

**Evening Prayer - Friday**  
and daily in Lent and Passiontide

**THE BLESSING OF THE LIGHT**

*A light, which may be the Paschal Candle, is brought in, or a candle may simply be lit.*

Christ your light shall rise in the darkness  
And your healing shall spring up like the dawn.

The light of Christ be with you

**And also with you.**

Let us give thanks to God

**It is right to offer thanks and praise.**

Blessèd are you,

Shepherd of your pilgrim people:

their pillar of cloud by day,

their pillar of fire by night.

Stir up in us the fire of your love

which shone forth from your Son

enthroned on the cross,

that being cleansed from our sins

we may come into your presence,

Creator, Redeemer, and Giver of Life:

**Blessèd be God for ever!**

*While the other candles are lit the following or another suitable hymn may be sung.*

**A SONG OF THE LIGHT**

- 1 O joyful light,  
from the pure glory  
of the eternal heavenly Father,\*  
O holy, blessèd Jesus Christ.**
- 2 As we come to the setting of the sun\*  
and see the evening light,**
- 3 We give thanks and praise  
to the Father and to the Son\*  
and to the Holy Spirit of God.**

**4 Worthy are you at all times  
to be sung with holy voices,  
O Son of God, O Giver of life,\*  
and to be glorified through all creation.**

*Verses from PSALM 141 may be said:*

**Let my prayer rise before you as incense,  
the lifting up of my hands as the evening sacrifice.**

O Lord, I call to you; come to me quickly;  
hear my voice when I cry to you.  
Set a watch before my mouth, O Lord,  
and guard the door of my lips.

**Let my prayer rise before you as incense,  
the lifting up of my hands as the evening sacrifice.**

Let not my heart incline to any evil thing;  
let me not be occupied in wickedness.  
But my eyes are turned to you, Lord God,  
in you I take refuge;  
do not leave me defenceless.

**Let my prayer rise before you as incense,  
the lifting up of my hands as the evening sacrifice.**

*THE OPENING PRAYER may be said:*

As our evening prayer rises before you, O God,  
so may your mercy come down upon us  
to cleanse our hearts  
and set us free to sing your praise,  
now and for ever. **Amen.**

Ka mea a Īhu, “Ā, ki te whakairihia ake ahau ki runga ake i  
te whenua, māku ngā tāngata katoa e kukume ki ahau.” *Hoani 12.32*

E te Atua kai whakaora  
Te kai hoko o ngā tāngata katoa o te Ao  
Waiho mā te mamaetanga o tōu rīpekatanga  
E whakaara ake i ō pononga  
Te Wairua mahaki. **Āmine.**

**THE WORD OF GOD** — *see the introduction page iv*  
*the Psalm(s) - the following may be used, those in the Lectionary,*  
*or those in the Alternate Table of Psalms page*

**Week 1 & Sundays in Lent — from Psalm 86**

- 1 Turn your ear to me O Lord and answer me:  
for I am poor and in misery.
- 2 Preserve my life for I am faithful:  
my God save your servant  
for I put my trust in you.
- 3 Be merciful to me O Lord:  
for I call to you all the day long.
- 4 Gladden the heart of your servant:  
for to you Lord I lift up my soul.
- 5 For you Lord are good and forgiving:  
and of great mercy to all who call upon you.
- 6 Give heed O Lord to my prayer:  
and listen to my cry of supplication.
- 7 In the day of my distress I will call:  
and surely you will answer me.
- 8 Among the gods there is none like you O Lord:  
nor can the deeds of any  
be compared with yours.
- 11 Show me your way O Lord,  
that I may walk in your truth:  
let my heart rejoice in reverence for your name.
- 12 I will praise you O Lord my God  
with all my heart:  
and glorify your name for ever.
- 15 But you are a God of compassion and mercy:  
slow to anger,  
abounding in love and faithfulness.
- 16 Turn to me then and have mercy,  
give your strength to your servant:  
and save the son of your handmaid.
- 17 Give me a sign of your favour,  
that those who hate me may see it,  
and be put to shame:

because you Lord have been my help  
and my comfort.

*Merciful God,  
whom truly to know is eternal life;  
teach us to know your Son Jesus Christ  
as the way, the truth and the life  
that we may walk in the way that leads to eternal life;  
through our Saviour Jesus Christ. Amen.*

**Week 2 and Mondays in Lent — Psalm 32**

- 1 Blessed are those whose offences are forgiven:  
whose sin has been put away.
- 2 Blessed are those  
to whom the Lord imputes no guilt:  
and in whose spirit there is no deceit.
- 3 While I held back from confessing my sin:  
my body wasted away  
through my groaning all day long.
- 4 For your hand was heavy upon me  
day and night:  
I was dried up and withered,  
as it were by drought in summer.
- 5 Then I acknowledged my sin to you:  
my guilt I did not hide.
- 6 I said, 'I will confess my sins to the Lord':  
and so you forgave the wickedness of my sin.
- 7 Therefore let all those that are faithful  
pray to you in time of trouble:  
when great flood-water rises,  
it shall not come near them.
- 8 You are a place to hide me in,  
you will preserve me from trouble:  
you will surround me  
with shouts of deliverance.
- 9 'I will teach you,  
and guide you in the way you should go:  
I will keep you under my eye  
and give you counsel.
- 10 'Be not like horse or mule,

which have no understanding:  
whose course must be checked  
with bit and bridle.'

- 11 Many pains are in store for the wicked:  
but whoever trusts in the Lord  
is surrounded by steadfast love.
- 12 Be glad you righteous, and rejoice in the Lord:  
shout for joy all you that are upright in heart.

*Most loving God,  
we thank you for your pardon and forgiveness.  
By the power of your Spirit within,  
enable us to overcome temptation and evil,  
keep us securely in the fellowship of your Church,  
and as we live daily in your presence,  
grant victory, peace, and joy,  
through the merits of your Son, our Saviour, Jesus Christ.  
Amen.*

### **Week 3 & Tuesdays in Lent — from Psalm 31**

- 1 In you Lord I have taken refuge:  
let me never be put to shame,
- 2 deliver me in your righteousness:  
incline your ear to me,  
come quickly to my rescue.
- 3 Be to me a rock of refuge:  
a stronghold to keep me safe.
- 4 You are to me a rock and a fortress:  
for your name's sake lead me and guide me.
- 5 Release me from the net  
they have secretly laid for me:  
for you O Lord are my strength.
- 6 Into your hands I commend my spirit:  
for you have redeemed me,  
O Lord God of truth.
- 7 You hate those  
who pay regard to worthless idols:  
but I put my trust in the Lord.
- 8 I will be glad and rejoice in your mercy:  
for you have seen my affliction,

- and taken heed of my soul's distress.
- 9 You have not given me up  
to the power of the enemy:  
you have set my feet  
where I may walk at liberty.
- 10 Have mercy on me Lord, for I am in trouble:  
my eyes are wasted from grief,  
my soul and my body also.
- 11 My life is worn out with sorrow,  
and my years with sighing:  
my strength fails me in my misery,  
my bones are wasted away.
- 12 I am the scorn of my enemies:  
and a byword among my neighbours.
- 13 Those of my acquaintance  
shudder at the sight of me:  
when they see me in the  
street they shrink away from me.
- 14 I have passed out of mind like one who is dead:  
I have become like a broken vessel.
- 15 I hear the whispering of many,  
fear is on every side:  
while they conspire together against me,  
and plot to take away my life.
- 16 But my trust is in you O Lord:  
I say, 'You are my God,  
my fortunes are in your hands.'
- 17 Deliver me from the power of my enemies:  
and from the hand of those who persecute me.

*Jesus crucified, despised and suffering,  
you made yourself one with us.*

*Help us to follow you and bear the shame. Amen.*

**Week 4 & Wednesdays in Lent — from Psalm 31**

- 18 Make your face to shine on your servant:  
and save me for your mercy's sake.
- 19 Let me not be put to shame when I call upon you:  
let the wicked be shamed,  
and put to silence in the grave.

- 20 Let the lying lips be put to silence:  
which speak insolently against  
the righteous with pride and contempt.
- 21 O how great is your goodness,  
which you have laid up for those who fear you:  
which you have prepared in the sight of all,  
for those who take refuge in you.
- 22 You hide them under the cover of your presence  
from those who conspire against them:  
you keep them under your shelter,  
safe from the strife of tongues.
- 23 Blessèd are you O Lord:  
for you have wonderfully shown  
your love to me,  
when I was beset like a city under siege.
- 24 I said in my alarm:  
'I am cut off from the sight of your eyes.'
- 25 But you heard the voice of my plea:  
when I called to you for help.
- 26 Love the Lord all you servants of the Lord:  
for the Lord preserves those who are faithful,  
and fully repays the haughty  
for their presumption.
- 27 Be strong, and let your heart take courage:  
all you that wait for the Lord.

*In darkness and in light,  
in trouble and in joy,  
help us, heavenly Father,  
to trust your love,  
to serve your purpose,  
and to praise your name,  
through Jesus Christ our Lord. Amen.*

**Week 5 & Thursdays in Lent — Psalm 27**

- 1 The Lord is my light and my salvation,  
whom then shall I fear?:  
the Lord is the stronghold of my life,  
of whom then shall I be afraid?
- 2 When the wicked close in on me to devour me:  
it is they, my enemies

- and my foes who stumble and fall.
- 3 If an army should encamp against me,  
my heart shall not be afraid:  
if war should arise against me,  
even then I will not be dismayed.
  - 4 One thing I have asked of the Lord,  
which I long for:  
that I may dwell in the house of the Lord  
all the days of my life,
  - 5 to gaze on your beauty O Lord:  
and to seek you in your temple.
  - 6 For in the time of trouble you will give me shelter:  
you will hide me under the cover of your tent,  
and set me high upon a rock.
  - 7 And now you have raised my head:  
above my enemies round about me.
  - 8 Therefore I will offer in your dwelling  
a sacrifice with great gladness:  
I will sing and give praise to you O Lord.
  - 9 Hear my voice O Lord when I call:  
have mercy on me and answer me.
  - 10 Of you my heart has said, 'Seek God's face':  
your face Lord I will seek.
  - 11 Do not hide your face from me:  
or reject your servant in anger.
  - 12 You have been my helper:  
do not cast me off,  
or forsake me O God my saviour.
  - 13 Though my father and my mother forsake me:  
the Lord will take me up.
  - 14 Teach me your way O Lord:  
and lead me by a level path,  
safe from those who lie in wait for me.
  - 15 Do not give me up to the will of my enemies:  
for liars, and those who breathe out malice,  
have risen up to witness against me.
  - 16 I believe that I shall see the goodness of the Lord:  
in the land of the living.

17 Wait for the Lord,  
be strong and let your heart take courage:  
yes, wait I say for the Lord.

*Lord,  
help us to see:  
to see what is eternally good and true,  
and having seen, to go on searching  
until we come to the joys of heaven. Amen.*

**Week 6 & Fridays in Lent — from Psalm 69**

- 1 Save me O God:  
for the waters have risen up to my neck.
- 2 I am sinking into miry depths  
and have no foothold:  
I have come into deep waters,  
and the flood engulfs me.
- 3 I am wearied with crying out,  
my throat is parched:  
my eyes grow dim with watching so long  
for my God.
- 4 Those who hate me without reason  
are more in number than the hairs of my head:  
mighty are those who seek to destroy me  
with lies.
- 5 They bid me give back things that I never took:  
God you know how foolish I am,  
and my faults are not hidden from you.
- 6 Let not those who hope in you  
be put to shame through me O God:  
let not those who seek you  
be dismayed at me, Lord God of hosts.
- 7 It is for you I have suffered reproach:  
and shame has covered my face.
- 8 I have become a stranger to my family:  
an alien to my mother's children.
- 9 Zeal for your house has consumed me:  
and insults aimed at you have fallen on me.
- 10 When I afflicted myself with fasting:  
that was turned as a reproach against me.

- 11 I put on sackcloth also:  
and I became a by-word among them.
- 12 I am the talk of those who sit at the gate:  
and the drunkards make songs about me.
- 13 But Lord I make my prayer to you:  
accept me now in your great love.
- 14 Answer me O God:  
with your unfailing help.
- 15 Rescue me from the mire, do not let me sink:  
let me be delivered from the muddy depths.
- 16 Do not let the flood engulf me,  
or the deep swallow me up:  
or the Abyss of death close its mouth upon me.
- 17 Answer me Lord, for your love is good:  
turn to me in your great compassion.
- 18 Do not hide your face from your servant:  
be swift to answer me, for I am in distress.
- 19 Come near to me and redeem me:  
O ransom me because of my enemies.
- 20 You know my reproach,  
my shame and humiliation:  
my enemies are all in your sight.
- 21 Reproach has broken my heart:  
and my sickness is past all healing.
- 22 I looked for compassion, but I received none:  
for someone to console me, but I found no one.
- 23 They gave me poison for food:  
and in my thirst they gave me vinegar to drink.
- 31 As for me, I am afflicted and in pain:  
O God, lift me up by your saving power.
- 32 I will praise your name with a song:  
and glorify you with thanksgiving.
- 33 And that will please you  
more than the offering of an ox:  
more than a bull with horns and hoofs.
- 34 Consider this, you that are humble, and be glad:  
let your heart rejoice, you that seek after God.
- 35 For you O God listen to the poor:

- and do not despise your servants in captivity.
- 36 Let the heavens and the earth praise you:  
the seas and all that moves in them.
- 37 For you will deliver Jerusalem,  
and rebuild the cities of Judah:  
and your people shall dwell there  
and possess it.
- 38 Your servants' children shall inherit it:  
and those who love your name shall dwell in it.

*Jesus, help us to forgive as you have forgiven us.*

*Help us to trust you, even when hope is failing.*

*Help us, if we are called to suffer,*

*to take up our cross*

*and to follow you in your redeeming work. Amen.*

### **Week 7 & Saturdays in Lent — Psalm 90**

- 1 Lord you have been our refuge:  
from one generation to another.
- 2 Before the mountains were brought forth,  
or the earth and the world were made:  
you are God, from age to age everlasting.
- 3 You turn humanity back into dust:  
saying, 'Return to dust you children of mortals.'
- 4 For a thousand years in your sight  
are only as yesterday:  
as it were but a day that is past.
- 5 As a night-watch that comes  
quickly to an end you scatter them:  
they fade like a dream at daybreak.
- 6 They are like the grass  
which in the morning is green:  
but in the evening is dried up and withered.
- 7 For we consume away in your anger:  
and are terrified by your wrath.
- 8 You set our misdeeds before you:  
our secret sins in the light of your face.
- 9 All our days pass away under your anger:  
we bring our years to an end as it were a sigh.
- 10 The span of our life is seventy years,

- though the strong may come to eighty:  
yet all the years bring is labour and sorrow,  
so soon they pass and we are gone.
- 11 But who understands the power of your wrath:  
or who considers the fierceness of your anger?
- 12 Teach us to know how few are our days:  
that we may apply our hearts to wisdom.
- 13 Turn from your wrath O Lord,  
how long before you relent?:  
have pity Lord on your servants.
- 14 Satisfy us in the morning with your constant love:  
so that we may rejoice  
and be glad all the days of our life.
- 15 Make us glad  
for as many days as you have afflicted us:  
for as many years as we have  
suffered adversity.
- 16 Show your servants your work:  
and let their children see your glory.
- 17 May your favour O Lord our God be upon us:  
and prosper the work of our hands,  
O prosper the work of our hands.

*Eternal God,  
to whom a thousand years are no more than a moment;  
renew us in your Holy Spirit,  
so that we may serve you with courage  
while we have life and breath;  
through the grace of Jesus your Son. Amen.*

THE OLD TESTAMENT CANTICLE

*If there are two Scripture Readings, the first may be read before the  
OT Canticle, or both may be read after it.*

*Either: HE WAS DESPISED AND REJECTED*

- 1 Who would have believed what we have heard:  
and to whom  
has the power of the Lord been revealed?
- 2 He grew up before the Lord like a tender plant:  
like a root out of arid ground.

- 3 He had no beauty, no majesty to draw our eyes:  
no grace to make us delight in him.
- 4 He was despised and rejected:  
a man of sorrows and familiar with suffering.
- 5 Like one from whom people hide their faces:  
he was despised, and we esteemed him not.
- 6 Surely he has borne our griefs  
and carried our sorrows:  
yet we considered him stricken,  
smitten by God, and afflicted.
- 7 But he was wounded for our transgressions:  
he was bruised for our iniquities.
- 8 The punishment that brought us peace  
was laid upon him:  
and by his wounds we are healed.

*Isaiah 53.1-5*

**Glory to . . .**

*Or: SEEK THE LORD*

- 1 Seek the Lord who is still to be found:  
call upon God who is yet at hand.
- 2 Return to the Lord, who will have compassion:  
to our God, who will abundantly pardon.
- 3 'For my thoughts are not your thoughts:  
nor are your ways my ways,' says the Lord.
- 4 'For as the heavens are higher than the earth:  
so are my ways higher than your ways  
and my thoughts than your thoughts.
- 5 'For as the rain and snow  
come down from heaven:  
and return not again but water the earth,  
6 'causing the earth to bring forth and sprout:  
giving seed to the sower  
and bread to the hungry;  
7 'so shall my word be  
that goes forth from my mouth:  
it shall not return to me empty,  
8 'but it shall accomplish that which I desire:  
and achieve the purpose for which I sent it.

*Isaiah 55.6-11*

## Glory to . . .

*Or Song of Praise D. PRAYER OF MANASSEH (page ).*

### THE SCRIPTURE READING(S)

*The Short Scripture Reading on page may be used, or those from the lectionary, either is followed by the Responsory on page , or*

*This RESPONSE to the reading may be used:*

O Lord, do not forsake me;

**Be not far from me, O my God.**

### THE GOSPEL CANTICLE: THE MAGNIFICAT

*Refrain:*

**You have mercy on those who fear you,\*  
in every generation.**

*Or, in Lent:*

**Come, let us return to the Lord,\*  
for our God will richly pardon.**

*Or, in Passiontide:*

**God's love for us is revealed\*  
in that, while we were yet sinners  
Christ died for us.**

*Or, on feasts of Martyrs:*

**Those who gave up their lives for Christ,  
and followed in the Way,\*  
rejoice with God now and for ever.**

### The Song of the Blessed Virgin Mary

1 +My soul proclaims the greatness of the Lord:  
my spirit rejoices in God my saviour,

2 for you Lord have looked with favour  
on your lowly servant:  
and from this day all generations will call me  
blessèd.

3 You O Most Mighty have done great things for  
me:  
and holy is your name.

- 4 You have mercy on those who fear you:  
from generation to generation.
- 5 You have shown the strength of your arm:  
you have scattered the proud in their conceit.
- 6 You have cast down the mighty from their  
thrones:  
and have lifted up the lowly.
- 7 You have filled the hungry with good things:  
and the rich you have sent away empty.
- 8 You have come to the help of your people:  
for you have remembered your promise of mercy,
- 9 the promise you made to our forebears:  
to Abraham and his children for ever.

**Glory to God: Source of all being,  
Eternal Word, and Holy Spirit:  
as it was in the beginning, is now,  
and shall be for ever. Amen.**

*Or*

**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 refrain is repeated after the canticle.*

#### **THE PRAYERS**

*Intercession and Thanksgiving are offered in free prayer or in  
silence, ending with the following, [or some other appropriate  
litany or prayer e.g. page ]:*

Show us your mercy, O Lord,  
and grant us your salvation.

**Lord, have mercy. E te Ariki, kia aroha mai.**

The earth is full of violence:  
look, O Lord, upon your covenant.

**Christ, have mercy. E te Karaiti, kia aroha mai.**

O God, do not be silent;  
do not keep still, nor hold your peace, O God.

**Lord, have mercy. E te Ariki, kia aroha mai.**

*THE COLLECT for the day, or for Fridays*

Gracious God,  
you have given us much today;  
grant us also a thankful spirit.  
Into your hands we commend ourselves  
and those we love.  
Be with us still,  
and when we take our rest,  
renew us for the service of your Son Jesus Christ . . .

*The Collect for Lent and Passiontide*

Almighty and everliving God,  
in your tender love towards us  
you sent your Son to take our nature upon him,  
and to suffer death upon the cross;  
grant that we may follow the example  
of his great humility  
and share in his glorious resurrection;  
through Jesus Christ our Lord . . .

*The Lord's Prayer follows*

Jesus remember us in your kingdom  
and teach us to pray . . .

**THE CONCLUSION**

**THE BLESSING**

**The grace of our Lord Jesus Christ,  
and the love of God,  
and the fellowship of the Holy Spirit,  
be with us all evermore. Amen.**

*ko tēnei rānei*

**Kia tau ki a tātou katoa  
te atawhai o tō tātou Ariki, o Ihu Karaiti,  
me te aroha o te Atua,  
me te whiwhinga tahitanga ki te Wairua Tapu,  
āke āke. Āmine.**

*Or, in Lent:*

**May God our Redeemer show us compassion and love.**

**Amen.**

*Or, in Passiontide:*

**May the life-giving cross  
be the source of all our joy and peace. Amen.**

Let us bless the Lord.

**Thanks be to God.**