St James's PICCADILLY

Holding the Silence

The Daily Office
Holy Week 2026

Sunday 29th March – Saturday 4th April

Join the Holding the Silence live stream on Thursday and Friday at 12noon, or watch the videos on our YouTube channel at any time.

Eternal God, in these times
when we fear we are losing hope
or feel our efforts are futile,
let us see in our hearts and minds
the image of your resurrection,
and let that be the source
of courage and strength.
With that, and in your company,
help us to face challenges and struggles
against all that is born of injustice.
From the Philippines

A candle may be lit at the start of the prayer.

PREPARATION

O Lord, open our lips
and our mouths shall proclaim your praise.

Reveal among us the light of your presence
You who are common to us all.

Morning:

**O God, set your blessing upon us
as we begin this day together.
Confirm in us the truth by which we rightly live,
confront us with the truth from which we wrongly turn,
as we offer this day and ourselves
for you and to you.
Amen.**

Noon:

**O God who loves us,
we offer this day into your keeping;
our plans into your providence;
our concerns into your love;
our words into your silence;
our activity into your stillness.
Look upon us in your steadfast love,
that we may be instruments of peace
in our broken world.
Amen.**

Evening:

**Holy One, You have brought us
through this day to a time of reflection
and rest.
Calm us, and give us your peace to refresh us.
After creation, O God, you rested, so
we give back our lives to you.
Amen.**

Night:

**It is night. The night is for stillness.
Let us be still in the presence of God.
The night is dark.
Let our fears of the darkness
of the world and of our own lives,
rest in you, O God.
The night is quiet.
Let the quietness of your peace enfold
us, all dear to us
and all who have no peace.
Amen.**

CANTICLE

This or another psalm or canticle is said.

**We adore you, O Christ, and we bless you;
by your holy cross you free the world.**

**God chose what is weak in the world
to shame the strong.
We preach Christ crucified,
the power and the wisdom of God.**

**Christ committed no sin,
no guile was found on his lips.**

**We adore you, O Christ, and we bless you;
by your holy cross you free the world.**

**Glory to God, Source of all Being,
Eternal Word and Holy Spirit:
As it was in the beginning, is now
and shall be forever.
Amen.**

INTRODUCTION TO READINGS

Spirit of Wisdom,
take from us all fuss,
the clattering of noise,
the temptation to dominate by
the power of words,
the craving for certainty.
Lead us through the narrow gate of
not knowing,
that we may listen and obey,
and come to a place of silence and stillness,
of true conversation and wisdom.

READINGS

(See Daily Readings leaflet)

SILENCE

Morning:

With the bread we need for today,
feed us.
In the hurts we absorb from one
another, forgive us.
In times of temptation and test,
strengthen us.
From trials too great to endure, spare
us. From the grip of all that is evil,
free us.
Amen.

Noon:

Holy One, at this hour Jesus Christ
hung on the cross, stretching out his
arms in love to all.
In darkness and in light,
in trouble and in joy, help us, O God,
to trust your love,
to serve your purpose
and to praise your name,
through Jesus Christ.
Amen.

Evening:

Have mercy this evening on a surfeited
world which, though grasping, can't be
grasped by you.
Have mercy this evening on the weak
and the broken,
on the hungry,
the homeless and souls without hope.
Amen.

Night:

We give thanks for the gift of sleep
but also the gift of struggle;
awake may we watch with you,
asleep, may we rest in peace.
Amen.

PRAYERS

As the community of St James's Piccadilly, apart and part of the whole, in isolation and in communion, near and far, together we pray . . .

COLLECT

(See Daily Readings leaflet)

THE LORD'S PRAYER

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.
Lead us not into temptation,
but deliver us from evil.
For the kingdom, the power
and the glory are yours,
now and for ever.
Amen.

THE CONCLUSION

May God who raises us
show us compassion and love.
Amen.

Let us bless the Lord.
Thanks be to God.

Material from: Common Worship, The Iona Community, Jim Cotter, Edwina Gateley, Peter Millar, Janet Morley, The New Zealand Prayer Book, The St Hilda Community, Ray Simpson

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