



**Mennonite  
Church  
Canada**

Resource Centre

# From our Churches

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## **Lifted Up**

Good Friday Prayer

John 3:14

Our God,

Lift our eyes, we pray, from present distress to the promised presence.

Lift our voices in weeping, not for ourselves and our complaints but for those whose hunger and thirst are not yet satisfied.

Lift our hearts from preoccupation with great and marvelous things into the quiet confidence of a child at its mother's breast.

Lift our hands from binding work and leisure into the freedom of praise.

Lift us with your healing touch from our feverish pace into ministering service.

Failing this, God, we will not weep the one they lifted up in scorn, the one you lift up in love for us.

Amen.