

# **Psalms, readings and collect**

**Date:** 1<sup>st</sup> April – Holy Wednesday

*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:**

- (102) HEAR my prayer, O Lord : and let my crying come unto thee.  
2 Hide not thy face from me in the time of my trouble : incline thine ear unto me when I call; O hear me, and that right soon.  
3 For my days are consumed away like smoke : and my bones are burnt up as it were a fire-brand.  
4 My heart is smitten down, and withered like grass : so that I forget to eat my bread.  
5 For the voice of my groaning : my bones will scarce cleave to my flesh.  
6 I am become like a pelican in the wilderness : and like an owl that is in the desert.  
7 I have watched, and am even as it were a sparrow : that sitteth alone upon the house-top.  
8 Mine enemies revile me all the day long : and they that are mad upon me are sworn together against me.  
9 For I have eaten ashes as it were bread : and mingled my drink with weeping;  
10 And that because of thine indignation and wrath : for thou hast taken me up, and cast me down.  
11 My days are gone like a shadow : and I am withered like grass.  
12 But thou, O Lord, shalt endure for ever : and thy remembrance throughout all generations.  
13 Thou shalt arise, and have mercy upon Sion : for it is time that thou have mercy upon her, yea, the time is come.  
14 And why? thy servants think upon her stones: and it pitieth them to see her in the dust.  
15 The heathen shall fear thy Name, O Lord : and all the kings of the earth thy majesty;  
16 When the Lord shall build up Sion : and when his glory shall appear;  
17 When he turneth him unto the prayer of the poor destitute : and despiseth not their desire.  
18 This shall be written for those that come after: and the people which shall be born shall praise the Lord.  
19 For he hath looked down from his sanctuary : out of the heaven did the Lord behold the earth;  
20 That he might hear the mournings of such as are in captivity : and deliver the children appointed unto death;  
21 That they may declare the Name of the Lord in Sion : and his worship at Jerusalem;  
22 When the people are gathered together : and the kingdoms also, to serve the Lord.  
23 He brought down my strength in my journey: and shortened my days.  
24 But I said, O my God, take me not away in the midst of mine age : as for thy years, they endure throughout all generations.  
25 Thou, Lord, in the beginning hast laid the foundation of the earth : and the heavens are

the work of thy hands.

26 They shall perish, but thou shalt endure : they all shall wax old as doth a garment;

27 And as a vesture shalt thou change them, and they shall be changed : but thou art the same, and thy years shall not fail.

28 The children of thy servants shall continue : and their seed shall stand fast in thy sight.

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 Wisdom.

Ungodly men by their words and deeds summoned death; considering him a friend, they pined away, and they made a covenant with him, because they are fit to belong to his party. For they reasoned unsoundly, saying to themselves, "Short and sorrowful is our life, and there is no remedy when a man comes to his end, and no one has been known to return from Hades. "Let us lie in wait for the righteous man, because he is inconvenient to us and opposes our actions; he reproaches us for sins against the law, and accuses us of sins against our training. He professes to have knowledge of God, and calls himself a child of the Lord. He became to us a reproof of our thoughts; the very sight of him is a burden to us, because his manner of life is unlike that of others, and his ways are strange. We are considered by him as something base, and he avoids our ways as unclean; he calls the last end of the righteous happy, and boasts that God is his father. Let us see if his words are true, and let us test what will happen at the end of his life; for if the righteous man is God's son, he will help him, and will deliver him from the hand of his adversaries. Let us test him with insult and torture, that we may find out how gentle he is, and make trial of his forbearance. Let us condemn him to a shameful death, for, according to what he says, he will be protected." Thus they reasoned, but they were led astray, for their wickedness blinded them, and they did not know the secret purposes of God, for hope for the wages of holiness, nor discern the prize for blameless souls.

### **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:**

Lord God, Your Son our Saviour gave His Body to be whipped and turned His face for men to spit upon. Give Your servants grace to accept suffering for His sake, confident of the glory that shall be revealed through Jesus Christ our Lord, Who is alive 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.

The Lord GOD has given me the tongue of those who are taught, that I may know how to sustain with a word him that is weary. Morning by morning he wakens, he wakens my ear to hear as those who are taught. The Lord GOD has opened my ear, and I was not rebellious, I turned not backward. I gave my back to the smiters, and my cheeks to those who pulled out the beard; I hid not my face from shame and spitting. For the Lord GOD helps me; therefore I have not been confounded; therefore I have set my face like a flint, and I know that I shall not be put to shame; he who vindicates me is near. Who will contend with me? Let us stand up together. Who is my adversary? Let him come near to me. Behold, the Lord GOD helps me; who will declare me guilty? Behold, all of them will wear out like a garment; the moth will eat them up.

## **Psalm:**

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.

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.

I will praise the name of God with a song; ♦ I will proclaim his greatness with thanksgiving.

The humble shall see and be glad; ♦ you who seek God, your heart shall live.

For the Lord listens to the needy, ♦ and his own who are imprisoned he does not despise.

## **\* Gospel:**

A reading from the Gospel according to Saint Matthew.

Then one of the twelve, who was called Judas Iscariot, went to the chief priests and said, "What will you give me if I deliver him to you?" And they paid him thirty pieces of silver. And from that moment he sought an opportunity to betray him. Now on the first day of Unleavened Bread the disciples came to Jesus, saying, "Where will you have us prepare for you to eat the Passover?" He said, "Go into the city to a certain one, and say to him, 'The Teacher says, My time is at hand; I will keep the Passover at your house with my disciples.'" And the disciples did as Jesus had directed them, and they prepared the Passover. When it was evening, he sat at table with the twelve disciples; and as they were eating, he said, "Truly, I say to you, one of you will betray me." And they were very sorrowful, and began to say to him one after another, "Is it I, Lord?" He answered, "He who has dipped his hand in the dish with me, will betray me. The Son of man goes as it is written of him, but woe to that man by whom the Son of man is betrayed! It would have been better for that man if he had not been born." Judas, who betrayed him, said, "Is it I, Master?" He said to him, "You have said so."

**Intercessions:**

Loving Lord, come to the help of Your servants when they are weary and ground down, that their zeal for Your House may be renewed: Lord, in Your mercy ... hear our prayer.

Loving Lord, Whose Son offered His back to those who struck Him and His cheeks to those who tore at His beard, turn the hearts of those who oppress and persecute others to the law of love: Lord, in Your mercy ... hear our prayer.

Loving Lord, Whose friends abandoned Him in the night of His Passion, answer our prayers for the lonely who have become strangers to their family and friends: Lord, in Your mercy ... hear our prayer.

Loving Lord, hear the cries of the needy and those in chains of anxiety and grief, suffering and condemnation, that they may feel the power of Your compassion and consolation: Lord, in Your mercy ... hear our prayer.

Loving Lord, Your Son's time is near; receive into Your Kingdom all who have followed Him through the gate of death: Lord, in Your mercy ... hear our prayer.

**Prayer after Communion:**

God our help, Your Son was betrayed by one who was himself a friend. May we who call Him Lord, ever remain His faithful people for He lives and reigns with You now and for ever.