

— Zion, praise your God.

For he has strengthened the bars of your gates,

he has blessed your children.

He keeps your borders in peace,

he fills you with the richest wheat.

He sends out his command over the earth,

and swiftly runs his word.

He sends down snow that is like wool,

frost that is like ashes.

He sends hailstones like crumbs

— who can withstand his cold?

He will send out his word, and all will be melted;

his spirit will breathe, and the waters will flow.

He proclaims his word to Jacob,

his laws and judgements to Israel.

He has not done this for other nations:

he has not shown them his judgements.

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.

We venerate your Cross, Lord; we praise and glorify your holy resurrection. Because of the tree joy has come into the whole world.