



# THE WATCH

Suggested Prayers & Meditations

## "Could you not keep awake one hour?"

"Then he came to the disciples and found them sleeping, and he said to Peter, 'So, could you not stay awake with me one hour?'" Matthew 26:40

In Matthew, Jesus asked his disciples if they could stay awake with him just one hour; but they could not. Since that time, disciples have been trying to honor His request.

Here at St. John's Cathedral, we will attempt to do our part by keeping watch and praying with Christians around the world from the end of Maundy Thursday service through Good Friday noonday service (Thursday 8:00 p.m. through noon Friday). We invite you to join in remembering our Lord's passion by praying and keeping watch with Him for a 30-minute segment during our remembrance of that fateful night.

Because of the pandemic, this year we will be praying from home. Here are some ideas that may help you pray.

### Create a Prayer Space:

Find a quiet spot to sit with a table nearby including items such as a Bible, cross, Book of Common Prayer, prayer beads, greenery, icons, or a candle, or go into your garden.

## Suggested Scriptures to Meditate On:

### Exodus 12:1-4, (5-10), 11-14

The Lord said to Moses and Aaron in the land of Egypt: This month shall mark for you the beginning of months; it shall be the first month of the year for you. Tell the whole congregation of Israel that on the tenth of this month they are to take a lamb for each family, a lamb for each household. If a household is too small for a whole lamb, it shall join its closest neighbor in obtaining one; the lamb shall be divided in proportion to the number of people who eat of it. [Your lamb shall be without blemish, a year-old male; you may take it from the sheep or from the goats. You shall keep it until the fourteenth day of this month; then the whole assembled congregation of Israel shall slaughter it at twilight. They shall take some of the blood and put it on the two doorposts and the lintel of the houses in which they eat it. They shall eat the lamb that same night; they shall eat it roasted over the fire with unleavened bread and bitter herbs. Do not eat any of it raw or boiled in water, but roasted over the fire, with its head, legs, and inner organs. You shall let none of it remain until the morning; anything that remains until the morning you shall burn.] This is how you shall eat it: your loins girded, your sandals on your feet, and your staff in your hand; and you shall eat it hurriedly. It is the passover of the Lord.

For I will pass through the land of Egypt that night, and I will strike down every firstborn in the land of Egypt, both human beings and animals; on all the gods of Egypt I will execute judgments: I am the Lord. The blood shall be a sign for you on the houses where you live: when I see the blood, I will pass over you, and no plague shall destroy you when I strike the land of Egypt. This day shall be a day of remembrance for you. You shall celebrate it as a festival to the Lord; throughout your generations you shall observe it as a perpetual ordinance.

### **Psalms 116:1, 10-17**

1 I love the Lord, because he has heard the voice of my supplication, \*

because he has inclined his ear to me whenever I called upon him.

10 How shall I repay the Lord \*

for all the good things he has done for me?

11 I will lift up the cup of salvation \*

and call upon the Name of the Lord.

12 I will fulfill my vows to the Lord \*

in the presence of all his people.

13 Precious in the sight of the Lord \*

is the death of his servants.

14 O Lord, I am your servant; \*

I am your servant and the child of your handmaid;

you have freed me from my bonds.

15 I will offer you the sacrifice of thanksgiving \*  
and call upon the Name of the Lord.  
16 I will fulfill my vows to the Lord \*  
in the presence of all his people,  
17 In the courts of the Lord's house, \*  
in the midst of you, O Jerusalem.

### **1 Corinthians 11:23-26**

I received from the Lord what I also handed on to you, that the Lord Jesus on the night when he was betrayed took a loaf of bread, and when he had given thanks, he broke it and said, "This is my body that is for you. Do this in remembrance of me." In the same way he took the cup also, after supper, saying, "This cup is the new covenant in my blood. Do this, as often as you drink it, in remembrance of me." For as often as you eat this bread and drink the cup, you proclaim the Lord's death until he comes.

### **John 13:1-17, 31b-35**

Now before the festival of the Passover, Jesus knew that his hour had come to depart from this world and go to the Father. Having loved his own who were in the world, he loved them to the end. The devil had already put it into the heart of Judas son of Simon Iscariot to betray him. And during supper Jesus, knowing that the Father had given all things into his hands, and that he had come from God and was going to God, got up from the table, took off his outer robe, and tied a towel around himself.

Then he poured water into a basin and began to wash the disciples' feet and to wipe them with the towel that was tied around him. He came to Simon Peter, who said to him, "Lord, are you going to wash my feet?" Jesus answered, "You do not know now what I am doing, but later you will understand." Peter said to him, "You will never wash my feet." Jesus answered, "Unless I wash you, you have no share with me." Simon Peter said to him, "Lord, not my feet only but also my hands and my head!" Jesus said to him, "One who has bathed does not need to wash, except for the feet, but is entirely clean. And you are clean, though not all of you." For he knew who was to betray him; for this reason he said, "Not all of you are clean."

After he had washed their feet, had put on his robe, and had returned to the table, he said to them, "Do you know what I have done to you? You call me Teacher and Lord--and you are right, for that is what I am. So if I, your Lord and Teacher, have washed your feet, you also ought to wash one another's feet. For I have set you an example, that you also should do as I have done to you. Very truly, I tell you, servants are not greater than their master, nor are messengers greater than the one who sent them. If you know these things, you are blessed if you do them

“Now the Son of Man has been glorified, and God has been glorified in him. If God has been glorified in him, God will also glorify him in himself and will glorify him at once. Little children, I am with you only a little longer. You will look for me; and as I said to the Jews so now I say to you, ‘Where I am going, you cannot come.’ I give you a new commandment, that you love one another. Just as I have loved you, you also should love one another. By this everyone will know that you are my disciples, if you have love for one another.”

## Prayers to Get You Started:

### Of the Holy Spirit

Almighty and most merciful God, grant that by the indwelling of your Holy Spirit we may be enlightened and strengthened for your service; through Jesus Christ our Lord, who lives and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. Amen. BCP 251

### For the Unity of the Church

Almighty Father, whose blessed Son before his passion prayed for his disciples that they might be one, as you and he are one: Grant that your Church, being bound together in love and obedience to you, may be united in one body by the one Spirit, that the world may believe in him whom you have sent, your Son Jesus Christ our Lord; who lives and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. Amen. BCP 255



## For Doctors and Nurses

Sanctify, O Lord, those whom you have called to the study and practice of the arts of healing, and to the prevention of disease and pain. Strengthen them by your life-giving Spirit, that by their ministries the health of the community may be promoted and your creation glorified; through Jesus Christ our Lord. Amen. BCP 460

## For the Church

Gracious Father, we pray for thy holy Catholic Church. Fill it with all truth, in all truth with all peace. Where it is corrupt, purify it, where it is in error, direct it; where in any thing it is amiss, reform it. Where it is right, strengthen it; where it is in want, provide for it; where it is divided, reunite it; for the sake of Jesus Christ thy Son our Savior. Amen. BCP 816

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### **For the Diocese**

O God, by your grace you have called us in the Diocese of Texas to a goodly fellowship of faith. Bless our Bishops Andy, Kai, Jeff, and Hector and other clergy and all our people. Grant that your Word may be truly preached and truly heard, your Sacraments faithfully administered and faithfully received. By your Spirit, fashion our lives according to the example of your Son, and grant that we may show the power of your love to all among whom we live, through Jesus Christ our Lord. Amen. BCP 817

### **For the Parish**

Almighty and everliving God, ruler of all things in heaven and earth, hear our prayers for this parish family. Strengthen the faithful, arouse the careless, and restore the penitent. Grant us all things necessary for our common life, and bring us all to be of one heart and mind within your holy Church; through Jesus Christ our Lord. Amen. BCP 817

### **For the President of the United States and All in Civil Authority**

O Lord our Governor, whose glory is in all the world: We commend this nation to thy merciful care, that, being guided by thy Providence, we may dwell secure in thy peace. Grant to the President of the United States, the Governor of Florida, and to all in authority, wisdom and strength to know and to do thy will.

Fill them with the love of truth and righteousness, and make them ever mindful of their calling to serve this people in thy fear; through Jesus Christ our Lord, who liveth and reigneth with thee and the Holy Spirit, one God, world without end. Amen. BCP 820

### **For Social Justice**

Grant, O God, that your holy and life-giving Spirit may so move every human heart, that barriers which divide us may crumble, suspicions disappear, and hatreds cease; that our divisions being healed, we may live in justice and peace; through Jesus Christ our Lord. Amen BCP 823

### **For the Poor and the Neglected**

Almighty and most merciful God, we remember before you all poor and neglected persons whom it would be easy for us to forget: the homeless and the destitute, the old and the sick, and all who have none to care for them. Help us to heal those who are broken in body or spirit, and to turn their sorrow into joy. Grant this, Father, for the love of your Son, who for our sake became poor, Jesus Christ our Lord. Amen. BCP 826

### **For the Conservation of Natural Resources**

Almighty God, in giving us dominion over things on earth, you made us fellow workers in your creation: Give us wisdom and reverence so to use the resources of nature, that no one may suffer for our abuse of them, and that generations yet to come may continue to praise you for your bounty; through Jesus Christ our Lord. Amer. BCP 827

### **For those Who Live Alone**

Almighty God, whose Son had nowhere to lay his head: Grant that those who live alone may not be lonely in their solitude, but that, following in his steps, they may find fulfillment in loving you and their neighbors; through Jesus Christ our Lord. Amen. BCP 829

### **For the Aged**

Look with mercy, O God our Father, on all whose increasing years bring them weakness, distress, or isolation. Provide for them homes of dignity and peace; give them understanding helpers, and the willingness to accept help; and, as their strength diminishes, increase their faith and their assurance of your love. This we ask in the name of Jesus Christ our Lord. Amen. BCP 830

### **For Guidance**

O God, by whom the meek are guided in judgment, and light rises up in darkness for the godly: Grant us, in all our doubts and uncertainties, the grace to ask what you would have us to do, that the Spirit of wisdom may save us from all false choices, and that in your light we may see light, and in your straight path may not stumble; through Jesus Christ our Lord. Amen. BCP 832

## A Prayer Attributed to St. Francis

Lord, make us instruments of your peace. Where there is hatred, let us sow love; where there is injury, pardon; where there is discord, union; where there is doubt, faith; where there is despair, hope; where there is darkness, light; where there is sadness, joy. Grant that we may not so much seek to be consoled as to console; to be understood as to understand; to be loved as to love. For it is in giving that we receive; it is in pardoning that we are pardoned; and it is in dying that we are born to eternal life. Amen. BCP 833

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## Offerings and Easter Services

### Good Friday

12 - 3 p.m. | The Seven Last Words of Christ  
Social Distance & Live Stream

5:30 p.m. | Stations of the Cross  
Social Distance

7 p.m. | Stations of the Cross: A Service of Music and Poetry

Social Distance & Live Stream

### Easter Sunday

6 a.m. | Easter Vigil  
Social Distance

9 a.m. | Family Service & Easter Egg Hunt  
Outdoors at Episcopal School of Jax

10 a.m. | Virtual Holy Eucharist  
YouTube

11 a.m. | Holy Eucharist Celebration  
Social Distance