
Christ Church Epsom Common



A Service of Midday Prayer



The Way of the Cross

We adore you, most holy Lord Jesus Christ,
here, and in all your churches throughout all the world;
and we bless you because, by your holy cross,
you have redeemed the world.

From Common Worship Daily Prayer & The Daily Office, Society of Saint Francis;
& based on a service originally compiled by Jo Fox-Branch.

The Preparation

O God make speed to save us
O Lord make haste to help us

My trust is in you, O Lord
I have said, 'you are my God.'

Psalm 31.14

The Lord be with you
And also with you

We adore you, O Christ, and we bless you,
because by your holy cross you have redeemed the world.

**Holy God,
holy and strong,
holy and immortal,
have mercy upon us.**

We glory in your cross, O Lord,
and praise and glorify your holy resurrection:
**for by virtue of the cross
reconciliation has come to the whole world.**

cf. the Liturgy of Good Friday

The Way of the Cross

Each day in Holy Week we pause at two or three Stations of the Cross.

Monday

Psalm 43

1 Give judgement for me, O God, and defend my cause
against an ungodly people; *
deliver me from the deceitful and the wicked.

2 For you are the God of my refuge; why have you cast me from you, *
and why go I so heavily, while the enemy oppresses me?

3 O send out your light and your truth, that they may lead me, *
and bring me to your holy hill and to your dwelling,

4 That I may go to the altar of God, to the God of my joy and gladness; *
and on the lyre I will give thanks to you, O God my God.

5 Why are you so full of heaviness, O my soul, *
and why are you so disquieted within me?

6 O put your trust in God; *
**for I will yet give him thanks, who is the help of my countenance,
and my God.**

**Glory to the Father and to the Son and to the Holy Spirit;
as it was in the beginning is now and shall be for ever. Amen.**

Gethsemane

Then Jesus went with them to a place called Gethsemane. He told his disciples, "Sit here, while I go over there and pray." He took with him Peter and the two sons of Zebedee, and he began to be sorrowful and distressed. Then he said to them, "My soul is very sorrowful, even to the point of death. Stay here, and keep watch with me." He went a little farther, fell on his face, and prayed. He said, "My Father, if it is possible, let this cup pass from me. Yet not as I will, but as you will." He came to the disciples and found them sleeping. He said to Peter, "So, were you not able to stay awake with me for one hour? Watch and pray, so that you do not enter into temptation. The spirit is willing, but the flesh is weak." *Matthew 26:36–41*

At the first station we remember the cost of duty; we pray for those who are in anguish now; for people who hold to their principles in the face of suffering; for all those who are persecuted because of what they believe, do, or are.

Betrayer

Just then, while Jesus was still speaking, Judas, one of the Twelve, arrived. A crowd was with him, armed with swords and clubs. They were from the chief priests, the experts in the law, and the elders. Now his betrayer had given them a signal, saying, "The one I kiss is the man. Arrest him and lead him away under guard." He went right to Jesus and said, "Rabbi!" and kissed him. They laid hands on him and arrested him. *Mark 14:43–46*

At the second station we remember the betrayal of Jesus; we pray for all those whom we have let down; for honest hearts and true repentance and we give thanks for the forgiveness we receive and that we are able to give.

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The service continues on page 10.

Tuesday

Psalm 142

1 I cry aloud to the Lord; *

to the Lord I make my supplication.

2 I pour out my complaint before him *

and tell him of my trouble.

3 When my spirit faints within me, you know my path; *

in the way wherein I walk have they laid a snare for me.

4 I look to my right hand, and find no one who knows me; *

I have no place to flee to, and no one cares for my soul.

5 I cry out to you, O Lord, and say: *

'You are my refuge, my portion in the land of the living.

6 'Listen to my cry, for I am brought very low; *

save me from my persecutors, for they are too strong for me.

7 'Bring my soul out of prison, that I may give thanks to your name; *

when you have dealt bountifully with me, then shall the righteous gather around me.'

Glory to the Father and to the Son and to the Holy Spirit;

as it was in the beginning is now and shall be for ever. Amen.

The Council

As soon as it was day, the council of the elders of the people met together, both the chief priests and experts in the law. They brought him into their Sanhedrin and said, "If you are the Christ, tell us." But he said to them, "If I tell you, you will not believe, and if I ask you, you will not answer me or release me. But from now on, the Son of Man will be seated at the right hand of the power of God." They all said, "Are you then the Son of God?" He said to them, "I am what you are saying." Then they said, "Why do we need any more testimony? For we ourselves have heard it from his own mouth!"

Luke 22: 66-71

At the third station we remember how Christ's words were used against him. We pray for the whistle-blowers and investigators, reporters and witnesses; all those who speak up at risk to themselves or their loved ones. We pray for those who are unjustly accused, and for all those who are charged with maintaining peace and justice in our nation.

Peter

Meanwhile Peter was sitting outside in the courtyard. A servant girl came to him and said, "You were also with Jesus the Galilean." But he denied it in front of everyone, saying, "I don't know what you're talking about." When Peter went out to the entryway, someone else saw him and said to those who were there, "This fellow was with Jesus of Nazareth." Again Peter denied it with an oath and said, "I do not know the man." After a little while those who stood by came and said to Peter, "Surely you are also one of them because even your accent gives you

away.” Then he began to curse and to swear, “I do not know the man!” Just then the rooster crowed. And Peter remembered the word Jesus had spoken, “Before the rooster crows, you will deny me three times.” And he went outside and wept bitterly.

Matthew 26: 69-75

At the fourth station we give thanks for the story of Peter; we pray for grace to recognise when we have been him and for the strength to hold to our convictions when we’re under pressure to renounce them.

Pilate

Pilate summoned Jesus, and asked him, ‘Are you the King of the Jews?’ Jesus answered, ‘My kingdom is not from this world. If my kingdom were from this world, my followers would be fighting to keep me from being handed over to the Jews. But as it is, my kingdom is not from here.’

Pilate asked him, ‘So you are a king?’ Jesus answered, ‘You say that I am a king. For this I was born, and for this I came into the world, to testify to the truth. Everyone who belongs to the truth listens to my voice.’ Pilate asked him, ‘What is truth?’

After he had said this, he went out to the Jews again and told them, ‘I find no case against him. But you have a custom that I release someone for you at the Passover. Do you want me to release for you the King of the Jews?’ They shouted in reply, ‘Not this man, but Barabbas!’ Now Barabbas was a bandit.

John 18:33-40

At the fifth station we remember the importance of truth. We pray for grace to stand up for the truth even when we do not like it; we give thanks for people with prophetic wisdom and pray for all who seek after justice and truth.

Crown of Thorns

Then Pilate took Jesus and had him flogged. The soldiers also twisted together a crown of thorns and placed it on his head. Then they threw a purple robe around him. They kept coming to him, saying, “Hail, King of the Jews!” And they kept hitting him in the face.

John 19:1-3

At the sixth station we remember the danger of power. We pray for all who wield it in any way; we pray for people who are vulnerable, abused or hated; we give thanks for the merciful and courageous and ask for the strength to exercise our personal power according to God’s will.

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Wednesday

Psalm 143

1 Hear my prayer, O LORD; give ear to my supplications in your faithfulness;*
answer me in your righteousness.

2 Do not enter into judgement with your servant;*

for no one living is righteous before you.

3 For the enemy has pursued me, crushing my life to the ground;*

making me sit in darkness like those long dead.

4 Therefore my spirit faints within me;*

my heart within me is appalled.

5 I remember the days of old, I think about all your deeds;*

I meditate on the works of your hands.

6 I stretch out my hands to you;*

my soul thirsts for you like a parched land.

7 Answer me quickly, O LORD; my spirit fails;*

Do not hide your face from me,

or I shall be like those who go down to the Pit.

8 Let me hear of your steadfast love in the morning, for in you I put my trust;*

Teach me the way I should go, for to you I lift up my soul.

9 Save me, O LORD, from my enemies;*

I have fled to you for refuge.

10 Teach me to do your will, for you are my God;*

Let your good spirit lead me on a level path.

11 For your name's sake, O LORD, preserve my life;*

In your righteousness bring me out of trouble.

12 In your steadfast love cut off my enemies, and destroy all my adversaries;*

for I am your servant.

Glory to the Father, and to the Son, And to the Holy Spirit.

As it was in the beginning, is now and shall be for ever. Amen

Cross Bearer

A certain man, Simon of Cyrene (the father of Alexander and Rufus), was passing by on his way in from the country. They forced him to carry Jesus' cross. *Mark 15:21*

At the seventh station we remember Simon with thanks. We pray for everyone who undertakes thankless tasks, especially through no choice of their own; we pray for wisdom to recognise all the ways that we are helped by people we do not know.

Crucifixion

When they came to the place called The Skull, they crucified him there with the criminals, one on his right and the other on his left. Jesus said, "Father, forgive them, for they do not know what they are doing." They cast lots to divide his garments among them. *Luke 23:33-34*

At the eighth station we remember everyone who is under sentence of death; we pray for those who will die today; ask for release of those unjustly imprisoned; and give thanks for forgiveness neither sought nor deserved.

Paradise

One of the criminals hanging there was blaspheming him, saying, "Aren't you the Christ? Save yourself and us!" But the other criminal rebuked him. "Don't you fear God, since you are under the same condemnation? We are punished justly, for we are receiving what we deserve for what we have done, but this man has done nothing wrong." Then he said, "Jesus, remember me when you come in your kingdom." Jesus said to him, "Amen I tell you: Today you will be with me in paradise."

Luke 23:39-43

At the ninth station we give thanks for the 'penitent thief'; we pray for honesty, grace and compassion in our last moments and we give thanks for the magnitude of God's love

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Maundy Thursday

Psalm 23

1 The Lord is my shepherd; *

therefore can I lack nothing.

2 He makes me lie down in green pastures *

and leads me beside still waters.

3 He shall refresh my soul *

and guide me in the paths of righteousness for his name's sake.

4 Though I walk through the valley of the shadow of death, I will fear no evil; *

for you are with me; your rod and your staff, they comfort me.

5 You spread a table before me in the presence of those who trouble me; *

you have anointed my head with oil and my cup shall be full.

6 Surely goodness and loving mercy shall follow me all the days of my life, *

and I will dwell in the house of the Lord for ever.

Glory to the Father and to the Son and to the Holy Spirit;

as it was in the beginning is now and shall be for ever. Amen.

Here is your son

Jesus' mother, his mother's sister, Mary the wife of Clopas, and Mary Magdalene were standing near the cross. When Jesus saw his mother and the disciple whom he loved standing nearby, he said to his mother, "Woman, here is your son!" Then he said to the disciple, "Here is your mother!" And from that time this disciple took her into his own home.

John 19:25-27

At the tenth station we remember the joy and pain of parenting; we pray for households where relationships are hard; we give thanks for adoptive parents and fosterers.

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Good Friday

Psalm 22:1-11

1 My God, my God, why have you forsaken me, *
and are so far from my salvation, from the words of my distress?
2 O my God, I cry in the daytime, but you do not answer; *
and by night also, but I find no rest.
3 Yet you are the Holy One, *
enthroned upon the praises of Israel.
4 Our forebears trusted in you; *
they trusted, and you delivered them.
5 They cried out to you and were delivered; *
they put their trust in you and were not confounded.
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 deliver him, if he delights in him.’
9 But it is you that took me out of the womb *
and laid me safe upon my mother’s breast.
10 On you was I cast ever since I was born; *
you are my God even from my mother’s womb.
11 Be not far from me, for trouble is near at hand*
and there is none to help.

**Glory to the Father and to the Son and to the Holy Spirit;
as it was in the beginning is now and shall be for ever. Amen.**

Jesus Dies

It was now about the sixth hour, and darkness came over the whole land until the ninth hour, while the sun was darkened. Then the curtain of the temple was torn in two. Jesus cried out with a loud voice, “Father, into your hands I commit my spirit!” When he had said this, he breathed his last.

Luke 23:44-46

At the eleventh station we think about the enormity of Christ’s death upon the cross; we pray for salvation for His whole world, and we offer up our sins once more.

Burial

When it was evening, there came a rich man from Arimathea, named Joseph, who was also a disciple of Jesus. He went to Pilate and asked for the body of Jesus. Then Pilate ordered that it be given to him. Joseph took the body, wrapped it in a clean linen cloth, and laid it in his own new tomb that he had cut in the rock. He rolled a large stone over the tomb’s entrance and left.

Matthew 27:57-60

At the twelfth station we remember the courage of Joseph; we pray for the strength to do right, especially when wrong is easier; we give thanks for acts of kindness with no hope of reward.

Resurrection

After the Sabbath, at dawn on the first day of the week, Mary Magdalene and the other Mary went to look at the tomb. Suddenly, there was a great earthquake! For an angel of the Lord came down from heaven, and going to the tomb, he rolled away the stone and was sitting on it. His appearance was like lightning, and his clothing was as white as snow. The guards were so terrified of him that they shook and became like dead men. The angel said to the women, "Do not be afraid! I know that you are looking for Jesus, who was crucified. He is not here. He has risen, just as he said. Come, see the place where the Lord lay. Go quickly and tell his disciples, 'He has risen from the dead! And look, he is going ahead of you to Galilee. There you will see him.' See, I have told you!"

They hurried away from the tomb, with fear and great joy, and ran to tell his disciples. Suddenly Jesus met them and said, "Greetings!" They approached, took hold of his feet, and worshipped him. Then Jesus said to them, "Do not be afraid. Go, tell my brothers that they should go to Galilee, and there they will see me."

Matthew 28:1-10

At the Final Station, we pray silently.

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because, by your holy cross, you have redeemed the world.

Good Friday Reflection

Every Day

Responsory

If you want to become my follower, you must deny yourself
and take up your cross and follow me.

May I never boast of anything except the cross of our Lord Jesus Christ.

If you want to save your life, you will lose it,
and if you lose your life for my sake, you will find it.

May I never boast of anything except the cross of our Lord Jesus Christ.

For what will it profit you to gain the whole world but forfeit your life?

May I never boast of anything except the cross of our Lord Jesus Christ.

We adore you, O Christ, and we bless you,
because by your holy cross, you have redeemed the world.

Jesus said, I am the way, and the truth, and the life.

No one comes to the Father except through me

The Collect

Eternal God,
in the cross of Jesus
we see the cost of our sin and the depth of your love.
In humble hope and fear,
may we place at his feet all that we have
and all that we are,
through the same, Jesus Christ our Lord. **Amen.**

As our saviour taught us, so we pray:

**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.
And lead us not into temptation
But deliver us from evil**

Delivered from evil and ever more strengthened in righteousness,
grant that we may serve you O lord our God.
Remember our sins no more, make Your chosen people joyful,
deliver the captives, heal the sick, give peace in our time,
and deliver us from the violence of the enemy.
Hear the prayer of Your humble servants and, when You hear, forgive.

For the kingdom, the power and the glory are yours, now and forever. Amen

The Conclusion

The Lord be with you
And also with you

May Christ our Saviour give us peace. Amen

Let us bless the Lord
Thanks be to God