

## MORNING READINGS FROM 8th February

During the ten days before Lent and during Lent & Holy Week

we use short passages from John's gospel each day

Please take time to think & pray on each day's passage

Fr Mark will be pleased to help with any commentary or explanation on the readings: 07429143959

<b>Monday 8th Feb</b> <i>John 19. 1-16</i>	<b>Mon 22 Feb</b> <i>John 5. 1-18</i>	<b>Mon 8 Mar</b> <i>John 7. 37-52</i>	<b>Mon 22 Mar</b> <i>John 11. 28-44</i>
<b>Tue 8th Feb</b> <i>John 19. 17-20</i>	<b>Tues 23 Feb</b> <i>John 5. 19-29</i>	<b>Tues 9 Mar</b> <i>John 7. 53-8.11</i>	<b>Tues 23 Mar</b> <i>John 11. 45-end</i>
<b>Wed 16th Feb</b> <i>John 19. 31-end</i>	<b>Wed 24 Feb</b> <i>John 5. 30-end</i>	<b>Wed 11 Mar</b> <i>John 8. 12-30</i>	<b>Wed 24 Mar</b> <i>John 12. 1-11</i>
<b>Thurs 11 Feb</b> <i>John 20. 1-10</i>	<b>Thurs 25 Feb</b> <i>John 6. 1-15</i>	<b>Thurs 12 Mar</b> <i>John 8. 31-47</i>	<b>Thurs 25 Mar</b> <b>THE ANNUNCIATION</b> <i>Luke 1. 26-38</i>
<b>Fri 12th Feb</b> <i>John 20. 11-18</i>	<b>Fri 26 Feb</b> <i>John 6. 16-27</i>	<b>Fri 13 Mar</b> <i>John 8. 48-end</i>	<b>Fri 26 Mar</b> <i>John 12. 30-36a</i>
<b>Sat 12 Feb</b> <i>John 20. 19-end</i>	<b>Sat 27 Feb</b> <i>John 6. 27-40</i>	<b>Sat 14 Mar</b> <i>John 9. 1-17</i>	<b>Sat 27 Mar</b> <i>John 12. 36b-end</i>
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<b>Mon 14 Feb</b> <i>John 3. 1-21</i>	<b>Mon 1 Mar ST DAVID</b> <i>Matthew 16. 24-27</i>	<b>Mon 15 Mar</b> <i>John 9. 18-end</i>	<b>MONDAY in HOLY WEEK</b> <i>John 12. 1-11</i>
<b>Tues 15 Feb</b> <i>John 3. 22-end</i>	<b>Tues 2 Mar</b> <i>John 6. 52-59</i>	<b>Tues 16 Mar</b> <i>John 10. 1-10</i>	<b>TUESDAY in HOLY WEEK</b> <i>John 12. 20-36</i>
<b>Wed 17—ASH WEDNESDAY</b> <i>John 8. 1-11</i>	<b>Wed 3 Mar</b> <i>John 6. 60-end</i>	<b>Wed 17 Mar</b> <i>John 10. 11-21</i>	<b>WEDNESDAY in HOLY WEEK</b> <i>John 13. 21-32</i>
<b>Thurs 18 Feb</b> <i>John 4. 1-26</i>	<b>Thurs 4 Mar</b> <i>John 7. 1-13</i>	<b>Thurs 18 Mar</b> <i>John 10. 22-end</i>	<b>MAUNDY THURSDAY</b> <i>John 13. 1-17, 31b-35</i>
<b>Fri 19 Feb</b> <i>John 4. 27-42</i>	<b>Fri 5 Mar</b> <i>John 7. 14-24</i>	<b>Fri 20 Mar</b> <b>JOSEPH OF NAZARETH</b> <i>Matthew 1. 18-25</i>	<b>GOOD FRIDAY</b> <i>John 18.1 –19.42</i>
<b>Sat 20 Feb</b> <i>John 4. 43-end</i>	<b>Sat 6 Mar</b> <i>John 7. 25-36</i>	<b>Sat 21 Mar</b> <i>John 11. 17-27</i>	<b>HOLY SATURDAY</b> <i>John 19. 38-42</i>

## NIGHT PRAYER READINGS

During Night Prayer we read the verse appointed for that day

- Monday:** Thus said the Lord God, the Holy One of Israel: In returning and rest you shall be saved; in quietness and in trust shall be your strength. (*Isaiah 30.15*)
- Tuesday:** Jesus said, 'Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.' (*Matthew 11.28-end*)
- Wednesday:** Humble yourselves under the mighty hand of God, so that he may exalt you in due time. Cast all your anxiety on him, because he cares for you. (*1 Peter 5.6,7*)
- Thursday:** Be sober, be vigilant, because your adversary the devil is prowling round like a roaring lion, seeking for someone to devour. Resist him, strong in the faith. (*1 Peter 5.8, 9*)
- Friday:** God has destined us not for wrath but for obtaining salvation through our Lord Jesus Christ, who died for us, so that whether we are awake or asleep we may live with him. (*1 Thessalonians 5.9, 10*)
- Saturday:** A sabbath rest still remains for the people of God; for those who enter God's rest also cease from their labours as God did from his. Let us therefore make every effort to enter that rest. (*Hebrews 4.9-11a*)

**PRAYERS BEFORE THE CROSS  
on FRIDAYS**



On the cross our Lord offered himself  
to the Father for the whole world.

So, before his cross, we join our prayers with his.

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 on us.**

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

God, be merciful to us and bless us,  
and show us the light of your countenance  
and be merciful to us  
**That your ways may be known upon earth,  
your saving health among all nations.**

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

*In silence we entrust to God, in union with Christ and  
his suffering, our own burdens and those of others,  
especially those who are oppressed or persecuted,  
prisoners of conscience, the sick or the suffering.*

Almighty Father,  
look with mercy on this your family  
for which our Lord Jesus Christ  
was content to be betrayed  
and was given up into the hands of the wicked  
and to suffer death upon the cross;  
who is alive and glorified  
with you and the Holy Spirit,  
one God, now and for ever. **Amen.**

**SUGGESTED INTERCESSIONS: 1**

With faith and love and in union with Christ,  
let us offer our prayer before the throne of grace.

Have mercy on your people,  
for whom your Son laid down his life.

Bring healing and wholeness to people and nations,  
and have pity on those torn apart by division.

Strengthen all who are persecuted for your name's  
sake, and deliver them from evil.

Look in mercy upon all who suffer,  
and hear those who cry out in pain and desolation.

Bring comfort to the dying, and gladden their  
hearts with the power of your glory.

Give rest to the departed and bring them,  
with your saints, to glory everlasting.

As we rejoice in the triumph of the cross,  
we pray that the whole of creation may find  
fulfilment in the eternal kingdom of God:

**SUGGESTED INTERCESSIONS 2**

Let us bring our prayers  
to him who died that we might live

Lord Jesus, you embraced the cross  
that we might learn to give our lives  
for the sake of love: **R.**

In the hour of death  
you heard the penitent thief  
and opened to him the door of paradise: **R.**

Innocent Captive,  
you submitted to the judgement of sinners: **R.**

Most merciful Saviour,  
you have known the pain of abandonment: **R.**

Lord, you loved the Church  
and gave your own self up for her: **R.**

Through your blood  
you have brought to all people the crown of life:

**SUGGESTED INTERCESSIONS 3**

With confidence and trust  
let us pray to the Father for the one holy catholic  
and apostolic Church ...

For the mission of the Church, that in faithful  
witness it may preach the gospel to the ends of  
the earth.

For peace in the world that a spirit of respect and  
reconciliation may grow among nations  
and peoples.

For the poor, the persecuted, the sick, and all who  
suffer ...for refugees, prisoners, and all in danger;  
that they may be relieved and protected,

For those whom we have injured or offended,

For grace to amend our lives  
and to further the reign of God,

In communion with all those who have walked  
before us in the way of holiness ...