

Psalms, readings and collect

Date: 31st March – Holy Tuesday

For Holy Monday to Holy Wednesday people will variously decide to use the Office or the form of Spiritual Communion or both. Readings &c are, therefore, provided for both. However, it is the philosophy of the provision that if you only celebrate the Office, you should use the Gospel reading from the Act of Spiritual Communion.*

Office

Psalm:

(27) THE Lord is my light and my salvation; whom then shall I fear : the Lord is the strength of my life; of whom then shall I be afraid?

2 When the wicked, even mine enemies and my foes, came upon me to eat up my flesh : they stumbled and fell.

3 Though an host of men were laid against me, yet shall not my heart be afraid : and though there rose up war against me, yet will I put my trust in him.

4 One thing have I desired of the Lord, which I will require : even that I may dwell in the house of the Lord all the days of my life, to behold the fair beauty of the Lord, and to visit his temple.

5 For in the time of trouble he shall hide me in his tabernacle : yea, in the secret place of his dwelling shall he hide me, and set me up upon a rock of stone.

6 And now shall he lift up mine head : above mine enemies round about me.

7 Therefore will I offer in his dwelling an oblation with great gladness : I will sing, and speak praises unto the Lord.

8 Hearken unto my voice, O Lord, when I cry unto thee : have mercy upon me, and hear me.

9 My heart hath talked of thee, Seek ye my face : Thy face, Lord, will I seek.

10 O hide not thou thy face from me : nor cast thy servant away in displeasure.

11 Thou hast been my succour : leave me not, neither forsake me, O God of my salvation.

12 When my father and my mother forsake me : the Lord taketh me up.

13 Teach me thy way, O Lord : and lead me in the right way, because of mine enemies.

14 Deliver me not over into the will of mine adversaries : for there are false witnesses risen up against me, and such as speak wrong.

15 I should utterly have fainted : but that I believe verily to see the goodness of the Lord in the land of the living.

16 O tarry thou the Lord's leisure : be strong, and he shall comfort thine heart; and put thou thy trust in the Lord.

Glory be to the Father and to the Son: and to the Holy Ghost.

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

Reading:

A reading from the Book of Lamentations.

I am the man who has seen affliction under the rod of his wrath; he has driven and brought me into darkness without any light; surely against me he turns his hand again and again the

whole day long. He has made my flesh and my skin waste away, and broken my bones; he has besieged and enveloped me with bitterness and tribulation; he has made me dwell in darkness like the dead of long ago. He has walled me about so that I cannot escape; he has put heavy chains on me; though I call and cry for help, he shuts out my prayer; he has blocked my ways with hewn stones, he has made my paths crooked. He is to me like a bear lying in wait, like a lion in hiding; he led me off my way and tore me to pieces; he has made me desolate; he bent his bow and set me as a mark for his arrow. He drove into my heart the arrows of his quiver; I have become the laughingstock of all peoples, the burden of their songs all day long. He has filled me with bitterness, he has sated me with wormwood. He has made my teeth grind on gravel, and made me cower in ashes; my soul is bereft of peace, I have forgotten what happiness is; so I say, "Gone is my glory, and my expectation from the LORD."

Collect of the day:

Almighty and everlasting God, Who, of Thy tender love towards mankind, hast sent Thy Son our Saviour Jesus Christ, to take upon Him our flesh, and to suffer death upon the Cross, that all mankind should follow the example of his great humility: Mercifully grant, that we may both follow the example of His patience, and also be made partakers of His Resurrection; through Jesus Christ Thy Son our Lord; Who liveth and reigneth with Thee in the unity of the Holy Ghost, God, throughout all ages world without end. Amen.

Act of Spiritual Communion

Collect:

O God, by the Passion of Your blessed Son, You made an instrument of shameful death to be for us the means of life. May our lives be so transformed by His Passion that we may witness to His grace, Who lives and reigns with You and the Holy Spirit, God, throughout all ages, world without end.

First Reading:

A Reading from the Book of the Prophet Isaiah.

Listen to me, O coastlands, and hearken, you peoples from afar. The LORD called me from the womb, from the body of my mother he named my name. He made my mouth like a sharp sword, in the shadow of his hand he hid me; he made me a polished arrow, in his quiver he hid me away. And he said to me, "You are my servant, Israel, in whom I will be glorified." But I said, "I have laboured in vain, I have spent my strength for nothing and vanity; yet surely my right is with the LORD, and my recompense with my God." And now the LORD says, who formed me from the womb to be his servant, to bring Jacob back to him, and that Israel might be gathered to him, for I am honoured in the eyes of the LORD, and my God has become my strength -- he says: "It is too light a thing that you should be my servant to raise up the tribes of Jacob and to restore the preserved of Israel; I will give you as a light to the nations, that my salvation may reach to the end of the earth."

Psalm:

In you, O Lord, do I seek refuge; ♦ let me never be put to shame.

In your righteousness, deliver me and set me free; ♦ incline your ear to me and save me.

Be for me a stronghold to which I may ever resort; ♦ send out to save me, for you are my rock and my fortress.

Deliver me, my God, from the hand of the wicked, ♦ from the grasp of the evildoer and the oppressor.

For you are my hope, O Lord God, ♦ my confidence, even from my youth.

Upon you have I leaned from my birth, when you drew me from my mother's womb; ♦ my praise shall be always of you.

My mouth shall tell of your righteousness and salvation all the day long, ♦ for I know no end of the telling.

I will begin with the mighty works of the Lord God; ♦ I will recall your righteousness, yours alone.

O God, you have taught me since I was young, ♦ and to this day I tell of your wonderful works.

*** Gospel:**

A reading from the Gospel according to Saint John.

When Jesus had thus spoken, he was troubled in spirit, and testified, "Truly, truly, I say to you, one of you will betray me." The disciples looked at one another, uncertain of whom he spoke. One of his disciples, whom Jesus loved, was lying close to the breast of Jesus; so Simon Peter beckoned to him and said, "Tell us who it is of whom he speaks." So lying thus, close to the breast of Jesus, he said to him, "Lord, who is it?" Jesus answered, "It is he to whom I shall give this morsel when I have dipped it." So when he had dipped the morsel, he gave it to Judas, the son of Simon Iscariot. Then after the morsel, Satan entered into him. Jesus said to him, "What you are going to do, do quickly." Now no one at the table knew why he said this to him. Some thought that, because Judas had the money box, Jesus was telling him, "Buy what we need for the feast"; or, that he should give something to the poor. So, after receiving the morsel, he immediately went out; and it was night. When he had gone out, Jesus said, "Now is the Son of man glorified, and in him God is glorified; if God is glorified in him, God will also glorify him in himself, and glorify him at once. Little children, yet a little while I am with you. You will seek me; and as I said to the Jews so now I say to you, 'Where I am going you cannot come.' Simon Peter said to him, "Lord, where are you going?" Jesus answered, "Where I am going you cannot follow me now; but you shall follow afterward." Peter said to him, "Lord, why cannot I follow you now? I will lay down my life for you." Jesus answered, "Will you lay down your life for me? Truly, truly, I say to you, the cock will not crow, till you have denied me three times.

Intercessions:

Lord our Rock, who called us before we were born, make Your Church a light to the nations that Your salvation may reach the ends of the earth: Lord, in Your mercy ... hear our prayer.

Lord our Rock, let all the world hear the Word You have spoken, that the peoples You have made may be freed from the hand of the wicked: Lord, in Your mercy ... hear our prayer.

Lord our Rock, Whose Son was handed over to torture and death, comfort those who whose have been abandoned or whose trust has been betrayed: Lord, in Your mercy ... hear our prayer.

Lord our Rock, over Whose Son moved the shadow of death, strengthen and uphold all those preparing to die and those who mourn: Lord, in Your mercy ... hear our prayer.

Lord our Rock, in His Death, Christ has revealed Your glory; call to that glory all those who have walked their path on earth: Lord, in Your mercy ... hear our prayer.

Prayer after Communion:

Faithful God, may we who share this banquet glory in the Cross of our Lord Jesus Christ, our Salvation, Life and Hope, Who reigns as Lord, now and for ever.