

Liturgy of Sorrows

Purpose

The ultimate purpose of the Liturgy of Sorrows is to find deeper healing and wholeness. We do this by reflecting on our own lives and by reflecting on the life and sacrifice of Jesus, the Man of Sorrows, and what He endured so that we could have that deeper healing and wholeness.

Preparation

In preparation for the Liturgy of Sorrows, first prepare a small bowl with some saltwater in it and a small bowl with some honey in it. The saltwater is meant to remind us of our tears and/or the tears of the LORD and the honey is meant to remind us of the sweetness of the LORD even when there are times of tears.

If time permits and it is appropriate for your situation and belief system, then spend 20-30 minutes in something like silence and rest, eliciting the relaxation response, prayer, or reflection. You might read **Matthew 11:27-30** about the rest that the LORD brings us.

All things have been committed to me by my Father. No one knows the Son except the Father, and no one knows the Father except the Son and those to whom the Son chooses to reveal him. Come to me, all you who are weary and burdened, 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.

Or read **Philippians 4:6-7** about prayer and supplication.

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

After this time of reflection, prayer, silence, or eliciting the relaxation response, then take care of whatever is needed to give full attention to the Liturgy of Sorrows.

Sequence of the Liturgy of Sorrows

This is a suggested sequence for the Liturgy of Sorrows. You can click the forward arrow in the slideshow above when you are ready to move to the next item in the sequence. The sequence with suggested timings is shown in the list below. If you need to time any part of the sequence then a stopwatch timer is provided underneath the slideshow. Simply click the Start button to start the timing and Reset button to reset the stopwatch. The total time of these events normally takes *between 20 to 25 minutes*.

- The reading of Matthew 5:4 and Matthew 28:20.
- Prayer for entering the liturgy of sorrows.
- Reading the text of **Isaiah 53** if it is to be read (2 slides).
- OR the using the following slide of a video of **Isaiah 53** being read. Setting the speed to 0.75 instead of full speed may be appropriate as well.
- Video of Fernando Ortega singing **O Sacred Head Now Wounded** as we remember the price that Jesus paid for our sins.
- Tasting the salt or salt water and having a few moments of reflection on the cross of Jesus. May your tears become our tears, LORD, just as our tears became your tears. (*3 minutes suggested*)
- Reading of passages from the Psalms for Healing.
- Video of Darrell Winn singing **There is a Balm in Gilead**.
- Spend time tasting the honey and thinking about the sweetness of the LORD even in the midst of our sorrow. (*3 minutes suggested*)
- Video of Nathan Drake singing **Beneath the Cross of Jesus**.
- Prayer for ending the liturgy of sorrows.