

Good Friday Litany

Lord, when we feel sorry for ourselves
and think we have sacrificed so much for others,

Remind us of what you did for us on the cross.

Lord, when our patience wears thin
and we are ready to give up,

**Speak to us through the example
of your endurance on the cross.**

Lord, when we get angry and feel like fighting back
against those who would be our enemies,

**Help us remember your words to your enemies
from the cross, "Father forgive."**

Lord, whenever we suffer in any way,

Keep us near the cross.

Lord, when we are afraid to stand up
for what is true and honourable,

**Strengthen us with the courage
with which you went to the cross.**

Lord, when we come to the times of death,

**Uphold us with the assurance
that life did not end for you on the cross.**

**Fill us with the hope of resurrection and new life
which your cross continues to teach us each day. Amen.**

(Written by M. Ashley Grant, and originally posted on the website of the First Congregational Church of Greenwich.)