

Psalm 2 (Heb. 2)

Why do the nations rebel?
 What folly all their peoples speak!
 The kings of the earth stand up,
 the rulers conspire against God
 —against his king!
 'How long must we carry their bonds?
 Come, let us throw off their yoke.'

The Lord has said: You are my Son,
 begotten by me this day;
 only ask, and all the nations are yours,
 to the uttermost ends of the earth;
 yours to inherit and to rule,
 to shatter with a sceptre of steel.

The Lord reigns and sees from on high,
 he laughs and puts them to scorn;
 for then in his wrath he speaks,
 and his fury fills them with dread—
 'It is I who have set my king
 on Zion, my holy hill.'

Kings, pay heed to my words,
 take note, rulers of the world;
 come, serve the Lord with awe,
 tremble before him, bow low;
 for if ever his fury should blaze,
 your lives will come to an end.

Happy are all you instruct, O Lord,
 the ones whom you teach by your laws;
 you will give them your rest in bad times,
 until a pit for the ungodly is dug.

The Lord has not cast off his people,
 his inheritance he will not desert;
 again the sentence will be just,
 it will be followed by the upright of heart.

Against the wicked, who will support me?
 Who will stand against those who do wrong?
 If the Lord did not come to my aid,
 I would soon be in the silent land.

Psalm 93 (extract) (Heb. 94)

If I say: My foot has slipped,
 I am upheld, O Lord, by your love;
 when my heart is fainting with cares,
 your comfort gives delight to my soul.

You have no part with the unrighteous judges,
 they see injustice and call it right;
 they pursue the lives of the just
 and condemn innocent blood.

The Lord himself is my stronghold,
 my Rock, my Refuge is God.

Reading
 False witnesses have risen against me,
 — Breathing out violence.
 From the Letter to the Hebrews: (Heb. 9 11-15).

Lamentations
 My strength is spent, my heart is throbbing,
 — The very light has gone from my eyes.

The lamentations of the prophet . . . (as on Mandy Thursday Morning)
 — Jerusalem, Jerusalem, return to the Lord your God.

Lam. 3 1-9
 — Jerusalem . . .

Lam. 3 10-18
 — Jerusalem . . .

Lam. 3 19-26
 — Jerusalem . . .

Responses
 All you passing by along the road, look and see
 if any grief can be compared with mine.
 — All you passing by . . .
 My God, my God, why have you abandoned me?
 — All you passing by . . .

Father, into your hands I give my spirit.
 — All you passing by . . .

Responses

Jesus, remember me when you come into your Kingdom.
 — Jesus, remember . . .

The veil of the temple was rent, the earth began to quake,
 and the robber said:
 — Jesus, remember . . .

The rocks split, the graves opened and the bodies of many
 saints rose again.
 — Jesus, remember . . .

Psalm 142 (Heb. 143)

O Lord, give heed to my prayer,
 and listen to the sound of my plea;
 you are faithful and good, make reply,
 put not your servant on trial,
 for no one is just in your eyes.

The enemy is in pursuit of my soul,
 he has crushed my life to the ground,
 he has left me alone in the dark,
 like those already long dead;
 my breath within me is faint
 and my heart is shaking with dread.

Make haste to answer, O Lord,
 for I have lost all hope;
 hide not your face from me,
 lest I become like those in the Pit.
 Let me hear of your love at dawn,
 for in you is my trust;
 show me the way to go,
 for to you I lift up my soul.

Save me from my enemies, O Lord,
 as my hope is in you;
 teach me to follow your will
 since you are my God;
 the goodness of your Spirit be my guide:
 lead me to level ground.
 For the sake of your name, O Lord,
 in your justice set me free;
 deliver my soul in distress,
 for you alone I will serve.

I remember the days of old,
 and I ponder on all your works;
 I consider the wonders of your hands
 and I lift up my heart to you,
 I thirst for you with all my soul.

Gospel

They besiege me with venomous words,

— They attack me for no reason.

From the Gospel according to *MATTHEW* (16: 26 v 47 50)

Responses

You have crucified me and set free Barabbas.

— You have crucified me . . .

O vineyard that I have loved, that I planted with my own hands, how have you yielded such bitter fruit?

— You have crucified me . . .

I built a wall round you, I lifted out your stones,

And I built the watch-tower.

— You have crucified me . . .

Silence

Christ became obedient unto death for us, obedient unto death upon a Cross.

— Christ became obedient . . .

INTERCESSIONS

Let us pray to our Redeemer, who suffered for us, was buried, and rose from the dead. *R* Lord, have mercy on us. Lord and master, for us you became obedient even to death; — keep us faithful to God's will in the darkness of our lives. *R*

Jesus, our life, by dying on the cross you destroyed hell and death; — grant that we may die with you and rise with you in glory. *R*

Christ, our king, you were the scorn of the people, a worm not a man; — teach us to tread your path of humility. *R*

Jesus, our Saviour, you laid down your life for your friends; — let us love one another as you have loved us. *R*

Jesus, our hope, you stretched out your hands on the cross to embrace all ages of men; — gather all God's scattered children into the kingdom of salvation. *R*

Our Father

CONCLUDING PRAYER

Be mindful, Lord, of this your family, for whose sake our Lord Jesus Christ, when betrayed, did not hesitate to yield himself into his enemies' hands; and undergo the agony of the cross; he who lives and reigns with you and the Holy Spirit, God, for ever and ever.

(Who lives and reigns for ever and ever.)

He Carries Our Cross



3

Aleph 1 I am the man familiar with misery
under the rod of his anger;
2 I am the one he has driven and forced to walk
in darkness, and without any light.
3 Against me alone he turns his hand,
again and again, all day long.

1

Beth 4 He has wasted my flesh and skin away,
has broken my bones.
5 He has made a yoke for me,
has encircled my head with weariness.
6 He has forced me to dwell in darkness
with the dead of long ago.

Ghimmel 7 He has walled me in; I cannot escape;
he has made my chains heavy;
8 and when I call and shout,
he shuts out my prayer.
9 He has blocked my ways with cut stones,
he has obstructed my paths.

Daleth 10 For me he has been a lurking bear,
a lion on the watch.
11 He has filled my paths with briars and torn me,
he has made me a thing of horror.
12 He has bent his bow and taken aim,
making me the target for his arrows.

2

He 13 In my back he has planted his darts,
the children of his quiver.
14 I have become the laughing-stock of my whole nation,
their butt all day long.
15 He has given me my fill of bitterness,
he has made me drunk with wormwood.

Waw 16 He has broken my teeth with gravel,
he has given me ashes for food.
17 My soul is shut out from peace;
I have forgotten happiness.
18 And now I say, 'My strength is gone,
that hope which came from Yahweh'.

Zain 17 Brooding on my anguish and affliction
is gall and wormwood.
18 My spirit ponders it continually
and sinks within me.
19 This is what I shall tell my heart,
and so recover hope:

3

Heth 20 the favours of Yahweh are not all past,
his kindnesses are not exhausted;
21 every morning they are renewed;
great is his faithfulness.
22 'My portion is Yahweh' says my soul
and so I will hope in him.'

Teth 23 Yahweh is good to those who trust him,
to the soul that searches for him.
24 It is good to wait in silence
for Yahweh to save.

4

11 But now Christ has come, as the high priest of all the blessings which were to come. He has passed through the greater, the more perfect tent, which is better than the one made by men's hands because it is not of this created order; and he has entered the sanctuary once and for all, taking with him not the blood of goats and bull calves, but his own blood, having won an eternal redemption for us. 12 The blood of goats and bulls and the ashes of a heifer are sprinkled on those who have incurred defilement and they restore the holiness of their outward lives; 13 how much more effectively the blood of Christ, who offered himself as the perfect sacrifice to God through the eternal Spirit, can purify our inner self from dead actions so that we do our service to the living God.

Christ seals the new covenant with his blood
15 He brings a new covenant, as the mediator, only so that the people who were called to an eternal inheritance may actually receive what was promised: his death took place to cancel the sins that infringed the earlier covenant.

5

The arrest

47 He was still speaking when Judas, one of the Twelve, appeared, and with him a large number of men armed with swords and clubs, sent by the chief priests and elders of the people. 'Now the traitor had arranged a sign with them. 'The one I kiss,' he had said 'he is the man. Take him in charge.' 'So he went straight up to Jesus and said, 'Greetings, Rabbi', and kissed him. 'Jesus said to him, 'My friend, do what you are here for'. Then they came forward, seized Jesus and took him in charge. 'At that, one of the followers of Jesus grasped his sword and drew it; he struck out at the high priest's servant, and cut off his ear. 'Jesus then said, 'Put your sword back, for all who draw the sword will die by the sword. 'Or do you think that I cannot appeal to my Father who would promptly send more than twelve legions of angels to my defence? 'But then, how would the scriptures be fulfilled that say this is the way it must be?' 'It was at this time that Jesus said to the crowds, 'Am I a brigand, that you had to set out to capture me with swords and clubs? I sat teaching in the Temple day after day and you never laid hands on me.' 'Now all this happened to fulfil the prophecies in scripture. Then all the disciples deserted him and ran away.